



GETTING READY FOR FINALS!

December 13th-17th

It's almost finals week, Titans! Here are a few reminders and helpful tips to help you get through the upcoming week. Good luck, and don't be afraid to see your counselor if you need extra support. *Final report card grades will be sent on 12/17.*

***IMPORTANT:** If you miss a final, you MUST 1) Contact the office, 2) Contact your teacher right away, 3) Provide documentation as requested.



MANAGING STRESS

- Deep Belly Breaths
- Healthy Eating Habits
 - **BRAIN SNACKS: DARK CHOCOLATE, BERRIES, ALMONDS, AVOCADOS, PEANUTS, CITRUS FRUITS AND BROCCOLI**
- Positive Self Talk
 - **"I BELIEVE IN MYSELF"**
- Plenty of Sleep
- Don't Overdue Caffeine



9 DAYS UNTIL BREAK
17 DAYS TO CHRISTMAS

Need Extra Help?
Contact your Counselor!

Focus On
TIME MANAGEMENT

- Create a study timetable
- Try to avoid cramming
- Be flexible, but realistic with your goals



STUDY TIPS

- 1 Break up big tasks
- 2 Set a timer
- 3 Keep a distraction list
- 4 Make it memorable
- 5 Test yourself
- 6 TAKE BREAKS!

CLICK HERE TO LEARN MORE ABOUT EACH TIP

Finals SCHEDULE

Snack Bar Open at Breaks!

M	T	W	T	F
Regular Monday Schedule	Period 1 8:00-9:30 am	Period 2 8:00-9:30 am	Period 5 8:00-9:30 am	Period 6 8:00-9:30 am
	Break 9:30-9:55 am	Break 9:30-9:55 am	Break 9:30-9:55 am	Make Up Exams
	Period 3 10:00-11:30 am	Period 4 10:00-11:30 am	Period 7 10:00-11:30 am	