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-Duck
Three-Tree
Four-Door
Five-Vine
Six-Stick
Seven-Seven
Eight-Sicle
Nine-Nine
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.

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

Good lighting can increase productivity. It will help you pay attention to your work as well as help your eyes.
STEP 1: Go to www.learning.ucmerced.edu

Step 2: Click on Learning Support Schedule

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

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

Science, Technology, Engineering, Mathematics
STEM Center Peer Tutor/Mentor Program - Fall 2017 - AOA 114
http://stemresourcecenter.ucmerced.edu/academic-services

THE MATH CENTER

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/

CARE

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

Health Promotion at UC Merced

STRESS MANAGEMENT

http://heroes.ucmerced.edu/

Nutrition

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.

1. **BRAIN**
   The energy drink works quickly to block adenosine which is a chemical your brain produces to help you sleep. Immediately the caffeine will cause your brain to fire neurons to stimulate an instant energy boost – the same energy boost you get when your body senses a physical threat.

2. **BLOOD**
   With your body in ‘alert mode’ the pituitary gland causes adrenaline levels to rise, again providing more energy in the form of glucose to be released into the bloodstream.

3. **HEART**
   The adrenaline release now has an effect on the heart, causing it to beat faster to drive more blood (and consequently Oxygen) around the body to your muscles.

4. **BACK TO YOUR BRAIN**
   With the glucose injection in your bloodstream your body is now full of energy and ready to react to any threats. Dopamine levels increase which gives your brain the sensation of being incredibly energetic.

5. **SKIN**
   Conversely because of the increased heart rate and chemical reactions going on in your body, you’ll start to sweat more profusely which is dangerous as you risk losing bodily fluids and electrolytes.

6. **BODY**
   After-effects or overconsumption of caffeine can start to turn that positive energy boost into anxiety and the “jitters”. This is caused by dehydrating effect on your body, which ultimately is the biggest thing the athlete was trying to avoid!
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 ssha-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**
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