



03 TOP THREE TIPS TO PREPARE FOR FINAL EXAM WEEK

09 WHY THE PANDEMIC HAS TAKEN A TOLL ON STUDENTS

06 HOW TO COPE WITH ACADEMIC BURNOUT

12 TOP 10 WAYS FOR STUDENTS TO STAY MOTIVATED AT THE END OF THE SCHOOL YEAR

Top Three Tips to Prepare for Final Exam Week

Written by: Ahmad Galuta



So final exam season is fast approaching but this time around you want to be better prepared. The graduate students at Go2Grad Tutors have been through it all and understand what it takes to crush their finals exams. That's why we want to share with you our top three tips that will help you minimize stress and perform at your best in preparation for final exams.

First of all...

START EARLY

You should NOT start studying for a final exam 2-3 days before the date. That's how you set yourself up with high anxiety, low confidence, and poor retention of what you've learnt (do you ever finish an exam and forget what you learned only a few days later?).

Instead, you should aim to **start 2-3 weeks before your final exam date**. This will give you enough time to cover all the class material and space out studying so that you are not cramming the night before.

As a start, **figure out all the important dates** for your classes.

BE ORGANIZED

Before you start studying, **note down on a calendar the dates** of your final exams and other deadlines (projects, summatives, reports). This will help you keep track of all the important dates, and it will show you when you should start studying (remember, 2-3 weeks before!).



We recommend using an online calendar like the Google or Outlook Calendar apps since you can have it on your phone, they are easy to use and very convenient.

Next, **break down what needs to get done** for each class into manageable chunks. For example, if you covered 10 topics in Math class and each topic has a review sheet that you plan to work on in preparation for the final, then focus on completing those 10 review sheets.

Once you have figured out what you need to do for each class, **guess how much time** it will take you to study. In the example with the Math class, if it takes you 1 hour to complete each review sheet, then it will take you 10 hours to study for the entire class. At this point, you know exactly what you need to do and how much effort it's going to take. You're now ready to **make a study plan!**

Your plan should be realistic and spread out

over the course of 2-3 weeks such that you give yourself enough time to study for each class. In the example with the Math class, it will take 10 hours to prepare for the final exam, but it would not be realistic if you studied 10 hours the night before an exam....

Which leads to our next tip....

BE CONSISTENT

Just like developing any other skill, learning is most effective when you study consistently. Instead of studying for 10 hours the night before an exam, it's more effective if you study for 1 hour each day for 10 days (or for 2 hours each day for 5 days, or other similar iterations).

By spreading your efforts and studying consistently, not only will you be minimizing your stress, but you will be improving your confidence and ability to remember during a test. It will also free up more time for leisure since you have given yourself an early start and a solid study plan.

TOP TUTORS APPRECIATION



Congratulations to Gustavo Valente for being one of our top tutors for this semester! Gustavo has completed the most hours of teaching and mentorship. On behalf of our clients and the rest of the Go2Grad team, we would like to thank Gustavo for his hard work and dedication!



Written by
ROZY ABO MAZID

How To Cope With Academic Burnout

If the thought of writing another sentence or flipping another page of your textbook completely overwhelms you, then you're most likely experiencing academic burnout. Feeling irritable or too tired to bother are symptoms of burnout which can happen when you've been stressed out for too long. The thing about students and feeling burnt out is that it usually happens during the end of the school year, and unfortunately, that is when you need to be at your best the most. To help you cope with this burnout, we put together a list of tips and tricks that will help you finish the year strong!

REACH OUT

Learn to be open about your struggles. If you're feeling overwhelmed and like you're about to explode, call someone. Pick up the phone and call a friend, tutor, mentor, or parent anyone you feel comfortable around, and open up about your struggles. Talking about what's bothering you can help relieve stress and can remind you that you're not alone.

BREAK IT ALL DOWN

So you decide to finally start tackling that big to-do list waiting for you on your desk but when you go over all the tasks that need to be done, you start to panic as you realize there's so much to do and not enough time. Before you start freaking out, take a deep breath and start breaking down your tasks into smaller steps. Take it bit by bit and set a realistic timeline for yourself so that you feel organized and on track. The smaller the tasks, the more that you can do.



