Important Dates

November 14th:
Health Insurance Waiver Opens

November 23rd:
Non-Instructional Day

November 24th-25th:
Thanksgiving Holiday

December 1st:
Online textbook reservation opens
Study Tips 101: Preventing Stress

Plan ahead
- Study a few days or weeks before, avoid waiting until the last minute

Manage Your Time
- Don’t over book yourself (have a balance of academics and extra-curricular activities)

Set Reminders:
- Include important dates and deadlines (e.g. assignment deadlines, club meetings)
- Tools: A planner, calendar, phone, or tablet
Frequently Asked Questions:

How should I contact my SSHA Advisor?
Choose one method and stick to it - either email only or come to our walk-in advising hours.

Do SSHA Advisors make advising appointments?
No, but we have ample walk-in hours to most efficiently serve our students. During peak advising times, we extend our walk-in hours!
Workshops

Calvin E. Bright Success Center Workshops

Burn out? Strategies to Manage Stress
When: November 14th, 2016
6:00pm
Location: Alpine room

I'll Start Tomorrow: Academic Planning & Organization
When: November 15th, 2016
12:00pm
Location: California Room

Preparing for Finals
When: November 30th, 2016
7:00pm—8:00pm
Location: COB 110

Center for Career & Professional Advancement Workshops

State of California, Department of Corrections and Rehabilitation
When: November 15th, 2016
12:00 pm—1:00 pm
Location: SSB 250

Study Abroad Workshop
When: November 16th, 2016
2:00 pm—3:00 pm
Location: TBA

Learning A.R.T.S Information Session
When: November 17th, 2016
9:30 am—12:30 pm
Location: On campus outside of the Lantern Cafe

Pre-Health / Natural Science Workshops

Slices of BIO: Emphasis Tracks (student panel with free pizza!)
When: November 15th, 2016
3:00 PM-4:00PM
Location: SE1 270 K

School of Natural Sciences Study Abroad Info Session
When: November 17th, 2016
11:00 PM-12:00PM
Location: SE1 270 K

Introduction to Pre-Nursing
When: November 30th, 2016
1:00 PM
Location: SE1 270 K
SSHA Advising Services

Walk-In Hours

**Academic Advisors:**
November 14– November 18th, 2016
- Monday: 9AM– 12PM, 2PM–4PM
- Tuesday: 10AM-12PM, 2PM-4PM
- Wednesday: 9AM-12PM, 2PM-4PM
- Thursday: 10AM-12PM, 1PM-3PM
- Friday: 9AM-12PM, 1-3PM

**Peer Mentors:**
August 24– December 16th, 2016
- Monday: 9AM– 12PM, 1PM–4PM
- Tuesday: 9:30AM-12PM, 1PM-4PM
- Wednesday: 9AM-12PM, 1PM-4PM
- Thursday: 9:30AM-12PM, 1PM-4PM
- Friday: 9:30AM-12PM, 1-3PM

SSHA Academic Advisors

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