Important Reminders

5/11-14 Final exams
5/16 Spring Commencement
5/21 Spring semester grades due

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How to Make it Through Finals Week

Here are 10 ways to cope with stress to help you be successful, healthy, and happy during finals week.

1. **Exercise.** Relieve your stress by taking a 30-minute walk or take advantage of on-campus open recreation or open climbing.

2. **Sleep.** Research says skimping on sleep can affect your concentration. It is a good idea to catch a few z’s instead of camping out at the library.

3. **Go outside.** Take your study breaks outside for fresh air and an energy boost.

4. **Clean up.** If your room or desk is a mess, take time to clean and reorganize.

5. **Jam to music.** Whether it’s listening to relaxing piano music or bouncing dance beats, your mood instantly lifts. Find a playlist and have a dance party to lift your spirits when you get home from the library.

6. **TV.** You can use your favorite TV show as a reward for studying an hour. Then do it again, and keep rewarding yourself for studying.

7. **Do absolutely nothing.** Turn off all your electronics and chill out.

8. **Eat fruits and veggies.** For more energy, especially greens like spinach or broccoli!

9. **Drink water.** Consider drinking more water to stay hydrated and cut back on anxiety.

10. **Take short breaks.** Multiple shorter study sessions are more effective than one long one, so take frequent breaks. Every hour or so take a 10-minute break to stretch or walk around.

By Jenny Loew, Recreation and Sport Facilities
End-of-the-Year Goodbyes

The end of the school year is almost here. After final exams, you may be saying “goodbye” to your college friends.

It may be difficult, so here are a few helpful hints:

• Make more memories by having fun together before leaving for the summer!

• Compare schedules to make sure you can connect before they leave.

• Allow enough time to say goodbye.

• Compare summer calendars to make plans to visit each other.

• Exchange contact information. Keep in touch with visits, phone calls, texts, emails and Facebook. This is especially important if you are graduating!

New Student and Family Programs
Come enjoy this event and celebrate the semester ending with...