



Finals Week: Simplified

A Guide for
Thriving over
Just Surviving



Summer break is so close. You just have to get through the hardest weeks of class and finals week to enjoy a well-deserved break.

When we are overwhelmed it can be easy to just go through the motions of “getting through”. Hunkering down, not sleeping, living on caffeine. And maybe that’s all you can do this time around. But there is hope that you can **actually thrive** in these final weeks of the semester. You can start this guide anytime that is helpful, but it is geared specifically toward your Finals Week Schedule.

Everyones’ Finals Week looks a little different. Maybe you have some papers and presentations the final week of classes. Maybe you only have to wrap up your classes. Maybe you have 5 exams over 5 days. Whatever it looks like, utilize this guide and the aspects of it in a way that is helpful in your context.

In order to help you create space for what matters most in stressful seasons, here are **four easy ways** for you to practice simplicity.



TIP ONE

Delete Social Media Apps



Deleting the app doesn't mean deleting your account. It's just a way to guard your time from countless notifications and endless scrolling. It may even help you stop comparing yourself as much to others! If you *do* check your accounts, don't stay on longer than 30 minutes a day. For those times you usually lean on social media for a mental break, grab a healthy snack, chat with a friend or go for a quick walk around your campus instead.

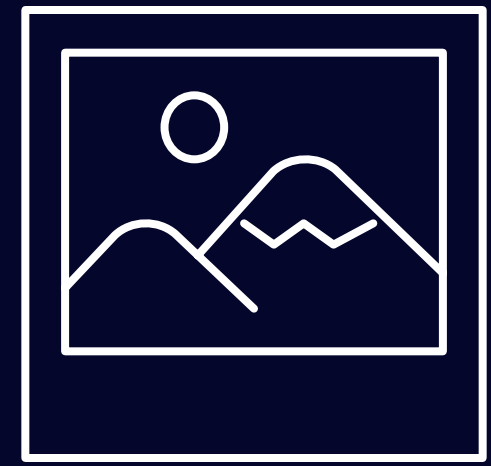
When you are studying or working on homework, put your phone away, or at the very least turn off all notifications. Get rid of that temptation to waste time when you are feeling stressed!

STAY ON TRACK

According to a study done by UC-Irvine in 2015, it takes an average of **23 minutes and 15 seconds** to get back to a task once you've been interrupted.

TIP TWO

Get Outside



Going outside might not seem like a priority when you have *so much* to get done. But even 20 minutes of fresh air can radically change your mood and productivity.

Make it a goal to get outside every day. According to a study published in the World Journal of Biological Psychiatry in 2021, the plasticity in brain structure was positively impacted by spending daily time outdoors. Chances are, you will come back to your studies even more ready to be productive.

RECEIVE WHAT NATURE GIVES

“In every walk with nature one receives far more than he seeks.”

– John Muir

TIP THREE

Carve Out Time for Rest



Write it in your planner. Set an alarm in your phone. However it needs to happen. Carve out 30 minutes to an hour each day to *not* be productive.

This may look like taking a nap, grabbing coffee with a friend, journaling or going for a walk.

It can seem counterproductive to rest when you are feeling stressed and have a lot to get done, but this is when you need it the most!

SLEEP = GOOD.

“Sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood and health”

NATIONAL INSTITUTES OF HEALTH (APRIL 2021)

TIP FOUR

Feed your Mind & Body



It's easy to go into survival mode when you are feeling stressed, even when it comes to what you eat. But your three meal times can actually be moments of pause and even connection for you during stressful seasons!

In the midst of busy seasons you might find yourself eating on the go or rushing through meals so you can get back to studying. But take some time to pause. You need to eat and your body needs healthy, nutritious food now, more than ever. While you're at it, plan a meal with a friend so you can also carve out some time for your mental health!

YOU ARE WHAT YOU EAT

“Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.”

EVA SELHUB MD. HARVARD MEDICAL SCHOOL | SEPT 2022

Practice each of these things every day during your Finals Week. Write down any thoughts you have, if any of these aspects were challenging or if you didn't get to it for any reason that day.

The purpose of this is to become more aware of how making space for simplicity can affect your week.

There is no grade.

No perfection required.

Use your wins and your challenges as an opportunity to **simply learn more.**

**Building small habits
over time leads to lasting
change.**

But don't do it alone.

If you're interested in learning more about simplifying your college life follow @simplycollegelife on Instagram or find more tips on the blog at simplycollege.org.

If you'd like to connect or are looking for some extra help planning ahead to your next semester of college, email me at hello@simplycollege.org!

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