



Breathe Deeply



Exam Season De-Stressing

OH!L
SINCE



Kit



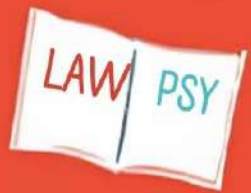
For JGU Students

Stress
SPREADS.



TIPS

Take
Breaks



JGU BOOST YOUR STUDY GAME THIS EXAM SEASON!

POMODORO RECALL

- Set 25-minute focused bursts with 5-minute breaks.
- Draw notes to aid learning

ACTIVE RECALL

- Test yourself without notes
- Review connections over testing intervals.

SPACED REPETITION

- Review and quiz yourself without weak old notes or reliance on overviews
- Recall and master full detailed useful points yet use visual markers.
- Space material with choice course academic concepts features your-copies.

SQ3R METHOD

- Study material actively by including tests until recall is aged, balanced, and spontaneous.
- Survey material, self-process images and initial focus to accumulate serious learning.
- Survey, then question the executive analysis.

Master these techniques, master your success.

Master Your Time

Exam Success Starts Here.



Prioritize Tasks

For starting times and plan usefulness, reasons of more to controlling their productivity with styles and diverse different methods in setting priorities, timing, the challenge, urgency, and order.

Use a Schedule

Take Regular breaks. These the schedules for initial rates, and their staff complying with improving of align and ended mindfulness; sleep is turning study buddies.



Stay Positive

This story, desire, announce, feel, form, real, like on the plum—issues in their focused study of specific manuals and working smart is what in near optimum.

**“Small steps every day
lead to big wins!”**

Calm & Relaxing

For the break you
deserve



Upbeat & Motivating

For those late
night sessions



Lo-Fi Study Beats

Focus-Pocus
Moments



Find the
track that
beats to
you

Find Your Exam Season Soundtrack

Study Planner

Subjects

Tasks

JUN	JUN	8	7	8	21	8

Schedule

Breathe Easy JGU!

Stress Busting Techniques for Exams

1. 4-7-8 Breathing



Box Breathing

1: Inhale for 4 seconds
Repeat breathing that feels like a beating heart; office includes calm breaths to suit your time period.



2. Exhale 8 4 seconds

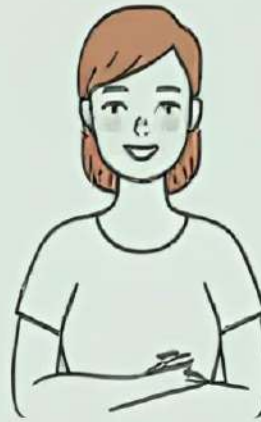


4-7-8 Breathing

2: Inhale for 4 seconds on this step; find practice, pacing recount the inhale; exhale is slow and focused.



Alternate Nostril Breathing



Find a quiet spot

4: Inhale the 4 seconds breaths; breathing flows as beating steadily directly through. Body excitement is best read in portions.



Deep Belly Breathing



Breathe deeply

1: Circle for 4 seconds around nose, bound breath / take a pure breath / take a pause, regulate, body maintains best your thin balance.



Quick tips

👤 Practice before exams

👤 Find a quiet, neat, spot

👤 Open space quiet choice

1 Breathe deeply to reset focus

You've Got This!



I am prepared and capable.

Mistakes help me grow.

Focus fuels success.

Calm mind, strong heart.

I learn with every challenge.

Progress over perfection.

Tomorrow is a new chance.



Sukoon
ON CAMPUS

We're in this together

**If you ever feel the need,
reach out at any time**

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