Greetings from the Office of First Year Experience Programs

We hope you had a chance to relax over the Thanksgiving break - now the final stretch of the Fall semester is truly upon us. With only a short time left in the semester, you may begin feeling overwhelmed with the stress of final projects and final exams. Know that there are many resources on campus to help you get through this stressful time of the year.

**Study Tips**

**Manage your time.** Make a schedule of your final projects and exams. Some projects and exams will require more time and preparation than others. Create a schedule with all your obligations, including time to study. Make sure to include breaks, recreation, meals and sleeping in your schedule. It is good to give your brain some time to relax and you need to keep your body healthy in order for your mind to be healthy.

**Review your notes.** Read through all your notes and highlight important information. Sometimes it helps to read through your notes several times. Repetition is a useful tool while studying.

**Form study groups.** If you are having a hard time in a course, consider forming a study group with your fellow classmates. Chances are someone else is having a hard time as well. As a part of a study group, you can compare notes, share ideas, and help explain materials. Stay on task while in a study group. It is easy to get distracted with discussions about personal life.

**Know the campus resources.** There are people on campus to help you. Check out some of these campus resources to help you study or manage your stress during this time:

- [Academic Support Centers](#)
- [Writing Tutorial Services](#)
• IU's Counseling and Psychological Services (CAPS)
  • Staff in the residence halls, Culture Centers, RecSports and elsewhere; watch for events to help you de-stress, study, and maintain balance.

Go to your professor's office hours. Your professor are here to help you succeed in their class. If you are having a hard time grasping the concept of a topic, stop in during their office hours to discuss course content, expectations and strategies for study. Be prepared and have questions to ask.

Find your focus. Everyone has different study habits. Whether you have a favorite study spot or you like to plug in headphones to block out distractions, try different techniques to help you find your focus.

Important Dates

Here are a few important dates to know as you are beginning to pack for winter break:

• **Finals week**: December 15-19
• **Dining service ends**: December 19
• **Residence hall buildings close**: December 20 at 10am

We are looking forward to your return to campus in January. Here are some important dates to consider when making plans to return to campus:

• **Residence hall buildings re-open**: January 7 at 8am
• **Limited dining services available**: January 7
• **Full dining service available**: January 12
• **Spring semester courses begin**: January 12

Join the Legacy: Be a Part of the 2015 Orientation Team

Want to stay in Bloomington this summer? Looking for a way to get connected on campus? The Orientation Team (OTeam) consists of current IU students motivated to help incoming new students make a successful transition to IU Bloomington. Learn more about our positions and call-out meetings here.

Winter Involvement Fair

During your break, reflect on your experiences you have had during your first semester at IUB. Do you wish you were more involved on campus? Did you have difficulties finding your niche at IU? Explore MyInvolve online to view the many possibilities waiting for you. When you return to campus, the Winter Involvement Fair will take place on January 15 from 6pm to 8:30pm in the Indiana Memorial Union. This is a great way to check out some of the many student organizations on campus. It's time for you to find your niche at IU!

Winter Part-Time Jobs Fair

Looking for a part-time job during spring semester? On-campus and local Bloomington employers
will be looking for employees at the Winter Part-Time Jobs Fair on **Wednesday, January 28th** from 2-4pm in the Frangipani Room of the Indiana Memorial Union. This fair is open to all IUB students - including students with Federal Work Study Authorization and any student looking to make some extra money! Bring your student ID for a speedy check-in.

**The IU Bucket List: Your "Must Do at IU" List**

What have you accomplished on the official IU Bucket list so far? You can see the official list – suggested by students like you – at this link. Look for items such as:

- Ask a librarian at Wells Library for help with a research project
- Watch the sun come up after an all-night study session
- Snap a photo in front of the Sample Gates

This month’s featured Bucket List item: **Shop and dine under the holiday lights in the square in downtown Bloomington**. Holiday lights illuminate the downtown Bloomington square during the holiday season. Take time out of your busy schedule to enjoy this beautiful Bloomington landscape.

**IU Health Center: Prescription Delivery Service**

Busy studying for finals? Don't have time to make a trip to the IU Health Center to refill your prescriptions? **Remember**: you can now have prescriptions delivered to you and avoid the hassle of having to go pick them up! The Indiana University Health Center is now delivering prescription medications to residence centers. If you are on a medication that is refilled monthly, you may now have it **delivered directly to your residence hall at no additional charge**. Interested? **Click here** to enroll.

**Additional Resources**

Visit the **FYE events calendar** for upcoming programs on campus and around Bloomington.

Still have questions about IU offices, policies, and procedures? Want to learn more about living in Bloomington, achieving academic success, getting involved and staying connected? Check out the **Online IU Resource Guide**, a tool to help you sort through the many questions you may have throughout your time at IU that will provide you helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more.

And, as always, connect with us on **Facebook** and **Twitter** for announcements, ideas for getting involved, and insights from students who have been in your shoes.

**What matters. Where it matters.**