

Open Study Spaces, Self-Care Kits, and Chair Massages!

THR1VE Program

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To: First Generation Program <thr1ve@scranton.edu>

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Announcements

Free Food, Giveaways, and Chair Massages!

The Center for Health Education and Wellness' Peer Health Educators will host their annual ***Stress Less Week*** from ***Monday, December 2nd*** to ***Friday, December 6th!***

See the schedule below to find out about all the ways you can soar above the stress as you prepare for your finals!



The week is filled with giveaways, positive messaging, resiliency tips, and self-care strategies from the Peer Health Education Team to keep you feeling balanced during this particularly stressful time of the semester.

Be sure to stop by **Study Smoothly** between **9:00pm and 11:00pm** on **Thursday, December 5** for **free, freshly made smoothies** and a **trail mix bar!**

Important Dates

- **Dead Week** (Tuesday, December 3 - Monday, December 9)
- **Final Exams Begin** (Tuesday, December 10)
- **Final Exams End** (Saturday, December 14)
- **University Housing Closes** (Saturday, December 14 at Noon)
 - ***You must leave your residence hall within 24 hours of your last final exam.*** Please [contact Residence Life](#) with any concerns.
 - All students must apply if they wish to stay on-campus during break.
 - To access the break application on my.scranton.edu, click Self-Service => Student Services/Financial Aid => Residence Life Menu => Housing Portal.
- **University Housing Opens for Intersession 2020** (Thursday, January 2 at 10:00am)
 - Residential students enrolled in an Intersession class are automatically enrolled in Intersession housing (your current room).
 - While there is no additional charge for Intersession housing, meal plan charges still apply.
 - [Click here](#) for more information about Intersession accommodations.
- **University Housing Opens for Spring 2020** (Tuesday, January 28 at 8:00am)

Involvement and Job Opportunities

- **Mickey's Magical Retreat Team Leader**
 - Mickey's Magical Retreat is an exciting one night experience based on themes (e.g., defeat/judgment, community/belonging, self-worth) from your favorite Disney Movies.
 - The retreat will run from March 27, 2020 through March 28, 2020.
 - For more information, please [email Amy Hoegen here](#).
 - [The Retreat Team Leader application is available here.](#)

Campus Ministries will hold its annual Finals Week Open House in **DeNaples 200** from **Monday, December 9 through Thursday, December 12.**

CAMPUS MINISTRIES



Students are encouraged either to take a study break in or bring final exam study materials to the office anytime **from 8:00pm until the building closes (around 11:30pm)** on these days.

Snacks and group study spaces will be available for **ALL students.**

Loving God, be with me now as I prepare for my final exams and assignments.

Thank you for the many talents and gifts you have given me, and for the opportunity to receive the gift of an education. Your love surpasses all fear and so I give you the anxiety I feel right now. I surrender all my worries to you.

Clear my mind. Calm my heart. Still my spirit.

Relax my being that I may always glorify you in everything I write, speak and do. Help me to remember all that I have studied, to express it clearly, and to answer questions the very best I can.

Holy Spirit, be with me this finals week — and always.

Amen.

(Prayer courtesy of Dr. Helen Wolf, Director of Campus Ministries)

The Jane Kopas Women's Center will hold a Self-Care Kit Workshop in **DeNaples 205F** between **5:00pm and 6:00pm** on **Wednesday, December 4.**

Students can create stress-reducing

kits containing stress balls, essential oils, and coloring sheets, while taking a moment to pause and refresh!



The Jane Kopas Women's Center will hold its annual Clothing Swap in ***DeNaples 214*** between ***5:00pm and 8:00pm*** on ***Wednesday, December 4.***

Take a study break and browse new-to-you items and take what you'd like - no strings attached! Attendees will be entered into a raffle to win a prize basket of sustainable laundry products and will learn about ecofeminism!

Programming Recap

Study Skills

Missed last month's events? Catch up on important topics below!

THE 6 HABITS OF HIGHLY SUCCESSFUL STUDENTS



Cognitive Scientists from The Learning Scientists and Memorize Academy present an overview of the six most effective study techniques for college.

[Click here](#) for more information on effective study techniques.

First-Gen Student Spotlight

*THRIVE Student Coordinators | Final Exam
Tips*

*Nathalie Cespedes ('21) and Caitlin
Gallagher ('21) share their top ten tips
for Final Exams.*

Tip 1: Get Enough Sleep

Pulling all-nighters may be tempting, but not getting enough sleep can be detrimental to your exam performance. Lack of sleep can also make you more likely to get sick, which is the last thing you need during final exams!

Tip 2: [Check Exam Times](#)

This might seem unnecessary, but when you're taking many exams in the same week, you might easily confuse the times. Write your exam times (and locations!) on a sticky note, and place

it where you'll see it (e.g., refrigerator, computer).

Tip 3: Choose the Right Study Space

Study in an environment similar to the one in which you'll take your exams. Choose a quiet, comfortable space, and minimize distractions.

Tip 4: Take Study Breaks

Stop studying every 25 to 30 minutes. Take a walk, grab a snack, or do something that completely takes your mind off of your work for at least 15 minutes. Breaks also serve as a reward for working hard!

Tip 5: Attend Review Sessions

These sessions can give you insight into the format of the exam and the types of questions you'll be asked. In addition to asking your own questions, you can hear the questions that your peers have.

Tip 6: Manage your Time

Create a study schedule to keep track of which classes you need to prioritize. Spacing out your studying increases your retention, so avoid cramming whenever possible.

Tip 7: Stay Positive

Remember that you are here for a reason and that you are capable of excelling on your exams. Winter Break is right around the corner, and you will finally have a chance to relax soon!



Nathalie Cespedes ('21) and Caitlin Gallagher ('21) serve as the THRIVE Student Coordinators (TSCs). If you have any questions or concerns about being a first-gen student on our campus, [feel free to contact them here](#).

Tip 8: Form an Effective Study Group

Study groups can help you or hurt you, depending on how focused you are. Learn most of the material by yourself and then check your understanding by explaining concepts to other members of the group.

Tip 9: Limit Distractions

Disconnect yourself from your phone, social media, and Netflix. Set your phone to "do not disturb" or airplane mode, while studying, and reward yourself with phone breaks after 25 - 30 minutes of productivity.

Tip 10: Pace Yourself

Stay focused, but try not to overwork

yourself. If find yourself unable focus on one subject any more, try studying for a different course. Creating a study schedule that allows you time for self-care will help with this!

Upcoming Events

- **THR1VE Advisory Board Meeting**

- *Help us to plan our events for the spring semester, while meeting fellow first-gen students and staff members!*
 - Tuesday, December 3
 - 5:00pm - 6:00pm
 - DeNaples 214
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- **University Advent Mass**

- *Kick off the holiday season with the University's Advent Mass!*
 - Sunday, December 8
 - 5:30pm - 6:30pm
 - Byron Recreational Complex
-

- **USPB Campus Traditions: Christmas on the Commons**

- *Join USPB for crafts, a photo booth, and karaoke after the annual University Advent Mass!*
 - Sunday, December 8
 - 6:30pm - 8:30pm
 - DeNaples 2nd Floor
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