**Final Exam Tips**

**ORGANIZE & PLAN**

Filling out a calendar of when all final assignments and exams are due will help you prioritize and plan. Organize all material you may need by class. You can write a review guide or list of topics that will be on the exam in order to know what you need to study. Set up a study schedule that works for you and study in chunks.

**GET SOME SLEEP**

Getting a restful night sleep improves focus the following day. It can also help improve memory and productivity.

Make sure to stick to your sleep schedule and get a good night sleep so you are ready to go the following day for your final.

**ASK FOR HELP**

Ask professors when you have any questions about the exam. See if your professor has a review session planned where you can have the chance to ask questions and review material.
CAMPUS CONTACT

Counseling Services
(telehealth)
(203) 392-5475

Dean of Students Office
deanofstudents@southernct.edu
(203) 392-5556

Disability Resource Center
DRC@southernct.edu
(203) 392-6828

Financial Aid
financialaid@southernct.edu
(203) 392-5222

Registrar
registrar@southernct.edu
(203) 392-5301

Residence Life
reslife@southernct.edu
(203) 392-5870

SAGE Center
sagecenter@southernct.edu
(203) 392-8989

Student Accounts
studentaccounts@southernct.edu
(203) 392-6140

UPCOMING ONLINE EVENTS

4/30 Thursday
Thur-Yay academic resilience @11:30
Your Top 10: Tips in Finding Jobs & Internships @1:00pm
Ask Daphney & Char @ 2:00pm
Good Afternoon Commuters @ 2:00pm

Multicultural Center Open Mic Night @7:00pm
Throwback Thursday all day on Instagram @scsu_recfit

5/1 Friday
Virtual Hebrew Lessons @2:00pm
Virtual Shabbat Candle Lighting @7:00 pm
Fun Fit Friday all day on Instagram @scsu_recfit
Foodie Friday all day on Instagram @SCSU_OSI

5/2 Saturday
Step Outside Saturday all day on Instagram @scsu_recfit

5/3 Sunday
Self Care Sunday all day on Instagram @scsu_recfit

5/5 Tuesday
Chat N’ chew @ 3:30pm

5/6 Wednesday
SCUFF 2020 Throwback Edition all day

CLICK EVENTS ABOVE FOR MORE DETAILS!