Only a few weeks left in the semester!

You've been SMACKed!!

With final exams and projects right around the corner, your honors peer leaders have decided to SMACK you. Don't worry, they're not actually going to smack you. Instead, they put together a treat for you including a SMACK card. SMACK stands for "spreading messages of affirmation + compassion + kindness."

You all have a "SMACK Pack" waiting to be picked up from the Honors Cottage classroom. The building is open Monday through Friday from 8am-4pm. Please pick yours up by Friday, December 10. Not only is there a SMACK card for you, but also a treat!
The end of the semester can be stressful with final exams to take and projects to complete. Take time in the next few weeks to practice self care to reduce some of those feelings of stress. Take care of YOU!

You can do this by:
- practicing gratitude
- taking study breaks
- creating a final exam study schedule
- prioritizing your study schedule
- eating healthy and getting exercise
- creating study groups
- reaching out for help if needed

Check out resources on campus:
- **The Learning Center in Rod Library**: help with study strategies and tutoring
- **The Counseling Center**: someone to talk to if your stress levels are too high
- **Student Wellness Services**: 1:1 wellness coaching to help you create goals
- **Librarians at Rod Library**: assistance with finding research

Reach out to us at the University Honors Program if you need anything!
Meet Chloe, our final Peer Leader Spotlight for this semester! Chloe is one of our peer leaders who has found many other ways to get involved at UNI as a Political Science major. On top of being a peer leader, Chloe has been an active member of the Honors Student Advisory Board as Marketing Coordinator while also working as an administrative assistant in Shull Hall this year.

“The honors program has encouraged me to be a more well-rounded student in general. Instead of focusing purely on academics, the program has encouraged me to prioritize academics while also pursuing work and extracurricular goals, which in turn has allowed me to pursue my passions and feel really fulfilled in all the work that I accomplish in my life. Not only that, but the program leaders have been absolutely phenomenal in helping me stay on track as I navigate life in college.”

Chloe Johnson
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