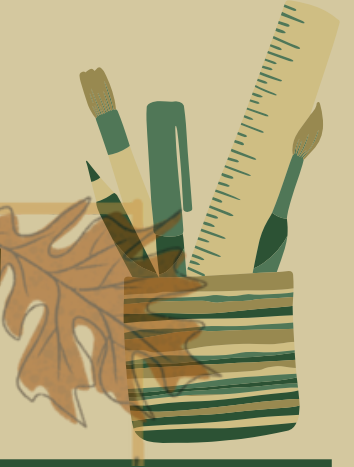




ACADEMIC

SUPPORT CENTER



Blessed Trinity Catholic High School

November 2023

Final Exams are Coming!!

Final Exam Study Tips

1. **Make a Finals Game Plan. Click [here](#) to access an interactive calendar to help plan your study time!**
2. **Start early! Take some time over Thanksgiving to get organized!**
3. **Study your toughest classes first.**
4. **Form a study group.**
5. **Get creative with study aids.**
6. **Interact with your notes! Don't just "look at them".**
7. **Quiz yourself. Be sure to practice they way you'll be tested.**
8. **Make sleep a priority!**
9. **Take 5.**
10. **Brain food is real food.**

Click [here](#) to read more about each of these strategies!

Feel free to stop by room 611 if we can be of any assistance!

Managing Final Exam Stress

- Take a study break with [Live Cams](#) from Monterey Bay (check out the Sea Otters!)
- Take a walk, play some basketball, anything active helps relieve stress!
- Get some fresh air and sunlight!
- Listen to calm music. Try this [Christmas playlist](#).
- Spend time with God in prayer. Need some inspiration, [click here](#).
- Stay connected with friends and family.

