



SUCCESS IN THE HERD

what it takes

For All Students

December 15, 2024

Advice for Finals Week and More

Hello Mastodons & Red Foxes,

I hope you are ready to conquer this last big week of the fall semester! To maintain the best balance, we encourage you to find some time for yourself. It's easy to forget about self-care when the clock is ticking, but even small things can make a big difference.

Here are some recommendations:

- **Get enough sleep:** This will help you stay focused and energized during the day.
- **Eat healthy:** Target foods that will give you the energy you need to stay on top of your studies.
- **Stay hydrated:** Drink plenty of water throughout the day to keep your body and mind functioning properly.
- **Take breaks:** Don't try to do everything at once. Take breaks to relax and recharge.
- **Find ways to relax:** Reading for fun, taking a bath, or spending time with friends are just a few of the many ways to unwind.
- **Set realistic goals:** Don't try to do everything all at once. Set realistic goals that you can achieve.

By taking care of yourself, you'll be better able to handle the pressure of finals weeks and perform at your best.

After a much-deserved winter break, we also look forward to helping you get off on the right foot at the start of the spring semester. Here are a few resources we hope you will keep in mind as we get rolling in 2025.

The Center for Student Counseling provides services to students and is open for appointments and walk-in counseling. Call 260-481-6200 to make an appointment. This team is located on the ground floor of Kettler Hall at the end of the corridor between the Department of Anthropology and Einstein Bros. Bagels. All session appointments are scheduled during the following days and times: Monday, 9 a.m.–4 p.m. | Tuesday, 9 a.m.–8 p.m. | Wednesday, 9 a.m.–4 p.m. | Thursday, 9 a.m.–4 p.m. | Friday, 9 a.m.–noon.

The Writing Center is a student-centered resource that helps with writing and public speaking assignments for PFW campus classes and academic-related events; this includes assistance for IUFW students! Our consultants meet with you virtually and in-person to help with compositional questions and concerns, such as developing and supporting your thesis, understanding the rhetorical situation, organizing ideas, citing sources, improving clarity, incorporating peer and instructor comments, and more.

The Tutoring Center works to identify and address your academic needs and concerns. Take advantage of the free services that are offered to students. You can get help with a variety of areas: accounting/business; anthropology; economics; education; history; psychology; political science; sociology; study strategies like notetaking, time management, reading and comprehension; and Praxis test-study sessions.

One more thought about **Student Advising**: Your academic advisor is ready to help you stay on the track to academic success. If you are struggling in any courses or have not yet registered for the spring semester, please contact your advisor through Navigate to set up an appointment ASAP.

We are here to help because we care about you, inside the classroom and beyond.

Let's finish 2024 strong; we can't wait to see you after the break!

Positive Practices

Establish study spaces and times that work for you. Your bedroom may not be the best place to study. Look for quiet areas where you can concentrate without the temptation of dozing off or socializing. Establishing a regular study time can help prepare your mind and body for learning.



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