

# TIPS FOR TAKING CARE OF YOURSELF AND CRUSHING YOUR FINALS

a collaboration between the Office of Community Standards and iThrive

## KNOW YOURSELF



You're not you when you're stressed! Moral reasoning lives in our medial prefrontal cortex (MPFC). When we are stressed, our MPFC goes off-line, leaving our reptile brain (brain stem) and mouse brain (amygdala) in charge. In this "fight or flight" brain state, our ability to access intelligence, creativity, compassion, and ethics is greatly diminished.



To do your best work, it is important to take care of your physical and mental well-being. This means eating healthy, exercising, taking breaks, and getting at least 7 hours of sleep each night.



Start by making a plan! Use a scheduler to intentionally map out your day including meals, personal time, social time, and study time. When you block out study time, set realistic goals for what you will accomplish during each time block.

**CAPS**

### COUNSELING SERVICES

P: 650-723-3785  
Mon-Fri: 8:30am - 5pm

**iTHRIVE**

### HEALTH & WELL-BEING

[ithrive@stanford.edu](mailto:ithrive@stanford.edu)

**BRIDGE**

### 24/7 PEER COUNSELING

P: 650-723-3392

**VADEN**

### MEDICAL SERVICES

P: 650-498-2336  
Weekdays: 8am - 8pm (5pm on Fri)  
Weekends: 11am - 3pm

## KNOW THE HONOR CODE



Many students who violate the Honor Code do so unintentionally. Lack of intent does not negate a violation so make sure you fully understand what is required to uphold the Honor Code for each of your classes, assignments, and exams.



Don't let your collaboration become a violation. Your professor determines what level of collaboration is appropriate on each assignment and exam as well as how you should cite your partner(s). Ensure you understand what is, and what is not, permitted.



Not your original words? Not your original idea? Cite your sources!



If anything is unclear, talk to your Professor or TA. The Honor Code requires students and faculty to "work together to establish optimal conditions for honorable academic work."

## HUME WRITING CENTER

Can assist in any stage of the writing process. Provides tutoring, workshops, and writing boot camps. Can also help with oral presentation and communication skills.

## STUDENT LEARNING CONNECTION

Drop-In and Appointment Tutoring. Academic Skills Coaching to help with common challenges like procrastination, test preparation, test anxiety, time management, and readiness strategies.

[undergrad.stanford.edu/tutoring-support/tutoring](https://undergrad.stanford.edu/tutoring-support/tutoring)

# EARN A GRADE YOU'RE PROUD OF IN A WAY YOU'RE PROUD OF