

Tools for the Journey:

How to Support Your Collegiate During Finals



Find out their finals schedule and send them an encouraging text before each test.

Send a finals week care package! Fill it with mints, water, caffeine, vitamins and some study supplies.

Send a letter of encouragement the week before. This will get them through some of those "breaking points".

Put together a list of study tips to send to them. They may just need a reminder during tough study sessions!

Check up on them. Give them a call each night and see how they're doing. Don't forget to throw in some words of encouragement. Remind them that you believe in them and care about their education.

**While these ideas are written for college students, we encourage you to adjust them for your high school or even grade school student as well. No matter what stage of school they are in, testing is a stressful time and your student needs your support.*