Need help managing time around finals? Here are some S.W.E.E.T ideas to stay on task...

√ Create a personal time survey:
   ◇ Add up all hours in the week that are occupied by sleeping, meals, grooming, work, etc.
   ◇ The remaining hours in the day are your time to buckle down

√ How much time goes to each class?
   ◇ Easy class credits hours ____ x 2=
   ◇ Average class credit hours ____ x 3=
   ◇ Difficult class credit hours ____ x 4=

√ Create a daily schedule:
   ◇ Create an hour-by-hour schedule of your day.
     ◇ Block out study time & breaks
     ◇ If you have an extremely busy schedule make each block a half hour long.
     ◇ If you find that you need more time to study and less time available, consider lightening your load and evaluate how you spend your time.

√ Don’t be a perfectionist!
√ Learn to say NO!
√ Combine several activities
   ◇ Make a mental list of things to do while showering
   ◇ Listen to taped notes while cooking your dinner

April showers bring May Flowers: What can be fun when there’s no sun?

◊ We all can be busy as bees and miss our favorite TV show so why not take the time and catch up?
◊ Hang out in Hawley Lounge and work on your pool skills
◊ Go to the Mall and window shop
◊ Hit your S.W.E.E.T tooth and try to bake some cookies from scratch!
◊ Read a book that’s been on your bucket list.
◊ Go puddle jumping
◊ Cheer on your classmates and attend MR.SHU
◊ Take a Zumba class at the Pitt
◊ Have all your friends bring their favorite movie and have a marathon
◊ Take a nap

Upcoming Events on Campus to attend:

◊ 4/19: 10 AM-1:30 PM_Free STD screenings @ Pitt Center Board Room
◊ 4/16: 10 PM_Trivia Night @ Outpost
◊ 4/18: 10 PM_SHU IDOL @ Outpost
◊ 4/24: 9:30 PM_Bingo @ Edgerton Center

Who are we? Students just like you. We’re also Peer Educators—we’ve got facts about drinking, sexual health, stress, nutrition, and tobacco use on campus. Like us on Facebook for the chance to win great prizes! Check out the SHU website at http://www.sacredheart.edu/pages/4039sweetpeereducators.cfm