

10 Tips on How to Study While Sick

Preparing for finals can be very stressful and overwhelming, but studying while you're ill can be a real trial.



- ☐ 1. Go to the doctor and take some medication
- ☐ 2. Drink lots of water and eat healthy snacks
- ☐ 3. Email your professor if you have to miss a class
- ☐ 4. Get enough rest, but don't wear your pajamas all day
- ☐ 5. Take caffeine in moderation to study and concentrate
- ☐ 6. Divide up your study plans into small, 15-30 minute chunks
- ☐ 7. Do easy tasks that don't require much thinking and memorizing
- ☐ 8. Try to study in your living room or kitchen to resist sleeping
- ☐ 9. Keep your room clean and well ventilated
- ☐ 10. Check out your school's policy on illness