

# SSHA UPDATE

November 14th, 2016



# 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



# State of California, Department of Corrections and Rehabilitation

## Info Session

Tuesday, November 15, 2016  
Student Services Building  
(SSB) 250  
12:00 p.m. - 1:00 p.m.



Learn more about career opportunities with CDCR



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Professional Advancement

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## UNPACKING STUDY ABROAD

Wednesday, November 16, 2016  
Social Sciences and Management (SSM) 217  
2:00 p.m. - 3:00 p.m.



This workshop will offer information for returnees regarding transferable skills employers seek that are developed through study abroad. Most importantly, students will learn how to market their experience and skills to potential employers in this fun and interactive workshop!

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careercenter@ucmerced.edu  
SSB 230

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## LINKEDIN: GET CONNECTED!



You joined LinkedIn, now what?  
Does your profile tell your compelling story and generate interest from employers?  
Unsure on how to properly navigate LinkedIn?

Attend this workshop and have these questions answered!

**NOVEMBER 15, 2016**  
**10 AM - 11 AM | SSB 250**

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## 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**

## **Center for Career & Professional Advancement Workshops**

## **Pre-Health / Natural Science Workshops**

### **Burn out? Strategies to Manage Stress**

When: November 14th, 2016  
6:00pm  
Location : Alpine room

### **State of California, Department of Corrections and Rehabilitation**

When: November 15th, 2016  
12:00 pm—1:00 pm  
Location: SSB 250

### **Slices of BIO: Emphasis Tracks (student panel with free pizza!)**

When: November 15th, 2016  
3:00 PM-4:00PM  
Location: SE1 270 K

### **I'll Start Tomorrow: Academic Planning & Organization**

When: November 15th, 2016  
12:00pm  
Location: California Room

### **Study Abroad Workshop**

When: November 16th, 2016  
2:00 pm—3:00 pm  
Location: **TBA**

### **School of Natural Sciences Study Abroad Info Session**

When: November 17th, 2016  
11:00 PM-12:00PM  
Location: SE1 270 K

### **Preparing for Finals**

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

### **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**

### **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

### **Brenda Maldonado-Rosas**

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### **Danielle Quiroga**

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## Peer Mentors

Carmel Peichoto | Ismael Nunez | Joselyn Lopez | Viviana Martinez

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