You are approaching your first finals week at UNI. Congratulations on getting this far! Here are some extra tips as you prepare to take finals from:

Thursday, December 9th - to -
Wednesday, December 15th
Suggestions from The Learning Center in Rod Library to help you prepare for finals:

- Create a study schedule
- Double check exactly when each of your finals are (this might be different from the typical class time!!)
- Get plenty of sleep
- Take study breaks if needed
- Find a space that works best for you to study (library, room, etc.)

Resources at the Learning Center:

- **Walk-in tutoring sessions**
- **Undergraduate writing support**
- **Online tutoring options**

Scan this QR code to look at more resources such as time management strategies for studying, reading strategies, and how to study effectively!
The end of the semester can be stressful with final exams to take and projects to complete. Take time in the next week 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!
Thank you for participating in the Peer Program this semester! On behalf of all the Peer Leaders and staff at the University Honors Program, GOOD LUCK on finals!

Feel free to keep your peer leader and other University Honors Program staff updated on your progress at UNI! Be on the look out for more emails from Jessica and Kylie about upcoming honors opportunities. Also, please consider signing up to be a peer leader yourself next fall. Applications will open mid-March next semester.

We hope you enjoy the Winter break! See you in January.