How to Handle Stress

Tip #1
Keep a planner or a calendar with dates and deadlines to always stay on track.

Tip #2
Practice self-care! Treat yourself to a movie or dinner downtown.

Tip #3
Get enough, and a consistent amount of sleep every night!

Tip #4
Stay active to release stress! Go to the gym or a walk around Lake Yosemite.
Upcoming Center for Career & Professional Advancement Workshops

Resume and Cover Letter Workshops

**September 13**  
SSB 250  
10 AM - 11 AM

**November 1**  
SSB 250  
3 PM - 4 PM

Learn how to attract an employer’s attention with a targeted resume and cover letter.

EXPLORING THE CLIFTON STRENGTHS DOMAINS

**EXECUTE**  
**INFLUENCE**  
**BUILD RELATIONSHIPS**  
**IDEAS WITH VISION**

OCTOBER 5, 2017  
2:00 PM - 4:00 PM  
SSB 250

LIGHT REFRESHMENTS WILL BE SERVED

Presented by Leslye Juergensmeyer

DON'T GUESS, KNOW!

SOS is a five week, interactive series to providing direction and exploration for declaring your major, strategies for success, and discovering what you are MEANT to do.

Name and Claim your natural talents, and Aim to make them your Strengths for Success!

The SOS Series is provided by the Center for Career and Professional Advancement and Strengthening Talents & Exploring Pathways (STEP).

For questions please contact: Leslye Juergensmeyer at juergensm@ucmerced.edu

For more information on events by the CCPA, visit: hire.ucmerced.edu
Events Around Campus

Know Your Rights!
PRESENTED BY CESAR MONTOYA
UC IMMIGRANT LEGAL SERVICES CENTER ATTORNEY

Dates:
- September 15th
- September 16th
- October 6th
- November 3rd
- December 1st

Topics:
- Policy Updates & DACA Renewal Clinic
- Family Preparedness
- Immigration Enforcement
- Community Organizing

Location: SSM 104 from 10am - 11am.
For more information e-mail us at undoc@ucmerced.edu.

BUILD YOUR CREDIT 101 WORKSHOP

WHEN: THURSDAY 9/21
WHERE: SSB 160
WHEN: 5:30PM - 6:30PM

Come join the STEP Scholars Program in this informative session where you will learn how to build a good credit, avoid bad credit mistakes, and how your student loans impact your score.

Questions?
Contact STEP@ucmerced.edu

UC MERCED FOOD PANTRY
Location: Tri-College
Time: 10am to 2pm

Need a Ride? Want to volunteer? Have any questions? E-mail us at: foodpantry@ucmerced.edu

Sign up: http://studentlife.ucmerced.edu/content/uc-merced-food-pantry

For more information about events around campus, visit: catlife.ucmerced.edu/events
SSHA Advising
Peer Mentors

Peer Mentor Walk-ins
*First and Second year students are required to have an audit printed (within 24 hours) in order to be seen by a Peer Mentor.

Fall 2017 Semester

Mondays: 9:00AM-12:00PM; 1:00PM-4:00PM
Tuesdays: 9:00AM-12:00PM; 1:00PM-4:00PM
Wednesdays: 9:00AM-12:00PM; 1:00PM-4:00PM
Thursdays: 9:00AM-12:00PM; 1:00PM-4:00PM
Fridays: 9:00AM-12:00PM; 1:00PM-4:00PM

The Peer Mentors will provide guidance and insight for a wide variety of subjects including, but not limited to:
- Answering registration questions
- Semester planning
- Understanding Major and Minor requirements
- Reading your audit and MyDegreePath
- Filling out forms
- Knowing important dates and deadlines
- Finding useful and relevant campus resources
- Assisting with the transition from high school to college

Contact Peer Mentors
Chrissy Langston | Annabel Vu | Joselyn Lopez | Amandip Singh
sshapeermentor@ucmerced.edu
NEW! SSHA Advising Appointment System

What Appointments are generally for:

- Next semester scheduling
- Updating Audit
- Other immediate or long term concerns
- Academic hold or other academic difficulties
- Declaring major/minor in senior standing

For more information on our Appointment Policy please visit: ssha-advising.ucmerced.edu/appointment-policy

Brenda Maldonado-Rosas
ANTH, COGS ENG, HIST, SPAN, CRS (MINOR)

Armando Contreras
ECON, MGMT, MBE

Cristina Esquivel
GASP, PH, Undeclared SSHA, American Studies (minor), Arts (minor), Chicano/a Studies (minor), PHIL (minor), WRI (minor)

Kou Her
CRES, POLI, SOC

Danielle Quiroga
PSY Major and Minor

*To schedule an appointment please visit: ssha-advising.ucmerced.edu/Contact_Us
Contact Academic Advisors

Brenda Maldonado-Rosas
bmaldonado-rosas@ucmerced.edu | (209) 228-2366

Armando Contreras
acontreras39@ucmerced.edu | (209) 228-3029

Cristina Esquivel
cesquivel2@ucmerced.edu | (209) 228-7962

Danielle Quiroga
dquiroga@ucmerced.edu | (209) 228-4131

Kou Her
kher9@ucmerced.edu | (209) 228-3028

September 18, 2017–October 6, 2017

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