

Rutgers Learning Centers

At Camden Campus

STRESS: GOOD HABITS

- **Break tasks into small units**

Even writing a huge paper or studying for a big exam is really manageable if you separate it into smaller individual tasks.

- **Don't leave loose ends**

Even though it's best to break a project into smaller pieces, when it's nearly done, finish it completely. For example, when you finish writing a paper, don't leave the bibliography for tomorrow. Complete the job now! You'll have one less thing to worry about.

- **Exercise**

Make sure you have a physical outlet for your stress.

- **Do what you say you're going to do**

Keep your promises to yourself.

- **Set reasonable goals for yourself**

Don't expect more from yourself than you'll actually accomplish. Plan on what you *will* do, not what you think you *should* do.

- **Be overprepared for tests and presentations**

You'll feel a lot less anxious if you know the material *better* than you think you need to.

- **Take time out to relax**

If you feel guilty about it, schedule it. Also, if you work extra hard just before a break, you'll feel like you deserve it.

- **Do it now!**

Probably the greatest source of stress for students is procrastination.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

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