It is almost that time of year again. The end of the fall semester is drawing to a close and that means final exams are just around the corner followed by break! Check out these tips to help you study, eat better, and destress as you transition into the holidays and second semester.

**DID YOU KNOW?**

By choosing to add these “brain foods” to your diet, you can learn more!

<table>
<thead>
<tr>
<th>Food</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
<td>Prevents brain damage and stress, reduces chances of Alzheimer’s and dementia.</td>
</tr>
<tr>
<td>Salmon</td>
<td>Provides healthy fats important for memory.</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>Provide good flow of oxygen and nutrients to your brain.</td>
</tr>
<tr>
<td>Avocados</td>
<td>High in vitamin E and C, improves blood flow to the brain and lowers blood pressure.</td>
</tr>
<tr>
<td>Lemon</td>
<td>Contain lots of potassium, nourishes your brain and helps with clear thinking.</td>
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</table>

**Final Exam Tips**

- Space your study sessions- it increases long term memory
- Mix up your subjects- don’t focus on the same subject for too long
- Quiz yourself- recalling information improves short-term memory
- Take a break- you can’t do it all
- Get organized- make a to-do list
- Split big projects into smaller tasks
- Find ways to relax- exercise, listen to music, talk to a friend, or watch a movie
- Take care of yourself- get enough sleep & eat healthy

**Common concerns with going home over break:**

- Boredom
- First semester grades
- Trying to see everyone in a limited amount of time
- Not having someone there (recent loss or out of town family/friends)
- Value changes
- General unhappiness

**Solutions:**

- Go with your strengths
- Plan an agenda
- Plan some things apart from family
- Engage in holiday traditions and rituals
- Remember the reasons why you decided to go home in the first place

Personal, confidential counseling services are offered free of charge for Iowa Central students.

**Want to Schedule an Appointment?**

E-mail reuter@iowacentral.edu or call 515-574-1051