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. There are many resources on campus to help you get through this stressful time of the year. Check out the topics below to make the most of your short time in Bloomington this December:

- Preparing for Finals
- Apply for the OTeam
- DeStress Fest
- When you return in January

Preparing for Finals

Finals are the only thing in the way of your much anticipated winter break! Here are tips to prepare for your finals in these upcoming weeks:

**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. Check out the details of DeStress Fest below!

Go to your professors' office hours. Your professors are here to help you succeed. 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.

Get Involved with the OTeam

Working with New Student Orientation is a fantastic way to get involved on campus, develop leadership skills, and serve new students and their families in a unique and important way. Recruitment for the 2016 OTeam is underway, and we invite you to attend any of our recruitment events to learn more about the program and the available paid positions. Members of our Student Leadership Team will be at these events to talk about their experiences and answer any questions you might have. Read more about the positions and see when and where recruitment events are taking place by visiting the FYE website. Our first call-out meeting will be on Wednesday, December 9th at 6:30 p.m. in Union Street Center Cedar Hall 114. We hope to see you there!

Take Time to DeStress

As the most stressful part of the semester approaches, don’t let stress get the best of you. Visit the Herman B Wells Library on Thursday, December 3rd between 6:30 to 8:00pm for DeStress Fest. In partnership with Counseling and Psychological Services (CAPS) and Disability Services for Students (DSS), the Wells Library will provide a variety of activities meant to help you relax and take your mind off the pressures of finals. Play a game, get a massage, enjoy some free food, or visit Tau Sigma National Honor Society’s sponsored activity: cookie decorating!
When You Return in January
Check out these great events to help you reconnect with IU and Bloomington:

**Winter Involvement Fair:** During your break, reflect on the experience you had during your first semester at IUB. Do you wish you were more involved on campus? Now that you’re settled in as a Hoosier, it’s time for you to find your niche at IU! Explore beINvolved online to view the many possibilities waiting for you. The Winter Involvement Fair will take place on January 14 from 6pm to 8:30pm in the IMU’s Alumni Hall. It’s a great way to check out some of the many student organizations on campus. Also, look for the first IMU Late Nite events on Friday, January 15.

**Winter Part-Time Jobs Fair:** Looking for a part-time job? On-campus and local Bloomington employers will be looking for employees at the Winter Part-Time Jobs Fair on Wednesday, January 20th from 1-4pm in the Alumni Hall in 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.

Quick Notes:

**Important dates:** Here are a few important dates to remember. For a list of important academic dates, visit [studentcentral.indiana.edu](http://studentcentral.indiana.edu).

- **Finals Week** - December 14-18
- **Dining Service Ends** - December 18
- **Residence Halls Close** - December 19
- **Residence Halls Re-Open** - January 6 at 8am
- **Limited Dining Services Available** - January 6
- **Full Dining Services Available** - January 11

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

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](http://studentcentral.indiana.edu). Look for items such as these:

- Take an interesting elective just for fun
- Support the local arts at the Buskirk-Chumley Theater
- Relax near the fireplace in the IMU

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

Still have questions? Check out the Online IU Resource Guide, a tool that provides links to services and information related to academic life, campus involvement, housing, health and wellness, transportation, and more.

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