KEEP YOUR EYE ON THE PRIZE

Don't compare your progress with those around you. It's easy to turn to friends and see if anyone else is feeling as behind as you, but doing so can only increase your stress levels which will only make you feel more burnt out. You have to keep in mind that everyone works at their own pace. Avoid the additional stress by tackling the work in front of you instead of wasting your time comparing yourself to others.

TAKE THE OCCASIONAL BREAK

So you broke down your to-do list and are halfway through it when you find yourself nodding off or getting easily distracted; this is a sign to take a break and regroup to come back feeling more focused. Taking a break is just as important as getting enough sleep. You need to rest so that your brain can refuel and so that your body can reenergize. Take the occasional power nap if that works for you or go for a coffee run, just do anything non work-related.

CHANGE YOUR STUDY SPACE

Sometimes moving a few things around to freshen up your study space can inspire you to get back to the grind.

Draw up the blinds, open up your windows, and let the sunshine bring in the good vibes you so desperately need to help you finish the year strong. Moving to different spaces in your home to study or going to a park (if COVID-19 restrictions allow you to do) can be the change you need to help you cope with your burnout.

REMEMBER YOUR GOALS

If you can't find the will to keep going, try remembering why you started. Why do you need to ace your next final and what will you gain by doing so? If you're in high school, perhaps doing so will increase your GPA and get you into your dream school. Perhaps you're on the football team and you need to keep your grades up to stay on the team. Whatever your goal is, write it down somewhere big and clear and wake up every day and read it and remember that by pushing through, you're going to achieve this goal.

Academic burnout is no joke especially when finals week is just around the corner. As difficult as being burnt out seems, there are ways to cope with it and we hope that the tips we provided above are ones you will consider and be the push you need to help you end the year on a high note!



**THERE IS NO
FAILURE EXCEPT IN
NO LONGER TRYING**

- Elbert Hubbard

WHY THE PANDEMIC HAS TAKEN A TOLL ON STUDENTS

Written by Rozy Abo Mazid

Feeling overwhelmed, tired, and drained?

Well, you're not alone. Burnout is common amongst students this time of year and it's the mental and physical state of exhaustion that is caused by an overwhelming amount of stress. With finals week just around the corner, more students are starting to feel the burnout but this time around there's another major factor that contributed to the increase of burnout amongst students, the pandemic. The pandemic has affected our lives greatly and a lot of adjustments relating to the health and safety of students had to be made for schooling to continue. These changes were meant to keep students safe by providing an alternative mode of learning that took place online, however, students found themselves feeling lost, stressed out, and overall overwhelmed with the changes being made. It's safe to say that the pandemic took a toll on students. As we begin to wrap up this turbulent school year and prep for another one, we wanted to shed light on a few of the changes that have increased the level of burnout amongst students so that higher institutions and schools can work on alternative methods that will support students rather than drain them for the next school year.



ISOLATION

Although some students were lucky enough to go back home and continue studying surrounded by a positive support system, not all students lucked out. Many students had to continue their studies on their own while being isolated from their peers whom they relied greatly on for support. The lack of social interaction led to an overwhelming feeling of loneliness which took a toll on student performance and mental health. Many students also struggled to stay focused at home as they claimed that there were too many distractions for them to learn, and going to a library or a quiet study space was no longer an option due to the restrictions of COVID-19.

UNREALISTIC EXPECTATIONS

The transition from in-person to online classes was a real struggle for many students as some institutions prioritized the method of delivery and overlooked how it would impact student's wellbeing. Students had little to no time to adjust to this transition and yet they were expected to



keep their grades up which increased the levels of frustration and stress amongst them. Not only did students face a lack of compassion during this transition, but they were bombarded with attending back-to-back online classes and were expected to be active and attentive like they were when classes were held in person. The point that many students emphasized was that the method of learning had changed and yet teachers were expecting the same results from them. These expectations only increased the feeling of overwhelm, disappointment, and overall frustration.

