

Subject: [BioAdv] Tackle Finals Week
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From: For distribution of newsletters and announcement to majors in the Department of Biological Sciences (sent by BioAdvising <bioadvising-bounces@list.pitt.edu>)
To: For distribution of newsletters and announcement to majors in the Department of Biological Sciences
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Tackle Finals Week

Finals Week is next week! Please check out some of these events, workshops, and resources as you ace all your finals! Everything below is **FREE**.

As always, our Advising Office (A258 Langley) is also open. Feel free to stop by with any questions, concerns, or just to chat.

OVERVIEW (See below for details)

ADVISING

1. Snack Break – Next Week!!

WORKSHOPS

2. Counseling Center: Manage Test Anxiety Workshop – Dec 8 @ 2pm
3. ARC: Finals Boot Camp Workshop – Dec 8 @ 4pm
4. Counseling Center: C.A.R.E. Workshop – Dec 9 @ 1pm

EVENTS

5. Stress Free Zone: Events & Walk Ins
6. Pitt Serves: DIY & De-Stress Service Events

EXTENDED HOUR STUDY SPACES

- 7. Hillman Library
- 8. William Pitt Union

*** **DETAILS** *** **DETAILS** ***

1. Snack Break – Next Week!!

Coming next week – snack break! Stop by the Advising Office in A258 Langley for a healthy snack during finals week (Dec 12 - 16).

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2. Counseling Center: Manage Test Anxiety Workshop – Dec 8, 2pm, Wellness Center Nordenberg Hall

Manage your anxiety so you can ace this year's finals! Join the Counseling Center on Thursday in the Wellness Center for an anxiety management workshop.

See image for details: <https://goo.gl/6mlr1H>

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3. ARC: Finals Boot Camp Workshop – Dec 8, 4pm, G1 Gardner Steel Conf. Center

Finals Boot Camp is a broad scope workshop that is designed give you the basic skills and tips to help you succeed during finals week. This workshop covers ways to stay on top of finals including time management, study skills specific, and ways to minimize stress during finals.

To register: https://pitt.co1.qualtrics.com/jfe/form/SV_cOAGzNKiER3CNOR

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4. Counseling Center: C.A.R.E. Workshop – Dec 9, 1-2pm, Wellness Center Nordenberg Hall

C.A.R.E.: Coping Strategies, Action Planning, Resiliency Building, Emotional Awareness

This workshop is open to all Pitt students in working to develop emotional awareness and understanding, uncover ways to manage the stress of college, and build a coping skill tool box.

Contact Bobbi Jo Wendel (412-648-7930) with questions.

See image for details: <https://goo.gl/QRsjd8>

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5. Stress Free Zone: Events & Walk Ins

On 3rd floor of WPU, events this week include yoga class, tai chi, sitting meditation and chair message.

Walk In hours are also available.

See image for details: <https://goo.gl/f67Ytm>

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6. Pitt Serves: DIY & De-stress Events

Drop in and serve! Volunteer for craft/DIY events that benefit children with autism, children from low-income backgrounds, and people affected by cancer.

See image for details: <https://goo.gl/MNDCEg>

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7. Hillman Library Hours

Open 24 Hours!

Reserve a Group Study Room: <http://www.library.pitt.edu/reserve-group-study-room-hillman>

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8. William Pitt Union Late Night Study Space Hours

WPU | Main Floor, Lower Level, Floor 3, Floor 6

December 11-14

11 p.m.-3 a.m.

The building will be locked. Students need to check in at the main doors on either the Forbes or Fifth Avenue entrances with their student ID

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Good luck!

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