This semester's finals week will look a little different this year. There won't be late-night study sessions with friends and classmates. There certainly won't be countless hours of cramming at the Jim Dan Hill Library, Swenson Hall or a finals food frenzy. Instead, we will be apart, but we will all experience the same finals-week stress together. To help reduce this stress, here are some tips to help you successfully tackle your finals week at home.

**Be Proactive in Preventing Technology Problems**
- Ask individuals in your house to not to stream during exams, as streaming videos bogs down the internet
- ALWAYS, I MEAN ALWAYS save your papers or finals to a USB drive, The Cloud, or Google Docs

**Create a Distraction-Free Test Taking Area**
- Area's where there are minimal to no distractions, so if your phone is a distraction, place it in another room for exams and final papers
- Ear plugs and inform the individuals in your house that you need silence

**Make Time For Self-Care**
- Make time for your mental and physical health by taking time to destress
- Go for a walk, hike, or run to get your blood pumping
- Video chat with friends or play with your pets during study breaks

As all of us social distance from home in order to prevent the spread of COVID-19, many of us may currently be experiencing decrease level of motivation. This also goes for finding inspiration to be creative. The change in our new normal has made focusing on classes extremely difficult for many. As if finals weren’t stressful enough, now many of us may be stuck in finding the inspiration to finish strong.

6 STRATEGIES FOR STAYING MOTIVATED:
1. Set small goals
2. Carve out time in your day for school
3. Try a Zoom or FaceTime study session with friends or classmates
4. Schedule virtual get-togethers with friends
5. Prioritize your mental health
6. Learn to accept that its okay to not be highly productive right now

CAMPUS RESOURCES

Tutoring Services:
https://www.uwsuper.edu/support/services/tutoring.cfm

Disability Services:
https://www.uwsuper.edu/dr/index.cfm

Writing Center:
https://www.uwsuper.edu/writingcenter/index.cfm

Student Involvement:
https://www.uwsuper.edu/involvement/index.cfm

FINALS WEEK EVENTS:
Mindful Mondays Mondays 12-12:30pm via Zoom
https://zoom.us/j/834288696

Daily Mindfulness 3:30-3:50pm
https://uwsuper.zoom.us/j/8837092128

Beginners Yoga for Students – Jenna Erickson
Pruitt Center for Mindfulness and Well-Being
Mondays 5-6pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/688604721

Wednesday 12:30-1:30pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/829113980

RESOURCES

Mental Health Crisis Resources
- Superior Police: 911
- UWS Campus Safety: 715-394-8114
- Douglas County 24-hour Crisis Line: 715-392-8216
- Suicide Prevention Hotline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, Press 1
- Text: 838255
- Crisis Text Line: Text "MN" to 741741