SSH Update

Finals Edition

04/30/2018
RESOURCES

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

International Affairs Office
Hours of Operation
Monday - Thursday: 9:00am - 4:00pm
Friday: 9:00am - 2:00pm
Location: KL 101
Contact: international@ucmerced.edu

Ombuds Office
Contact Information
Phone: 209-228-4410
Location: Student Services Building 211

Come & See us Today!
Click on a resource to attend a session today!

**Writing Center**
Location: KL 260

**Math Center**
Location Varies: SSB 320 OR Half Dome Learning Center

**Chem Center**
Location: Half Dome Learning Center

**PALS** helps with multiple subjects. Check the schedule for weekly sessions!

**STEM** helps with multiple STEM related subjects. Check the schedule for weekly sessions!
SSHA Advising’s Top 10 Study Tips!!!

**STUDY TIP #1**
Plan your study time! Create a schedule with a breakdown of what to study each day and for how long. Try to study a little of everything every day. This avoids cramming!

**STUDY TIP #2**
Join or create a study group! This will help give you a new perspective, learn new study skills, and fill in any learning gaps.
**STUDY TIP #3**

Find a quiet place to study, so that you won't lose focus!
- Book a study room in the library
- Go to Coffee Bandits or Starbucks

**STUDY TIP #4**

Take study breaks! Every few hours of studying should be followed by a 10-15 minute break. Use this break to stretch, check social media, or snack on something healthy.
STUDY TIP #5
Unplug from online distractions and only check social media during breaks!

STUDY TIP #6
Drink enough water! Chugging an energy drink and refilling another cup of coffee are only temporary fixes. Excessive amounts of sugar and caffeine lead to a system crash. Water replenishes and hydrates with no side effects!
STUDY TIP #7
Good lighting can increase productivity! Make sure your study area is well lit.

STUDY TIP #8
GET ENOUGH SLEEP! A well rested mind allows you to process and retain information. A good night's rest will put you in better shape for a morning test than will pulling an all-nighter.
STUDY TIP #9
Get active!
Remember to exercise for at least 30 minutes - 1 hour. Working out releases endorphins that improve mood, decrease health problems, and lower your stress.

STUDY TIP #10
Finish finals week strong and then...
TREAT YO SELF
It's time for summer break!
CONTACT US
For updated walk-ins hours, check:
ssha-advising.ucmerced.edu

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PEER MENTOR WALK-IN HOURS:
FINALS WEEK 05/4-05/11
MONDAY: 9:15AM-12:00PM; 1:00PM-4:00PM
TUESDAY: 9:15AM-12:00PM; 1:00PM-4:00PM
WEDNESDAY: 9:15AM-12:00PM; 1:00PM-3:00PM
THURSDAY: 9:15AM-12:00PM; 1:00PM-4:00PM
FRIDAY: 9:15AM-12:00PM; 1:00PM-4:00PM

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Click on an icon to stay connected!
STARTING STRONG IS GOOD.
FINISHING STRONG IS EPIC.

— ROBIN SHARMA