



No Excuses WT

Dec. 2013

Final Exams and Winter Break

WORD TO THE WISE

Movement and Repose

by Brant Nelson

Protégés, you are now in the final hour of your first semester of college. Unfortunately in life, before we reach the end of our goals, sometimes we must go through “trials by fire,” so to speak.

Finals are scary! Hopefully, you’ve discovered by now that you actually have to study in college! And focusing can be extremely difficult, especially, when you’ve got visions of sugar-plums dancing in your head!

For exams, please remember that you must have a carefully proportioned blend of rigor and rest. Cram too hard and you will be poop by the time of your first exam. On the other hand, study too little and you are only setting yourself up for failure.

For the rigor aspect, please feel free to use the First Year Experience suite if you need a quiet place to study. The library is another great option. Don’t be afraid of your instructors. Look at your syllabus for their office hours if you need one-on-one time with them. There are also several avenues of free tutoring availa-

ble.

For the rest aspect, make sure you are getting plenty of sleep at night. Also, periodically take five-ten minute breaks while studying, just to zone out. Go for a short walk. Call your grandma. Whatever you do though, try to stay away from social media or any other black holes of procrastination! That research paper is not going to write itself!

Before you get into the thick of it, the Mentoring Program would like to celebrate your success thus far with an **End of the Semester potluck on Friday the 6th!** This will be a casual come-and-go affair and mentors are encouraged to personally accompany their protégé(s). There is a lot of good food in the mix so far!

Best of luck in the coming weeks and may you and yours have a happy holiday season!

“What seems to us as bitter trials are often blessings in disguise.

—Oscar Wilde

DECEMBER EVENTS

Last Class Day

Wednesday, December 4th

Dead Day

Thursday, December 5th

*Finals (A)

Friday, Dec 6th—Thursday,
December 12th

End of the Semester Potluck (S)

Friday, December 6th
11:00 — 1:00 PM
SSC Training Room—CC 105

*Qualtrics survey due!

Friday, December 13th

Winter Break

December 23rd—January 1st
UNIVERSITY CLOSED

(A) – Academic Event

(S) -- Social Event

*Required Attendance