

End of Semester Stress

Roosevelt University students don't have any end of the semester stress to deal with. Absolutely true! You've got to be kidding!!

It would be idyllic if everyone's research paper was just flowing along and all the chapters you needed to read were read and all your holiday shopping was well on its way and all your cards and invitations were already sent to family and friends and we all were feeling secure about our relationships and our expectations were all realistic and apt to be met. I think most of us would settle for any one of these.

When there is a lot going on and many aspects of life are beyond our control, we can begin to feel stress. For each of us stress manifests itself in a different way. Be aware of what it does to you, then step back and think of some action you can take to reduce the tension.

If you would like to be a little proactive, make a list of what you believe needs to be done, prioritize the list, be realistic about how much time it will take, and finally take a good hard look at what really needs to stay on the list then eliminate the rest. When there is a lot going on, being perfectionistic can be self-defeating. A well written and thought out paper doesn't require citing everything that's ever been written about a topic. A gift that is thoughtful doesn't have to be perfectly wrapped.

Make another list of what helps you relax and integrate it with the first list. Do the best you can. Make time to hum, sing, laugh, rest and be appreciative of the good already in your life.

Study Tips

- **Do not CRAM.** Exercising your short-term memory is fine, but is not as reliable as material that is learned over time.
- **Remember that going to class is studying.** The first presentation of material starts the process of studying.
- **Take study breaks.** A 10-15 minute break relaxes and refreshes you.
- **Don't forget to eat.** Keeping your body nourished will keep your body and your brain working.
- **Stop studying when you are tired.** Studying when you're overtired can make you anxious and you will be less able to absorb and recall the material.