

FINAL EXAM toolkit

SMHS School Counseling Department

MUSIC FOR STUDYING

Help set the scene for studying with background music.

Lo-Fi Beats



Deep Focus



Coffeehouse
Vibes

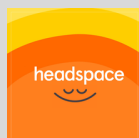


Acoustic
Covers



MINDFULNESS APPS

Try practicing mindfulness to help you de-stress!
Here are two apps that are great resources:



IMPROVE YOUR STUDYING

Use these resources to help you plan & study effectively!



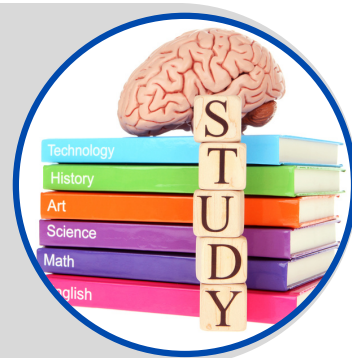
Study
Planning



Study Tips &
Strategies



Tips for Test
Anxiety.



POSITIVE AFFIRMATIONS

If you need a mental reset,
try some of these positive
affirmations to remind you
of how amazing you truly
are.

