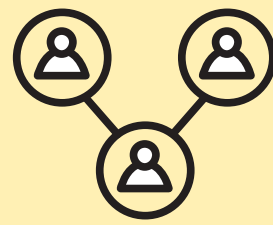


# PLAN AHEAD FOR FINALS DURING COVID-19



## Make a Schedule

Create a schedule and stick to it. Make sure to include time to take breaks! Your finals likely aren't the only thing you're keeping track of - include other tasks, including self-care and connecting with loved ones, in your schedule.



## Study with a Buddy

Connect with others in shared courses/roles and see if working together online helps keep you motivated and connected. In our virtual finals world, connecting with people might take more planning and effort. Plan ahead about how you'll connect and get support.



## Use Online Resources

If you have access to the internet, online study tools and applications are widely available. We encourage you to search for a tool or application that supports your studying style



## Create Study Space

Have a space that is just for coursework and studying. This will help keep you focused and create some separation between work and other activities.



## Ask Questions

Instructors are still available to answer questions and teach you. Reach out early and often to get the support you need!



## Celebrate!

Remember to celebrate all of the hard work you are doing! This oftentimes can serve as a tool for encouraging productivity. Integrate something you are looking forward to into your schedule.



Do you prefer studying in a university study space? If you do, and feel comfortable doing so, consider the options provided by the university by following this [link](#).

**FOR THE FULL MENTAL HEALTH RESOURCE GUIDE, CLICK THE LINK OR SCAN THE QR CODE**



<https://tinyurl.com/y4bk78x6>