Winter Closing Information

All Residence Halls close for Winter Break on Saturday, December 19, 2015, at 10:00 AM

- You are expected to vacate your room within 24 hours after your last final, with the exception of riding the break bus or if your last final is the last day of finals in which case you need to vacate your room by 12/19/15 at 10AM. The halls remain closed until 10:00 AM on Sunday, January 17, 2016.
- All student ID cards will have access turned off 12/19 through 1/17
- Strebel Dining Commons will close after dinner on Friday, 12/18 at 8pm will reopen on Sunday, January 17th.

Things to do before you leave!
- Lock your doors & windows
- Unplug everything INCLUDING refrigerators and fish tanks (take your fish home)
- Turn off all lights
- Close the curtains
- Remove the trash from your room!!
- Take home your keys/cash/jewelry/laptops or other expensive items.

Fun Things to Do Over Break

You have worked hard all semester, have some fun while not spending too much money!

- **Volunteer**-Spend a couple of hours a week at your local hospital/homeless shelter/soup kitchen etc. You’ll be glad you did.
- **Read a book**- Another lost hobby in the midst of all these TV shows and video games. Find a good book, curl up by a fire, and read, read, read.
- **Exercise**- Battle the holiday food!
- **Take a road trip**- Visit a nearby place that you have not had time to go to.
- **Reconnect with family**- This may not be on the top of your priorities, but once school starts you won’t get the chance even if you want to. Take a little time to connect with the family.
- **Rest** - You deserve some down time!
How to Avoid Getting Sick over Break

- **Work out**: Going to the gym might be the last thing you want to do when it’s 25°F outside. But an Appalachian State University study found that people who exercised five or more days a week spent 43% fewer days without a cold. Make sure to bring antibacterial hand wipes to wipe down equipment if you’re heading to the gym, or try working out at home.
- **Wash your hands frequently**: Washing your hands frequently is the 2nd-best way to prevent the flu. Do it right by using soap and warm water and washing for 15 to 20 seconds.
- **Sleep 7 to 8 hours each day**: Not sleeping harms your immune system, which makes you more susceptible to sickness. Tossing and turning in bed all night doesn’t put your body in optimum condition to fight off any viruses it comes across during the day.
- **Drink more water**: Most Americans are dehydrated all year long, but it’s especially important to drink water in the winter. Experts recommend drinking 8 glasses of water a day to flush toxins out of your system.
- **Relax**: Like a lack of sleep, stress is another fast way to ensure you get sick. Instead of rushing from work to other obligations, make sure you save some time for yourself each day.

Finals Study Tips

1. Create a master to-do list and a schedule for the remaining days in the semester. Break cumulative exams into smaller study units, which will prevent you from feeling overwhelmed and help you monitor your progress daily.
2. Just get started. Don’t wait until you feel like studying.
3. Review your notes daily.
4. Identify the format of the exam. Vary your study technique according to the type of exam.
5. Predict possible questions. Review old tests, study guides or the course objectives.
6. Answer questions you didn’t know the first time. If the exam is cumulative and you struggled to master any material, return to it.
7. Meet with the professor, a tutor or a learning specialist if needed.
8. Develop summary sheets for each class.
9. Quiz yourself. Cover up your notes and try to explain them. Create flashcards. If you find yourself struggling to remember, try different techniques to learn the material.
10. Form a study group and develop a practice test together.
11. Manage your anxiety. By listening to calming music, stretching or breathing deeply, you can avoid stress and release negative thoughts.
What Have We Been Up To?
Take a look at some of these pictures from our past events this semester!

DECORATING CARDS FOR VETERAN’S DAY!

DECORATING CUPCAKES TO HONOR OUR VETERANS!

Trip to the Veterans Outreach Center for Veteran’s Day!
What’s Happening this Month?
Take a look at some of the awesome events we have planned for this month!

**SMOOTH STUDYING!**
Come and get a SMOOTHIE to help you study!

- Beat Fatigue
- Enhances Memory
- Increase Energy
- Enhances Power
- Brain

Sunday
December 13th
2:00 PM
Burrstone Kitchen

**FINALs WEEK Refreshers!**
Come to the Burrstone Lobby to help yourself stay De-Stressed and Refreshed with a different refresher everyday!

**Every Day:**
December 14 - December 18
Everyday from 11:00 - 1:00

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