Like most college students you’re probably burnt out, tired—constantly, hungry, stressed and beating yourself up for the umpteenth time for registering for an 8 a.m. when you know you’re not a morning person. But let’s put an end to this pity party and realize that there IS hope for you...for all of us! Here are six tips and some advice to get you through these last few weeks of another year of college.

Remember why you’re here

You knew getting into this that it wasn't going to be easy, but try to visualize why you stuck with school this far. Was it to make a family member proud? To land your dream job? To mature and become more responsible? Whatever the reason may be, hold onto it and dig a little deeper these last few weeks.

Take time to nourish yourself

Make sure you’re feeding yourself the right things. It’s easy to just give in to eating junk food as you work on final papers late at night, but I’ve learned that proper nourishment is an investment in your success. If you eat properly and regularly, you will have more energy, better focus, and less fatigue, which will make you more productive overall. Snack on veggies, fruits, granola bars, and other healthy alternatives instead of junk foods. Getting enough sleep to allow your mind and body to recover, as well as staying hydrated throughout the day, will also increase your focus and productivity.

Continue to put in effort

Maintaining effort will make finals week a heck of a lot easier because you didn’t procrastinate everything until the end. Make sure you’re still showing up to classes and asking for help instead of throwing in the towel. Drop in for professors’ office hours. Study consistently throughout the week instead of cramming the night before your exam. As long as you keep putting effort into your studies until the very end, you'll be fine!
Exercise

Don't underestimate the power of being active. Working out will give you energy and act as a stress reliever, which is something that we all need toward the end of the semester. I know you're busy this time of the year, but you can make time to go for a quick walk on the trail or do short workout videos in the comfort of your dorm for free, courtesy of Youtube.

Talk to someone

Talking about your problems may help you discover ways that you could lessen your burden and also give you a reality check of what is feasible to accomplish between now and the end of the semester. If you're worried about a particular class, talking directly to your professor may bring some comfort to you. Who knows, maybe you have nothing to worry about and all you needed was some reassurance.

Enjoy this time

Yes, this time of year is obviously stressful but don't forget to make time to appreciate these last few weeks. Don't get so overwhelmed with schoolwork that you allow it to take over your life and spoil opportunities to make more memories with your friends before summer break. Step away from the books/laptop and have some fun! College is all about balance.