SSHA UPDATE

December 6th, 2016
IMPORTANT DATES AND DEADLINES

December 9th
Fall Instruction ends

December 10th, 12th-16th
Final Exams

December 20th
Final Grades Available
by 5pm

December 19th– January 2nd
Winter Break

January 10th, 2017
Spring Semester Begins

January 16th, 2017
Martin Luther King Jr. Day

January 17th, 2017
Spring Instruction Begins
Tips on what **NOT** to do when studying!

Tip #1: Avoid eating sugar!

Tip #2: DO NOT procrastinate or cram the night before

Tip #3: Studying in the wrong environment!

Tip #4: Over studying!

Tip #5: Focusing on one subject!

Tip #6: Studying with the wrong people!
Study Tips 101

- Set Study Goals
- Make a Study Plan
- Take Regular Study Breaks
- Embrace New Technology (online flashcards)
- Test yourself!
- Find a healthy balance
- Be Positive
- Collaborate with Study Groups/Partners
- Turn lessons into stories
- Establish a Study Routine
- Eat healthy (no sugar)
- Study in Quiet Environments
- Remember to sleep!
- Use Mnemonic Devices (if applicable)
- Rewrite Notes

You can do it!
Study, Study, Study
Good Luck on Finals!!
Happy Holidays
SSHA Advising Services

Walk-In Hours

**Academic Advisors:**

December 5th – December 9th

Monday: 10am-12pm, 2-4pm
Tuesday: 10am-12pm, 2-4pm
Wednesday: 10am-12pm, 2-4pm
Thursday: 10am-12pm, 2-4pm
Friday: CLOSED

*Thursday, December 8th: 10am-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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