Stress Less Study Prep [1]

Week of:
Dec 11, 2015

Healthy test prep [2]

Dear Alice,

What is the best way to prepare, health wise, before a big test such as the SAT, LSAT, MCAT? What foods do you recommend to keep my "brain moving?"

Read more [2]

Time management [3]

Dear Alice,

How do you find time to be with your friends, family, and boyfriend, and study for school?

Read more [3]

Can't study late at night? [4]

Dear Alice,

My problem is this: whenever I have to study late at night, or do anything late at night, I usually have trouble (a lot of trouble) concentrating on whatever it is that I have to do. I'm not going to try anything like No-Doz, but when I drink coffee or anything with caffeine, it just knocks me out even faster. I can't believe it? it's like caffeine's some kind of sleeping potion for me. Some of my friends say eating while you work can help you stay up. I tried that, too. Didn't work. Any suggestions? Or am I just better off sleeping and leaving the work 'till the next day?

?Sleepy

Read more [4]
All night, done right: Getting the most out of an all-nighter

Hi Alice,

Some roommates of mine and I have been thinking about sleeping lately.

Usually we’re all told to get eight to nine hours of sleep, and a lot of the time we do! The problem is, once in a while, when there’s an essay to write or exam to study for, I or my friends may end up having no choice but to be up until 6 in the morning. No one’s really explained what the best thing is to do if you have to be up.

What would you suggest? Should we eat? Take a quick nap before class, sleep during the afternoon or wait until evening? Any suggestions you have would be great.

Long-term effects of caffeine-based drugs

Dear Alice,

What are the long-term side effects of substituting Vivarin for sleep? Last semester, I averaged only about three hours of sleep a day, and it doesn't look like this semester will be terribly different.

Thanks in advance.

? Weary Graduate student
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