TIME DIFFERENCE

Pre-recorded lectures were offered by several professors who wanted to assist the students living in different time zones. However, students struggled to stay focused during these long lectures, and the inability to ask questions there and then only increased their frustration with the current mode of delivery.

STRUGGLE TO COMMUNICATE

Due to online teaching and learning, teachers and students were expected to create a new way to communicate that was deemed beneficial for both sides. Discussion boards were created to keep the conversation going, however, many students claimed that there was a lack of learning going on and these discussion boards did nothing to help with this matter. Although students were able to email their teachers for extra help, the response time was too long, thus forcing students to rely on themselves which made them feel lost and desperate for direction.

Higher institutions need to do better in terms of finding solutions that take into consideration student's well-being and the need to adjust expectations in terms of student performance and overall learning outcomes.

TOP TUTORS APPRECIATION



Congratulations to Samantha Jones for being one of our top tutors for this semester! Alongside Gustavo, Samantha was able to complete the most hours of teaching and mentorship while also being a full-time teacher. Shoutout to Samantha for being a great tutor!



TOP 10 WAYS FOR STUDENTS TO STAY MOTIVATED AT THE END OF THE SCHOOL YEAR

WRITTEN BY: AHMAD GALUTA



It's been a long school year and you've carried yourself this far already. But now as you approach the finish line and catch a glimpse of summer around the corner, you start to relax and ease up. It's totally normal to lose some degree of motivation as you approach the end of the school year, but what can we do to keep the pace up till the very end? Well, fortunately, there are tangible methods and strategies to keep you motivated and we're going to break down Go2Grad's top 10 methods for staying motivated when you're starting to feel sluggish.

CELEBRATE YOUR ACCOMPLISHMENTS

Give yourself credit for making it this far! Learn to look back and clap for yourself for all that you have accomplished rather than look ahead and feel overwhelmed by all things you have yet to achieve. You will get there eventually, but for now, celebrate the little things! Try writing down your wins on a daily or weekly basis. It'll help you remember your accomplishments and adopt a more positive mindset.

STICK TO THE PLAN

What's written, gets done! Create a plan of all the things you have to do and make sure that the plan is realistic. If you set a realistic timeline for yourself, then it's doable. Trust yourself and stick to your plan!

ONE STEP AT A TIME

It's easy to think about all the work ahead, get overwhelmed, lose your motivation, and then end up doing nothing. Instead, just focus on the task at hand and take things one step at a time. You'll feel less overwhelmed and more capable of facing each task. It's easy to take things one step at a time if you create a plan for yourself (tip #2)!

SCHEDULE SOME DOWNTIME

Taking a break every once in a while is just as important as studying and working hard. Schedule some downtime to relax and recharge for the next day. Go for a walk, talk to a friend, or do anything non-school-related.

TRY CHANGING YOUR ROUTINE

Does it feel like the week passes by quickly? Then, it's likely that your daily routine is almost the same every day. Switch things up to stay aware of what you're doing and snap out of auto-pilot mode!

REWARD YOURSELF

Set up a reward system for yourself. Pick two things on your to-do list and treat yourself after completing them. Rewards can be anything from a small snack to a power nap! Just treat yourself with anything that will encourage you to keep going!

SHARE YOUR GOALS WITH A FAMILY OR FRIEND.

Setting goals in one motivation stimulus but sharing them is a whole other level. Once you share your goals and ambitions with other people then you'll feel a greater responsibility to achieve them. Don't be shy to share your goals with people who are close to you!

FOSTER POSITIVE VIBES!

Surround yourself with positive influence as much as possible. This includes supporting friends and family, setting up your study space to be clean and comfortable, listening to uplifting music, and writing in a gratitude journal!

HOLD YOURSELF ACCOUNTABLE

It's been proven that when people hold themselves accountable, they're more motivated and likely to achieve their goals. So reward yourself if you achieve your goal, and set a punishment for if you don't. For instance, you can set an agreement with a friend or family such that if you don't achieve your goals, you will donate to a charity that you don't like or buy everyone dinner.





**A SPECIAL THANKS
TO OUR AMAZING
WRITERS**

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**FOLLOW US AS WE
TAKE THE
EDUCATIONAL
WORLD BY STORM**



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