

# SSHA UPDATE

NOVEMBER 28, 2017



# STUDY TIPS



What do you need to memorize?

Do you need to memorize 10 or more items?

Yes

No

Can you chunk into smaller groups?

Choose one of the following memory techniques

Create a Sentence

Create a Mnemonic

Create a Graphic Organizer or a Diagram

Create a Song

Link the material with a story

Use the Peg Method to Memorize

One—Sun  
Two—Shoe  
Three—Tree  
Four—Door  
Five—Five

Six—Stick  
Seven—Heaven  
Eight—Gate  
Nine—Wine  
Ten—Hen

For more information on the Peg System follow this link

Use the Journey Method to Memorize



For more information on the Journey System follow this link

Try these studying techniques:



Read notes



Rewrite notes



Review highlighted/  
column/  
margin  
information



Use flashcards



Make up examples

Studying for 30-50 minutes (with a 10 minute break) is recommended.

Good lighting can increase productivity. It will help you pay attention to your work as well as help your eyes.

Avoid any distractions! Turn off your phone/tv, and check your social media ONLY during breaks.

# Tutoring Services

**STEP 1: Go to**  
[www.learning.ucmerced.edu](http://www.learning.ucmerced.edu)



Calvin E. Bright Success Center  
 What's Your Success Story?

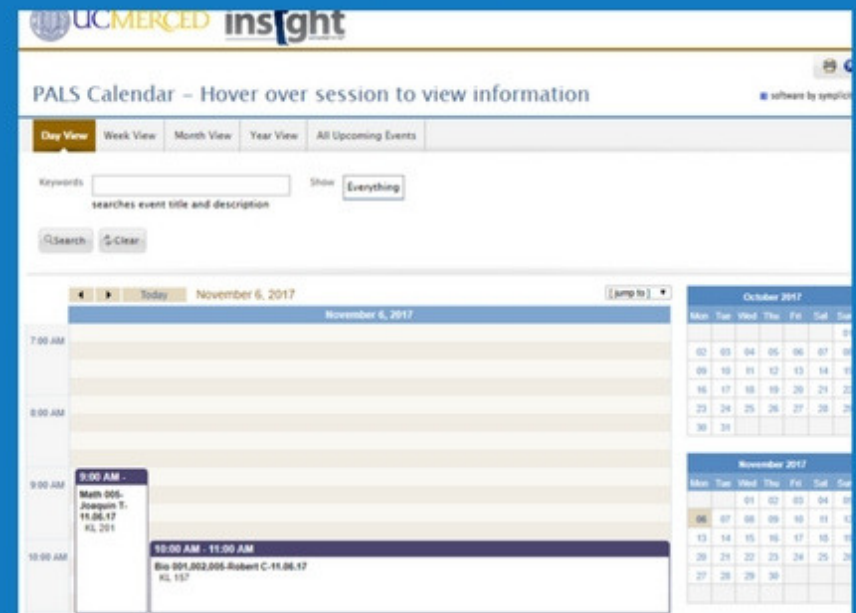
Guided Advising | Learning Tools | **Programs** | Workshop Calendar

- Academic Competitions
- Fiat Lux Scholars Program
- DARTS Program
- Guardian Scholars Program
- Orientation
- Success Mentor Program
- The STEP Scholars Program
- Peer Assisted Learning Support**
- Undergraduate Studies 10
- Disability Services

Upcoming Workshops

**Step 2:**  
 Click on [Learning Support Schedule »](#)

**Step 3:**  
 Find the dates, times and locations for the courses you need help in



UCMERCED **insight**

PALS Calendar – Hover over session to view information

Day View | Week View | Month View | Year View | All Upcoming Events

Keywords:  Show:

Searches event title and description

Today: November 6, 2017

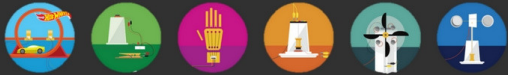
November 6, 2017						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM						

9:00 AM - 11:00 AM  
 Math 005 - Joaquin T. KL 101

10:00 AM - 11:00 AM  
 Bio 001,002,005 - Robert C-11.06.17 KL 157



Science, Technology, Engineering, Mathematics



STEM Center Peer  
Tutor/Mentor Program -  
Fall 2017 - AOA 114

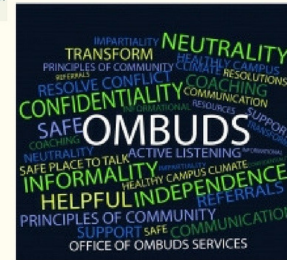
<http://stemresourcecenter.ucmerced.edu/academic-services>



