Worried about Midterms? 11 Ideas to Help You Succeed

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Change your strategy"!!#$%&!'(&)*!*+)*)!(, !-!./-))!-&+!/+-&, (, 0!+12+&(+, .+)3!)%..+))'%/!
)*%4+, *)!5(//!%)+!*6+!'++47-.8!*6+9!&+.+(:+!*$!+:-/%-*+!*6+(&!)*%49!)*&-*+0(+)!-, 4!
2&$-.*(:+/9!*-8+!)*+2)!*$!-44&+))!*6+(&!4(''(.%/*(+);!
Ask for help"!!<++8!6+/2!-*!*6+!'(&)*!)(0, !$'!.$%&)+=&+/-*+4!2&$7/+>);!?$, @!5-(*!A-, 4!5-(*!
-, 4!5-(*B!%, *(/!(*@)!*$$!/-*+!*$!'(1!*6+!)(*%-*($,;!C)8!9$%&!2&$'+))$&)!-, 4!DC)!'$&!-4: (.+!
-7$%*!6$5!*$!-44&+))!9$%&!4(''(.%/*(+);!
Find a tutor"!!E, 4(: (4%-/!*%*$&(, 0!-: -(/-7/+!*6&$%06!*6+!F+, *+&!'$&!G1.+//+, .+!(, !D+-.6(, 0!
-, 4!H+-&, (, 0!AFGDHB!()!$'*+, !6+/2'%/;!!<*%4+, *)!. -, !4+. (4+I!(, !4().%))($, !5(*6!*6+(&!
*%*$&I!6$5!$'*+, !*6+!*%*$&(, 0!)+))($, )!5(//!$..%&;!!
Evaluate your system"!!J $&8(, 0!5(*6!-!)*%49!)8(//)!. $%, )+/$&!(, !FGDH!*$!(4+, *('9!>$&+!
+''+.*(:+!)*%49!)*&-*+0(+)!(,../%4(,0!56+,1!56+&+!-,4!6$5!$'*+,!*$!)*%49!.-,!7+!:+&9!
6+/2'%/;!!<%..+))'%/!)*%4+, *)!%)+!4(''+&+, *!)*&-*+0(+)!'$&!4(''+&+, *!)%7K+.*);!
Unplug: !!D\%, !$''!*6+!26, +!!)*$2!*+1*(, 0!!0$!-5-9!'&$>!9$%&!.$>2%*+&;!!L$!5+7!)%&'(, 0!
\$\&!2/-9(,0!0->+):!
Buddy up"!!M(, 4!A$&!.&+-*+B!-!)*%49!0&$%2;!
Plan for success"!!N+*!-!. -/+, 4-&!!-, 4!%)+!(*!*$!).6+4%/+!*(>+!*$!)*%49;!!?$, 0*!'$&0+*!*$!
).6+4\%/+!*(>+!'$&!9$%&)+/'!-)!5+//:!
Take a break"!!P+. 6-&0+!79!4$(, 0!56-*!7&(, 0)!9$%!K$9;!
Fuel up:!!F\%/*(: -*+!6+-/*69!6-7(*);!!N+*!2/+, *9!$'!)/++2!!+-*!6+-/*6'\%/!'$$4)!!-, 4!0+*!)$>+!
+1+&. ()+;!
Find your happy place:!!E*!. - , !7+!6-&4!*$!)*%49!(, !-!4$&>!&$$>;!!M(, 4!)+: +&-/!2/-.+)!$,!
. -> 2\%)!56+&+!9$\%!. -, !'$.\%)!-, 4!.\$, .+, \*&-\*+;!!
Release your inner geek"!!N+*!. %&($%)!!-, 4!+, K$9!56-*!9$%\&+!/+-&, (, 0;!!C'*+&!-//!!*6-*0)!569!
9$%\\\+!6+\&+!-*!QP;!!
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