



How to Thrive During EXAMS

Try these tips to boost your memory, concentration, and overall success during exam season.

Go to office hours with questions.

Redo problems you missed the first time.

Study at the same time and place everyday.

Eat regular meals.

Take a 15 minute break if you start to drift off.

Minimize distractions. Silence notifications and alerts.

Create or join a study group.

Create a playlist that helps you focus.

Get a good night's sleep.

Chew gum—especially peppermint.

Reach out to [USU Peer Success Coaches](#).

Re-listen to lectures you struggled with.

Rewrite your own study guides.

Resist procrastination and reward diligence.

Teach what you've learned to someone else.

Prioritize most difficult courses and exams.