**Hours of Operation**  
Monday - Thursday: 9:00am - 4:00pm  
Friday: 9:00am - 2:00pm  
Location: KL 101



Contact: [international@ucmerced.edu](mailto:international@ucmerced.edu)



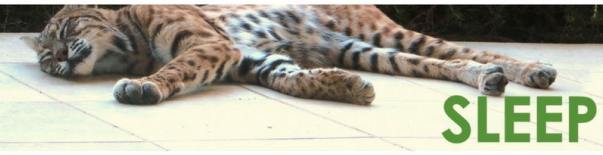
## Ombuds Office

**CONTACT INFORMATION**  
PHONE: 209-228-4410  
LOCATION: STUDENT SERVICES  
BUILDING 211

# STUDENT RESOURCES



**STRESS  
MANAGEMENT**



**SLEEP**



**NUTRITION**

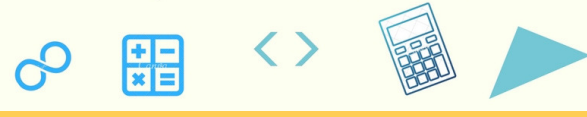
<http://heroes.ucmerced.edu/>



**Hours and Location**

Monday-Thursday 10:30 am to 6:00 pm,  
**SSB 320**  
Tuesday & Sunday 6:00 pm to 8:00pm,  
**Half Dome Learning Center**  
Sunday, 1:00pm to 5:00pm **SSM 320**

<http://mathcenter.ucmerced.edu/>



**Provides Free and Confidential  
Assistance for all UC Merced Affiliates**

**Location:** KL 107  
**Office Hours:** Tues. & Wed.  
12pm - 1:30pm  
**Campus Advocate:**  
(209) 386-2051



**Valley Crisis Center  
24/7 Hotline  
(209) 722-4357**



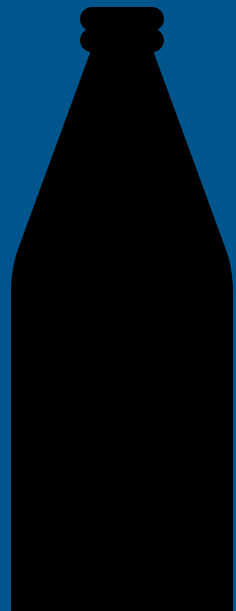
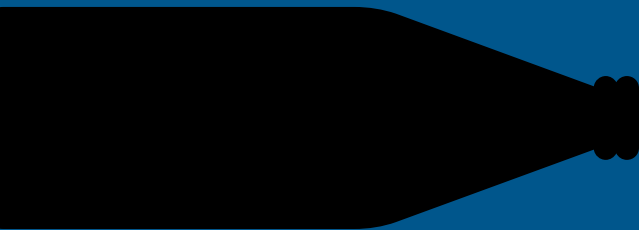


# ENERGY DRINKS

Energy drink products contain a large amount of *caffeine* and an assortment of other *unnatural ingredients*.

