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4 Major Keys: How I Managed Midterms

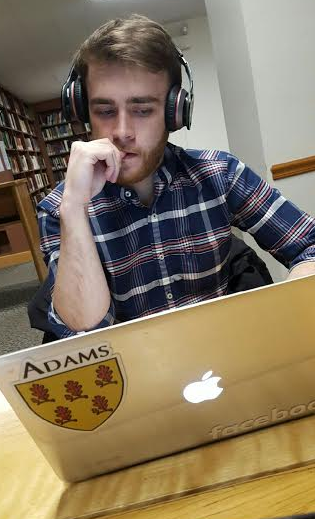
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This is a busy time of the year here at Harvard–as students prepared for a week of break starting today, they also worked to study for exams and complete essay after essay. The week before Spring break has been nothing short of an adventure for me–after several papers, exams, and assignments, I’m glad to say that today is Friday! Although Spring Break has arrived, the amount of work leading up to it was quite stressful. But, with the right approach, I got it all be done accordingly!

With that in mind, here are a few ways I handled (and continue to handle!) exam periods as hectic as this past week:

1. Time Management: One strategy I take before starting a busy exam week is to make a written calendar, circle each of the dates an assignment is due, and plan accordingly from there. When I write down what I need to get done and when I will get it done by, the week slows down and becomes more manageable!
2. Study Location: I find it hard to work effectively if I’m not in the right space. For me, sometimes I need to work in quiet places–such as the library–but other times, I need to work in a different atmosphere. Whether it’s working in Lamont (which sometimes works) or doing work in a House Dining Hall, space matters!
3. Get Rest: I find that the hardest times to get work done is when I’m exhausted. While work may seem as if it will compromise a daily sleeping schedule, it does not have to (nor should it!) By sticking to a timely schedule, I was able to make the most out of my day and still manage to get full nights of rest. Sleep is needed! #Key
4. Efficient Procrastination: One of my most utilized studying practices is to manage my procrastination time and make it into routine study breaks. Since I know procrastination is inevitable (literally), I plan when I will procrastinate and try to spend that time doing activities that will jumpstart my work ethic. I usually do this by playing an hour of video games, taking a walk, or getting a few games of basketball in. It’s really effective :)



**Above:** Studying in Lamont in this week was one of the common themes for me

Studying in such a short time can be hard, but once you find what works for you, managing pre-Spring Break exams and papers (although it will be hard) can be very manageable!