



Winter 2018 Newsletter

Happy Holidays! Enjoy your break!

It is hard to believe that it is that time of year when we are finishing one semester, looking forward to time with family and friends, and planning for the New Year ahead. It always amazes me how time flies every year. I can't believe that we are wrapping up the fall semester.

With finals week just around the corner, the SSS Staff would like to offer students a chance to take a break from studying and join us in our "SSS STRESS LESS" week. Here are the activities we will be offering next week:

Monday: **Massage Monday—Treat yourself to some relaxation in our massage chair.**

Tuesday: **Playdoh Power Hour—Channel your inner kid and de-stress with playdoh.**

Wednesday: **Coloring & Cocoa—Take a break and door decorate. Come color and decorate staff's doors.**

Thursday: **Cram Jam Study Break—Decorate a gingerbread house and take a study break.**

We will have cookies, snacks, and drinks available during the week to keep you recharged and focus.

As always, we are here to help you with any questions you may have these next couple of weeks. I encourage you to stop by and utilize our resources, see our specialists, and get tutoring assistance. Stay focused, prepare yourself, and finish strong.

On behalf of Student Support Services, we wish everyone a joyous and happy holiday season! ~Lisa



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STUDY TIPS!



1. **Set study goals**– ask yourself key questions, and strive to achieve them.
2. **Make a study plan**– break the cycle of cramming for tests and create an effective study plan.
3. **Take regular study breaks** – you will need to recover from the work you put in. Go for a walk, a trip to the gym or hang out with a friend.
4. **Embrace new technologies**– try to find a study option that can be personalized to you.
5. **Test yourself**- quiz yourself on important dates, names, formulas, facts, etc.
6. **Healthy balance**– find a healthy balance both mentally and physically.
7. **Be Positive**-- focus on positive outcomes and how your strengths can help achieve them.
8. **Study partners**– grab a few study partners who you work well with.
9. **Lessons into stories**– weave important details (facts) into a story to help you remember.
10. **Study routine**– find a place that is quiet and little to no distractions.
11. **Small challenges**– set challenges to keep spirits high. This would be a great way to focus on the day-to-day and find motivation.
12. **Consult teachers**– questions about your exam, talk to your teacher. You will not only solve your questions with help but will also show that you have a good attitude in the teachers subject.

FINALS WEEK SCHEDULE!

Tuesday, December 11 **Wednesday, December 12** **Thursday, December 13** **Friday, December 14**

8:00 TR Classes

11:00 TR Classes

2:00 TR Classes

8:00 MWF Classes & Daily

10:00 MWF Classes

12:00 MW & MWF Classes

2:00 MW & MWF Classes

6:00 Evening/Hybrid Classes

9:30 TR Classes

12:30 TR Classes

9:00 MWF Classes

11:00 MWF Classes & Daily

1:00 MW & MWF Classes

Example: If you have classes at 8 a.m. TR, your final is Tuesday, December 11. If you have classes at 12 p.m. MW/MWF, your final will be Wednesday, December 12th. Once you take the final, you will not have to go back to that class. If you have questions, please contact one of us.

TUTOR INFORMATION!

TUTORS MAY BE UNAVAILABLE DURING SCHEDULED TIMES DUE TO FINALS OF THEIR OWN.





Pumpkin Carving!
Vision Board
Workshop!



Vision
board
making

Past Events and Workshops!



Fall Social

Annual Etiquette
Dinner





November

11/3-Jaquail Williams
11/7-Kaitlin Quintana
11/9- Don Calkins
11/16- Brayan Ortega-Gonzales
11/17- Rickeya Smith
11/19- Ethan Craig
11/23- Jacklyne Reeves
11/24-Moriah Presley
11/29-Rowan Crespo
11/30-Sydney Sellers
11/30 Kaden Elliott

December

12/1- Robel Tesfamichael
12/1- Joseph Pegues
12/4- Vernon Morrow
12/11-Jessica Greenwood
12/15- Shaderious Crowder
12/16-Briann Westhoff
12/18-Allena Rickel
12/20-William James
12/23- Au'Tiana Bostic
12/25-Jordan Evans
12/26- Brittney Radley

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