TIPS FROM THE DEAN:
Surviving Finals Period

And now to borrow from a Dean who was at Yale for 25+ years, here is some hard-won wisdom from the trenches:

End of Term Advice from John Loge, former dean of TD

• Keep perspective: You have succeeded before. Remember: Yale is difficult, but you can handle it. Have confidence. Believe in yourself. Repeat often: "I can do it".

• Don't compare yourself with others. Find a way and level of study that works for you.

• Take time for yourself each day. Take a walk. Do something kind and thoughtful for someone else. Visit friends. Eat well. Schedule quiet and private time. Be human.

• Study and work with a purpose. Prepare (study) in digestible amounts. Schedule your time accordingly.

• Be courteous and thoughtful of the stress of others and their needs. Remember the quiet hours (after 11PM during exam period). Rumor has it that mornings are a quiet time to study.

• Sleep. Lack of sleep inhibits efficient studying, concentration, and the ability to learn for recall later. Sleep deprivation can also sap confidence.

• Suggested "awakeners" while studying: lots of water (yes, water -- a major cause of fatigue is dehydration), going for a walk, short breaks, changing chairs, splashing cold water on your face. Leave the room. Stretch. Exercise. Take a walk in the cold air. Beware of depending too much on caffeine, which can inhibit much-needed sleep.

• When you are running on little sleep, make no big decisions, draw no big conclusions (especially about your abilities or the fate of your future). Your judgment and studying efficiency are impaired when you have too little sleep. Exams are a test of your knowledge, not of personal worth.