



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

DECEMBER NEWSLETTER

Finals Are Here

Hello Psychology Majors,
CONGRATULATIONS, FALL 2022 GRADUATES!

Happy December! You made it. We hope you finish your last few days of the semester strong. Remember to take care of yourself as you finish off final assignments and exams. This newsletter includes a lot of great information about making it through finals.



You can refer back to our past published monthly Psychology Newsletters [here](#). As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your Academic Advisor. We are here if you think of any questions and encourage you to reach out.

We hope you have a restful break, and we will see you in January!

*Taylor Swan, Christina Minford,
Courtney Glass, & Dr. Kurt Hoffman*



All your finals resources in one place! Check out the VT finals webpage [here](#).

Tutoring Resources

- Drop-in tutoring sessions for final exams will take place through December 12. See the schedule [here](#).
- Communication and Public Speaking tutoring - learn more [here](#).
- Writing Center - learn more [here](#).
- Chemistry tutoring - learn more [here](#).





VT Resources

- Need a place to study? Try these campus study spaces - list [here](#).
- VT Library hours during finals - [here](#).

Final Exam Tips

For some of you, this may be your first college exam week and for some it is your last. We hope you can benefit from these tips.

- Create a study plan. This ensures you devote enough time to each assignment and course. See tips on creating a study plan [here](#).
- Figure out when to start each assignment using this [assignment calculator](#).
- Avoid cramming information right before an exam. This leads to lack of retention of information and increased stress levels.
- Try utilizing different memorization strategies. More information [here](#).



Tips for Self-Care During Finals

- Utilize TimelyCare for FREE mental health services. Learn more [here](#).
- Take BREAKS! Make your breaks intentional and do something you enjoy each day. Do you have a self-care plan?
- Nourish your body properly
- Get adequate amount of sleep
- Get moving if it feels good to you! Try out Rec Sports' **Free Week of Fitness** (Dec 9 - 14)!
- Try meditation for stress relief. Ten minute guided meditation [here](#).
- Set boundaries for yourself - it is okay to say NO.
- Reward yourself for your accomplishments!



Important Dates to Remember:

December 16 - University Commencement

December 26 - Last day to add, drop, or withdraw
Winter 2023 course

December 26 - Winter 2023 classes begin (virtual,
blended, winter experince)

January 2 - Winter 2023 classes begin (Residential-
Blacksburg)

January 16 - Martin Luther King Holiday (No Classes!)

January 17 - Spring 2023 classes begin

January 23 - Last day to add Spring 2023 classes

HAPPY HOLIDAYS:



WE HOPE YOU HAVE A
WONDERFUL BREAK!