Tests, Tests, Tests....You know they’re coming!

Here are some good Study Habits to help you...

1. Go to office hours. Professors enjoy getting to know their students!

2. Get to know other students in your classes; it will be easier to ask for lecture notes if you miss class.

3. Study for 30-45 minutes at a time then take a break! It will help you concentrate and retain information.

4. Get yourself organized to avoid getting overwhelmed before tests.

Feeling a little under the weather?

~ Let your professors know you’re missing class.
~ Let yourself rest.
~ Eat healthy and drink plenty of fluids.
~ Ask a friend or your roommate to get you some medicine and juice.
~ Head to the wellness center for a check-up.
~ Find a buddy who may be willing to bring food from the cafeteria. They may even heat you up some soup or tea.

Who are we? We are students like you. We eat. We sleep (sometimes). We study. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, and staying well on campus.

Don’t forget!

The deadline to apply to be a part of this crew is October 15th!