

# Study Phase Guide 19/20



Studentenschaft



Universität St.Gallen

## Study spaces

Who doesn't know the feeling? When you reach the Bib in the early morning of the study phase there's already an endless queue. To avoid this unfortunate start into the day, we'd like to present you the best alternatives for the overcrowded library:

- **Unoccupied group rooms**  
(reservations via Compass)
- **theCO by SHSG**  
(150p, Müller-Friedberg-Strasse 6)
- **Main Building** upper two floors  
(140p, 01-212 & 01-311)
- **Library at the FHS St. Gallen**  
(100p, Rosenbergstrasse 59)
- **Library „Hauptpost“**  
(100p, Gutenbergstrasse 2)
- **HSG Institute Building**  
(150p, Rosenbergstrasse 30)

Use the unisg seatfinder to check the occupancy of the learning spaces!



## General Tips



### Tips during the study phase:

Make a grocery list and stick to it. Plan your meals and snacks so that you can follow some sustainable eating habits.

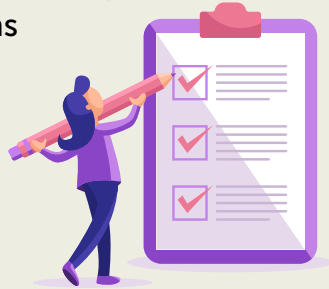
### Tips for eating habits during exams:

On the exam day follow your usual breakfast / lunch plan. Maybe treat yourself with your favorite cereals or meal, but don't try out any new food. You don't want to get unusual belly aches during the exam!

Some need a lot of snacks, others don't bring anything at all to the exam sessions. Just in case you feel the need, bring some nuts, dark chocolate, a cereal bar or a sugary drink with you. Your nerves can play silly under exam circumstances. Go for the safe option and don't forget your water bottle.

## Checklist for exams

- Student ID (Legi)
- Calculator (TI-30 series)
- At least two pens
- One marker
- A water bottle
- A little snack
- Tissues



## Borrow material from the Bib:

- Powerbank
- Fleece blanket
- MacBook charger (all generations)
- other laptop chargers (e.g. HP, Asus)
- iPhone charger (all generations)
- Micro-USB charger
- USB-C charger
- TI30 calculator
- USB-Stick
- External DVD-drive
- Apple Pencil
- HP Pencil
- Optical mouse
- Headphones
- Power adapter
- Multiple socket outlet
- Extension cord
- USB-C converter

## How to stay focused I

Coffee does not kick in as it used to back in the good old days?

Turns out that the heartwarming brew so dear to students is not the only natural energy booster around. **Guarana** is an interesting alternative to improve your focus and contains a range of stimulants, such as caffeine, theophylline and theobromine, and is rich in antioxidants. You can find it on the shelves of Coop or any health food shop. Give it a try!

You are likely familiar with **Club-Mate**. It is made with Mate tea which is the elemental ingredient of its energy-boosting effect. However, Mate leaves can be used to make a warming tea too, which might just be a more appropriate drink for winter. Just take care of the water temperature and warm it up to only 70 Celsius degrees before letting the leaves soak. This way you will get the most benefits.

## How to stay focused II

Let's turn to snacks, to calm your hunger for hours of studies.

The classics: Go nuts for nuts! Any kind of shell fruit contains healthy fats, nourishing your nervous system and helping you stay calm. In combination with dried fruit, you add some fructose, which is easily absorbed and kicks in quickly.

Additional tip: Try roasting the nuts for some extra flavor.

A good snack in between meals are veggie sticks. Chop up some celery, carrots and cucumber. Additionally, get your favorite dip (e.g. hummus). You can keep the pre-cut vegetables fresh by just putting them into a jar and filling it with water. Easy to carry around and fresh!

Good luck with your exams!

