

# Stress Management

Stress can lead to decreased focus while trying to learn and limited concentration when taking an exam.

## Steps for Improvement:

1. Identify current stressors
2. Identify current coping mechanisms
3. Alter and modify your strategy
4. Accept things you can't change
5. Make time for fun & relaxation!

## Overall Steps for Success:

1. Avoid bad habits
2. Adjust your current habits
3. Practice new healthy habits

# Physical Activity

Physical activity can reduce your tiredness and improve sleep, contributing your ability to learn and retain information.

## Steps for Improvement:

1. Find what activities you enjoy
2. Find a gym buddy or join a sport
3. Institute workouts into your schedule

# Sleep

All-nighters don't necessarily lead to better exam scores; sleeps improves memory

## Steps for Improvement:

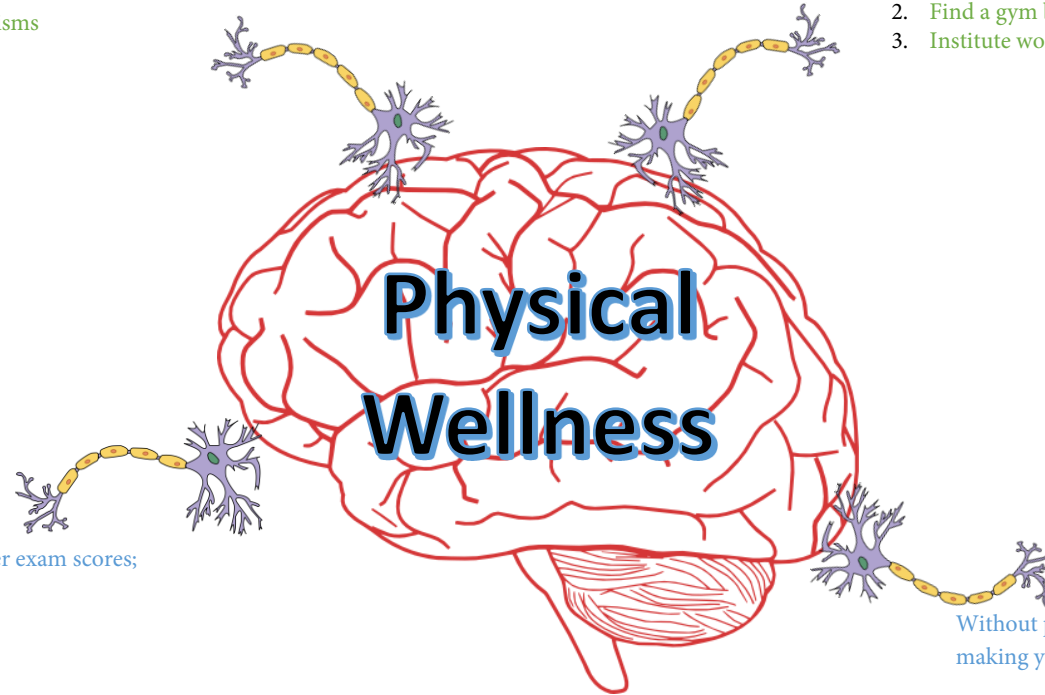
1. Avoid alcohol, caffeine, and technology before sleep
2. Institute a regular sleep schedule

# Nutrition

Without proper nutrition your body can't run efficiently, making you feel lethargic, depressed, or ill.

## Steps for Improvement:

1. Integrate nutritious foods into your diet and avoid high fat and sugar foods
2. Read nutrition labels on products
3. Drink plenty of water!



Rank each component based on needed improvement

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List a campus resource to help improve!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_