

<http://teenmentalhealth.org/resources/entries/transitions>



Chapters

Done



Transitions



Resources & Instructions



Roommates & Finances



School, Time & Stress Management



Healthy Relationships



Sexual Health & Safety



Mental Health & Addictions



Getting Help



Connect With Us

YOUR FIRST EXAMS

Exams at this level are not like in high school; expectations are much higher. This is why it is important to take good notes throughout the year. Unlike high school, it's best to start studying weeks prior to exams! A weekly review will keep you up to date and make writing exams easier.

Study tips!

1. Organize yourself
2. Make a study plan
3. Create study notes
4. Highlight key points
5. Take breaks
6. Get 8 hrs. of sleep
7. No distractions
8. Join a study group
9. Do not procrastinate

