



## Top Ten Tips for Surviving the End of the Semester

1. **Get sleep.** This is number one because it's important and often overlooked. It's tempting to pull all-nighters to study and finish assignments, but when you're sleep deprived, it's much harder to focus, do quality work, and regulate your emotions.
2. **Make a Plan.** If you haven't already, identify your priorities for the rest of the semester and make a schedule of when you'll work on accomplishing them.
3. **Be Realistic.** If you haven't done your best work in a course all semester, it's not likely you'll be able to completely turn things around in the last week. Do what you can to finish strong, but know that worrying won't change the outcome. After the semester ends, brainstorm what you can do differently in the future.
4. **Realize everyone's stressed.** When people are overworked and facing deadlines, they get tense. This can lead to conflicts. If tempers flare, take a few deep breaths before things escalate.
5. **Remember "this too shall pass."** If you feel especially stressed, know that it's not always going to feel this way. Try to remind yourself of future plans you have to look forward to.
6. **Put off making important decisions.** If possible, focus on getting through the semester before making big decisions about relationships, majors, career, etc.
7. **Prioritize self-care.** Make sure you plan to do things that make you feel your best. Things to consider are exercising, taking a quick nap to recharge, or scheduling time with friends to de-stress.
8. **Know what your distractions are and avoid them.** Distracting yourself with social media or a TV show can be enjoyable, but when your time is limited, it's important to curb how much time you're spending on things that don't directly contribute to your goals.
9. **Focus on the big picture.** Remember that getting your degree and accomplishing your career goals is like a marathon, and the semester is a just leg of the race. In other words, one semester isn't going to guarantee your success or doom you to a lifetime of failure.
10. **Don't be afraid to reach out for help.** If things feel overwhelming, there are many resources to help you. The Counseling Center has initial appointments open each weekday, and if you feel you're having a mental health emergency, you can always come in without an appointment.

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Counseling Center

[counselingcenter.illinois.edu](http://counselingcenter.illinois.edu)

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