

Suggestions for Student Self Care through Finals

By no means an exhaustive list, we thought the following suggestions might be helpful for you to reduce stress and improve end of semester success.

- **Connect with friends to study on Zoom.** Don't forget that, as students, you have Zoom Pro accounts through USF, which enable you to host Zoom sessions longer than 40 minutes.
- **Make a study plan.** Creating a study plan will both help ensure you carve out the time you need to prepare for your finals properly, and relieve stress because you know you have a plan. Check out [these tips](#) from MIT on effective studying.
- **Brush up on time management skills.** Time management is key in life, but is particularly important during finals. Check out these [seven time management tips](#) for online students from Northeastern University to get your studying off on the right foot.
- **Consider using an online study tool.** There are some great free online study tools on the internet like [Quizlet](#), which allow you to generate flashcards, quizzes, practice tests, matching games, and even auditory tools.
- **Consider whether the Fall Pass (P) Grade Option might be an option for you.** The university has just published the Fall 2020 Pass (P) Grade Option Policy, which allows students to choose a Pass (P) grade or some or all of the eligible classes students are taking this semester. More information is available [here](#).
- **Check out USF Counseling and Psychological Services (CAPS) Self Help and Resources.** CAPS therapists have curated their favorite self-help resources for managing student stress, sleep and more. Check some of these out on [their website](#).
- **Consider a CAPS counseling session.** CAPS offers students therapy appointments covering common college issues including stress and anxiety, loneliness, performance anxiety, and more. CAPS also has a free 'All Hours' line, where students can immediately be connected with a therapist. The 'All Hours' line is available through the break, including on holidays and during the university closure week. Learn more about these services on the [CAPS website](#).
- **Take breaks!** One thing almost all of the above resources have in common is the recommendation to take breaks. This is even more important with increased screen time. Call a friend (old school style), go for a walk, do a ten minute meditation, or cuddle with a pet. These are all things that will help reduce your stress, and improve retention of what you're studying.