

04/30/2018

SSHA UPDATE

FINALS EDITION

RESOURCES

Click on a flyer to learn more!



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



HEALTH
PROMOTION
at UC MERCED



STRESS MANAGEMENT

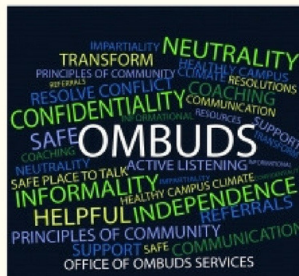


SLEEP

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



NUTRITION



Ombuds Office

CONTACT INFORMATION

PHONE: 209-228-4410

LOCATION: STUDENT SERVICES

BUILDING 211

hire.ucmerced.edu
Location: SSB 230

Location: SSB 230

*Come &
See us
Today!*

UNIVERSITY OF CALIFORNIA
MERCED
CENTER FOR CAREER &
PROFESSIONAL ADVANCEMENT

TUTORING

*Click on a resource to attend
a session today!*



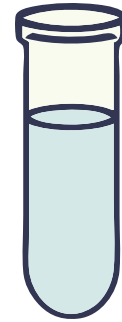
Writing Center

Location: KL 260

THE
MATH
CENTER

Math Center

Location Varies: SSB
320 OR Half Dome
Learning Center

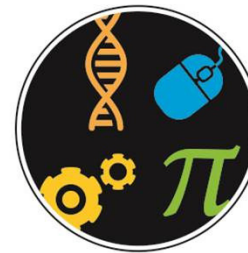


Chem Center

Location: Half Dome
Learning Center



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



STEM
RESOURCE CENTER
UC MERCED

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

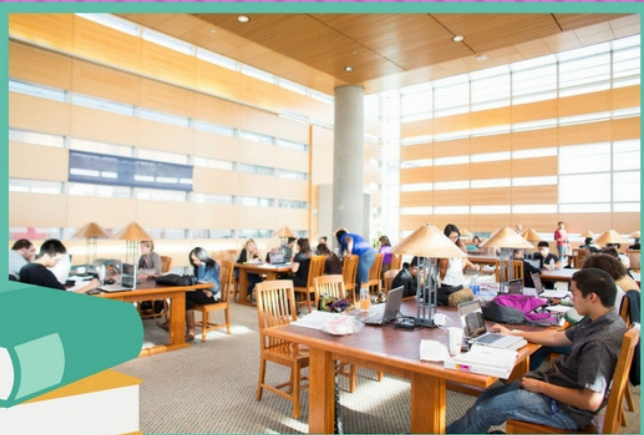
Join or create a study group! This will help give you a new perspective, learn new study skills, and fill in any learning gaps.



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



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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.



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| | |
|---------------|--------------|
| BELL PEPPERS | LETTUCE |
| BROCCOLI | SNAP PEAS |
| EDAMAME | GRAPES |
| CAULIFLOWER | CUCUMBER |
| BANANAS | PEACHES |
| MANGOS | PINEAPPLE |
| CANTALOUPE | ORANGES |
| CARROTS | APPLES |
| WATERMELON | TOMATOES |
| RADISHES | STRAWBERRIES |
| RASPBERRIES | CHERRIES |
| BLACK BERRIES | BLUEBERRIES |

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.

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STUDY TIP #10

Finish finals week strong and then...



It's time for summer break!

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CONTACT US

For updated walk-ins hours, check:

ssha-advising.ucmerced.edu



BRENDA MALDONADO-ROSAS

BMALDONADO-ROSAS@UCMERCED.EDU

(209) 228-2366



ARMANDO CONTRERAS

ACONTRERAS39@UCMERCED.EDU

(209) 228-3029



KOU HER

KHER9@UCMERCED.EDU

(209) 228-3028

ANNABEL VU | JOSELYN LOPEZ | AMANDIP SINGH

SSHAPEERMENTOR@UCMERCED.EDU

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

Click on an icon to stay connected!



**STARTING STRONG IS
GOOD.
FINISHING STRONG IS
EPIC.**

— ROBIN SHARMA