To manage stress during midterms, l... [1]

- Schedule study time for each assignment or exam. 8% (11 votes)
- Exercise most days. 5% (7 votes)
- Eat balanced and healthy meals. 4% (6 votes)
- Get a full night's sleep on most nights. 8% (11 votes)
- Practice meditation, breathing exercises, or other relaxation activities. 5% (7 votes)
- Don't. I'm just trying to get all my work done! 49% (71 votes)
- More than one of the above. 20% (29 votes)
- Other. 3% (4 votes)

Total votes: 146
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Source URL: http://www.goaskalice.columbia.edu/polls/manage-stress-during-midterms-i-0

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