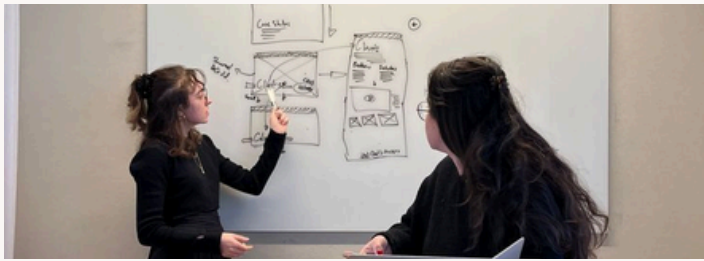




## Study Resources For Finals

*By: Carmela Bauan*

Studying for finals can feel overwhelming, especially when you're unsure of where to begin. Many helpful resources exist to make study sessions more efficient and less stressful.



## On-Campus Resources

**Office hours:** Attending your professor's office hours can be a great way to clarify topics from someone who knows the course best. Not only will you gain a deeper understanding of the content, but it's also an opportunity to connect with your professor and get personalized help with any questions you may have.

**Teaching Assistants (TAs):** If your professor is not available for office hours, consider reaching out to your course's TA. They can be just as helpful, often having taken the course themselves before, and will be able to provide first-hand tips for success.

**Western Libraries:** Western's libraries are more than just great study spots. They offer a wide range of physical textbooks, resources, and databases for all your research and study needs. It's a great resource for both physical and digital materials.

**Study Rooms:** If you're looking for a quiet, focused space, consider reserving a study room. Western provides online booking for study rooms with whiteboards and outlets, ensuring a distraction-free environment to maximize productivity.

## Online Resources

**Quizlet:** This platform allows you to create custom flashcards specific to your course or use sets shared by other students. It's a great tool for memorizing key terminology and concepts for your exams.

**Online videos:** Sometimes, it helps to hear a concept explained from a different perspective outside of the lecture. Websites such as YouTube and Khan Academy offer free videos that break down difficult topics you may be struggling with and provide additional explanations that are easy to follow.

**Pomodoro:** This technique promotes focused study intervals, with short breaks in between, to reduce burnout and improve concentration. You can use a dedicated Pomodoro website or app, or simply set a time to work in 25-minute blocks with 5-minute breaks.





# End of Year Reset & Declutter

By: Maggie Li



Soon, our final exam will be written, the spring breeze will turn to a warm summer wind, and the whirlwind of the school year will finally be behind you. Now, it's time to shift gears and focus on something just as important: your personal health and well-being! This period of transition offers a perfect opportunity to reset, recharge, and prepare for a relaxed and refreshing summer.

## Unpacking the Mental Backpack: Reflect and Release

The academic year can be a mental marathon, leaving you feeling drained due to accumulated stress. Take some time to unpack that "mental backpack" and build a better mindset.

- **Reflective Journaling:** Write down your thoughts and feelings about the past year. What were your successes? What were your challenges? What lessons did you learn? This process can help you gain clarity and perspective.
- **Letting Go:** Acknowledge any negative emotions or experiences, and consciously choose to let them go. Don't dwell on the past; focus on the present and future.



## Nourishing Your Body: Physical Health is Key

Finals season, the toughest time of the year, is almost upon us. Even though it's a busy time, don't forget to take care of your physical health to ensure smooth sailing study sessions.

- **Hydration and Nutrition:** Make sure you're drinking plenty of water and eating a balanced diet. Take advantage of the fresh, seasonal produce available in the summer.
- **Consistent Sleep Schedule:** Resist the urge to completely abandon a sleep schedule. Aim for 7-9 hours of quality sleep each night to allow your body to recover and rejuvenate.
- **Active Relaxation:** Engage in physical activities that you enjoy, whether it's swimming, hiking, yoga, or simply going for a walk. Physical activity not only benefits physical health, but also boosts your mood and reduces stress.





### **Reconnecting and Unwinding: Social and Emotional Wellbeing**

You did it, summer is here! It's a great time to unwind and reconnect with friends and family. It also gives you time to focus on your emotional well-being and explore some interests and hobbies.

