

YOU have pushed yourself all semester to keep up with your studies. NOW is the time to put in a little extra effort to get through finals and pull off good grades. How are you going to make the most of the **precious** hours before **exams?** Here are some suggestions:

1. Good lecture notes. If your notes 7. Anticipate. Remember your profes-

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aren't very detailed, get together with a classmate and review each others' notes. And while you're at it, don't just read your notes, copy or type them over so your brain has another chance to absorb the information.

2. Grab friends. Study groups can be a thing, you will probably crave junk food. waste of time if they aren't focused. However, they can be invaluable if you have just a few people who come prepared to quiz each other and really work. even if you're studying different subjects.

3. Get up and Get Moving! Sitting in one place for several hours can put you to sleep. Stand up, walk around, or move from one end of the library to the other if you need a change of scenery.

4. Have a strategy. Start with the most difficult subject, or the one you like least. You'll be able to concentrate more on a boring subject when you're fresh.

5. Take a break. Take quick breaks or naps when your body needs them. Usually, 15 minutes of relaxing for every hour of study is a good balance. Just don't forget to set your alarm!

6. Be creative. Don't be a slave to wordy textbooks. Find a way to make them easier to digest. Make flashcards for names, dates and vocabulary. Making up songs and rhymes are other ways to give your brain an extra memory boost.

sors' hour-long tangents? There will probably be a question on one of them. You know your instructors, so structure your studying around what they feel is most important.

8. Eat well. If you do the all-nighter This is especially true if you're PMSing. Greasy or sweet snacks will only make you feel sluggish though, so don't give in! Stick with a healthy diet.

9. Get comfortable. If you've got to spend the day studying, treat yourself to wearing your most comfortable jeans and softest old sweatshirt. And, if it's that time of the month, try Playtex® tampons because they are so comfortable you won't even feel them.

10. Be confident! Before the test, take one last look at flashcards and take a couple of deep breaths to relax. Be sure to take along extra pens and/or pencils. Go in with the confidence of knowing you're ready for anything!





you can't even feel them