



# Overcoming a Crisis Situation Before Finals

Strategies for Success at METU

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in your abilities to succeed

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## Strategies for Success at METU

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In times of **academic stress and crisis**, such as when you have limited time to study for finals, it's essential to take a step back and focus on managing your situation effectively. This handout is designed to guide you through reflective questions and methods that will help you regain control, prioritize tasks, and perform your best under pressure.



### Step 1

#### Reflect on Your Current Situation

Take a moment to answer the following questions. These will help you assess where you are, clarify your goals, and reduce overwhelm.

- 1 How much time do I realistically have left to study for my finals?**  
(Estimate your available time, factoring in sleep, meals, and breaks.)
- 2 What subjects or topics do I feel least prepared for?**  
(Identify areas where you need to focus the most effort.)
- 3 Which subjects or topics am I already comfortable with?**  
(Acknowledge what you know well, so you can allocate your time wisely.)
- 4 What is the most important goal I want to achieve by the end of my study sessions?**  
(Define a clear, achievable outcome for your study period, such as understanding key concepts or completing practice questions.)
- 5 What emotional state am I in right now?**  
(Identify how you're feeling—anxious, frustrated, overwhelmed—and acknowledge your emotions without judgment.)

### Step 2

#### Prioritize and Plan Your Time

Effective time management will be key in this situation. Reflect on these questions and then create a study plan for the next few days.

- 1 Which final exams are coming up first, and how much time do I need to prepare for each?**  
(Create a timeline of your finals and break down the study sessions needed for each exam.)

**2 Can I break my study tasks into smaller, more manageable chunks?**  
(Divide each subject into specific topics or sections to focus on during each study session.)

**3 What study methods are most effective for me under pressure?**  
(Consider strategies such as active recall, summarizing key points, and using past exams to test your knowledge.)

**4 How much time should I allocate for each subject?**  
(Estimate how much time you need for each subject based on difficulty and your familiarity with the material.)

**5 How will I balance study time with essential breaks?**  
(Plan regular breaks to prevent burnout—follow techniques like the Pomodoro method: 25 minutes of studying, followed by a 5-minute break.)

### ● Step 3

#### Study Techniques for Limited Time

With limited time, you need to make every moment count. Consider these methods to maximize your efficiency.

**1 What study methods work best for me under pressure?**  
(Try using active recall, summarizing information, and self-quizzing. Prioritize methods that engage your brain in active learning rather than passive reading.)

**2 How can I use past exams or practice questions to reinforce my learning?**  
(Find old exams or practice questions to simulate test conditions, identify common topics, and strengthen your weak points.)

**3 Can I study with a peer or group to help understanding?**  
(If possible, organize a brief study session with a peer where you can quiz each other and discuss difficult topics.)

**4 What strategies can I use to manage distractions during my study sessions?**  
(Limit your phone usage, create a quiet study space, or use apps or website blockers to stay on task.)

**5 What is my plan for reviewing key concepts on the day before the exam?**  
(Prepare a brief summary of essential concepts that you can review the night before, ensuring you focus only on the most critical areas.)



## ● Step 4

### Self-Care and Stress Management

Amid the pressure, it's crucial to take care of your mental and physical well-being to perform at your best.

- 1** How will I manage stress and prevent burnout during this intense study period?  
(Engage in quick stress-relief activities like deep breathing exercises, stretching, or a brief walk.)
- 2** How much sleep do I need to stay productive?  
(Sleep is crucial for memory retention—prioritize rest to ensure your mind is sharp.)
- 3** What positive self-talk or affirmations can I use to stay motivated?  
(Challenge any negative thoughts by telling yourself, "I am capable," "I will do my best," or "I've handled difficult situations before.")

## ● Step 5

### Action Plan

Now that you've reflected, it's time to put your plan into action.

- 1** Create a schedule with specific tasks and time blocks for each subject. Include break times and stick to the plan as closely as possible.
- 2** Set clear, achievable goals for each study session, focusing on mastering key concepts and practicing problem-solving.
- 3** Start immediately, even if it feels overwhelming. Getting started is often the hardest part, but once you begin, momentum will help.
- 4** Stay flexible: Be open to adjusting your schedule based on progress. If you find certain topics are taking longer to grasp, prioritize those over easier ones.

## \* Remember

In moments of crisis, the key is to focus on what you can control, break down large tasks into manageable chunks, and stay calm. You have the ability to succeed—now it's time to act with purpose and confidence.