- **Quality Time:** Spend time with loved ones, engaging in activities that bring you joy. Strong social connections are essential for emotional well-being.
- **Digital Detox:** Limit your screen time and engage in more real-world interactions. This can help reduce stress and improve your overall mood.
- **Pursue Your Passions:** Explore hobbies and interests that you may not have had time for during the school year. This can help you rediscover your passions and bring a sense of fulfillment.
- **Self-Compassion:** Be kind to yourself. Allow yourself time to rest and recover. Don't put pressure on yourself to be productive all the time.

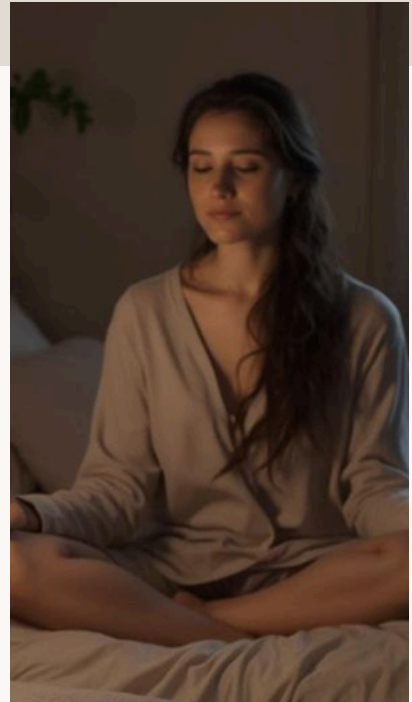
By focusing on these areas, you can create a summer that not only allows you to relax and recharge, but also sets you up for a healthier and more fulfilling future. Remember, your well-being is a priority, and taking care of yourself is essential for a happy and healthy life. Congratulations on making it through the school year!

# Managing End-of-Semester Stress

By: Alexandra Rowley

**Hi Health Sci! Welcome back to another fresh month that officially marks the beginning of warmer weather and the end of the school year.**

**April is an interesting month, filled with mixed emotions. On one hand, many students are excited that the year is almost over; on the other, many are bracing themselves for the challenges ahead. Fun fact: April is National Stress Awareness Month, so it's only fitting that this month's topic pertains to tips for managing end-of-semester stress.**



- **Rest**

Especially after midterms, it's normal to feel burnt out. For maximum productivity, it's important to be well-rested on every level – mentally, physically, etc.

- Avoid doom-scrolling on social media.
- Create a sleep-routine that aligns with your schedule (aim for 7–9 hours every night, and try not to wake up right before your first class!).
- Engage in “active rest” – take advantage of the warmer weather by going for walks outside and basking in some sunlight.
- Give yourself time to prepare for days when you're just studying, and allocate time strictly for winding down.

- **Plan ahead**

Daunting tasks that make it so easy to procrastinate are actually much easier to control than you think! Planning ahead can help manage stress, improve time management, and break your responsibilities into more manageable pieces.

- Create a study schedule, including deadlines, exams, and ideal dates to finish learning certain material.
- Make use of planners, calendars, and to-do lists! (a personal recommendation is Notion).
- Break tasks into smaller chunks based on priority.



- **Energize your body and mind**

Our minds and bodies are connected such that they optimize each other's activity and performance. Taking care of our physical and mental health ensures we stay positive and healthy during this upcoming season!

- Stay hydrated.
- Get active!
- Take mindful breaks – journal about what you're excited or stressed about, and practice an attitude of gratitude!
- Eat nutritiously and have balanced meals.

- **Spend time with loved ones**

Time with our family and friends promotes the release of oxytocin, serotonin, and other feel-good chemicals.

- Study together – book study rooms, keep each other accountable for deadlines, etc.
- Go café hopping – check out the different libraries campus has to offer, or better yet, explore some of the spots off-campus!
- Keep in touch during set break times.
- Create special incentives for each other (ex. "Once we get through this week's content, let's go get food!")

- **Connect with campus resources**

Exam season can be hectic and stressful. Luckily, Western has many resources for us to take advantage of regarding our mental health and wellbeing. Here are just a few!

- Book a mental health appointment [here](#)
- Crisis contact information [here](#)
- International student wellness services [here](#)
- Western USC peer support centre [here](#)
- Togetherall (a 24/7 anonymous peer-to-peer support service) [here](#)