



YCDSB
INTERNATIONAL
EDUCATION
PROGRAM

Your Gateway to Success!

Stressed about finals? Don't worry – with the right plan and mindset, you can do this! Let's break it down into clear steps to help you prepare and stay healthy along the way.

FiNALS
ARE JUST TWO
WEEKS AWAY



1. Plan and Prepare

- ✓ Start Early
- ✓ Create a Study Schedule
- ✓ Organize Your Materials
- ✓ Know the Exam Format
- ✓ Review Past Exams

2. Study Effectively

- ✈ Use Active Study Techniques
- 📖 Focus Smartly
- 🧠 Change Study Spots
- ❓ Ask Questions

3. Take Care of Yourself

- zz Get Enough Sleep
- 🥗 Eat Brain-Boosting Foods
- 😊 Manage Stress

4. Use Your Resources

- 🎯 Attend Review Sessions
- 👤 Form a Study Group
- 🌐 Explore Online Tools

✓ **Final Tip: Believe in Yourself**

- You've done the work – now trust your preparation. Confidence grows with action. Start now, stay steady, and take care of you.

**All the best and
Good Luck!!**