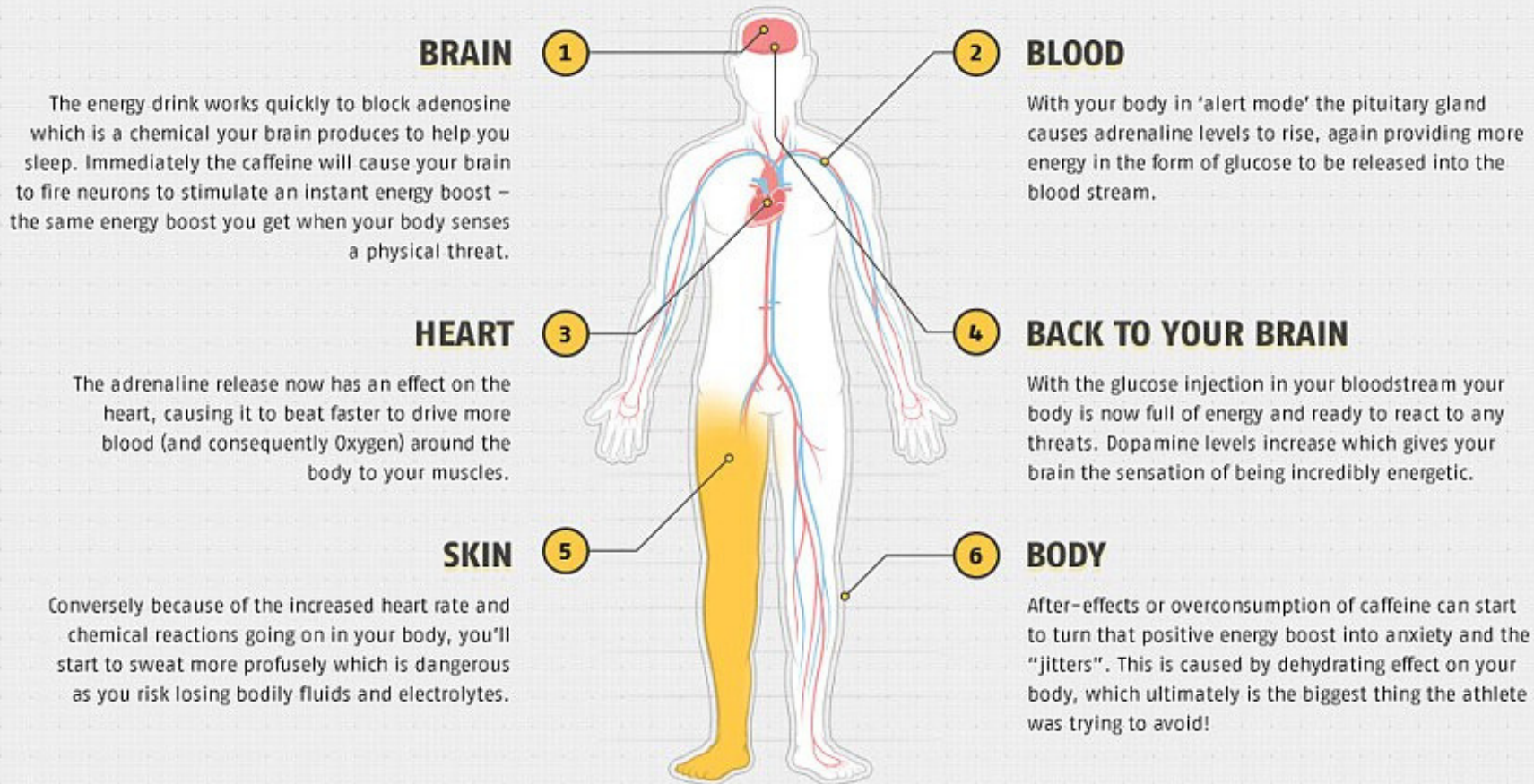
Over consumption may lead to:

*higher anxiety, insomnia,  
decayed tooth enamel,  
high blood pressure,  
and weight gain*



# WHAT ENERGY DRINKS DO TO YOUR BODY

According to health expert Maria Pagano, the risks of energy drinks are still somewhat unknown. Below she outlines the 6 effects that they can have when you take a drink.





# HOW TO BE SMART WITH CAFFEINE AND STUDYING

A study conducted at Johns Hopkins found that *consuming caffeine after a learning or memory task consolidated memory better than those who took it prior to the task.*



Limit your daily intake to 400 mg,  
about 2 regular sized coffee cups

Be aware of withdrawal symptoms: *headache, irritability, lethargy, constipation, insomnia, brain fog.*



Limit sugar intake along with  
your caffeine boost.

Coffee and energy drinks are *diuretics*, so drink  
lots of water along with it to stay hydrated.



# SSHA ADVISING TIMES



## Academic Advisor Walk-In Hours

*Nov. 27th, 2017 - Dec. 1st, 2017*

**Monday: 2:00PM-4:00PM**

**Tuesday: 2:00PM-4:00PM**

**Wednesday: 10:00AM-12:00PM**

**Thursday: Closed**

**Friday: Closed**

Advisors are  
accepting appointments  
and availability can be  
found on [sha-  
advising.ucmerced.edu/  
Contact\\_Us](http://sha-advising.ucmerced.edu/Contact_Us)



## Peer Mentor Walk-In Hours

*Nov. 27th, 2017 - Dec. 1st, 2017*

**Monday: 9:00AM -12:00PM; 1:00-4:00PM**

**Tuesday: 9:00AM -12:00PM; 1:00-4:00PM**

**Wednesday: 9:00AM -12:00PM; 1:00-4:00PM**

**Thursday: 9:00AM -12:00PM; 1:00-4:00PM**

**Friday: 9:00AM -12:00PM; 1:00-4:00PM**





# CONTACT US

## *Peer Mentors*

**Chrissy Langston | Annabel Vu  
Joselyn Lopez | Amandip Singh**

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## *Academic Advisors*

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**Kou Her**

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**[@ssha.advising](https://www.instagram.com/ssha.advising)**



**[@SSHAAdvising](https://twitter.com/SSHAAdvising)**



**[UCM SSHA Advising](https://www.youtube.com/UCMSSHAAdvising)**