



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

APRIL NEWSLETTER

Preparing for Finals and Summer Courses

Hello Psychology Majors,

CONGRATULATIONS, SPRING 2023 GRADUATES!

You have almost made it to the end of the semester! We hope that you finish your last few weeks 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 and taking summer courses.



You can always 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 summer and we will see you in the fall!

*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

- Student Success Seminars:
 - Preparing for the Final Stretch: May 1 (6:00-7:00 PM) and May 2 (6:30-7:30 PM). More info [here](#).
- Drop-in tutoring sessions for final exams will take place through December 12. See the schedule [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](#).



VT Resources

- Need a place to study? Try these campus study spaces - list [here](#).
- VT Library hours during finals - [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 meditation for stress relief. Ten minute guided meditation [here](#).
- Set boundaries for yourself - it is okay to say NO.
- Reward yourself for your accomplishments!



Summer Courses

Please read the steps below if you want to take classes outside of Virginia Tech for Summer 2023 or a future semester. This form really needs to be completed by in early May.

Step 1: Look for equivalent courses.

4-year schools in Virginia or any out of state transfer equivalency database [here](#).
Virginia Community Colleges - VCCS Guide [here](#).

Step 2: Get pre-approval.

Please fill out the Authorization to Take Courses Elsewhere form found [here](#) and email your advisor to get the link to their secure dropbox to upload your form.

If you need additional help beyond a signature with this form, you can set up an appointment with a Psychology advisor via Navigate.

Note: Transfer credit evaluations can take up to six weeks. Please note, you must earn a C or higher for the credit to transfer. The credits will transfer, however, the grades will not. Your VT GPA won't be affected.

Don't see an equivalent course? Obtain a syllabus for the course and submit it to psycadvising@vt.edu. We will send it through the proper channels for review.

Step 3: Sign up & complete the course(s) at the outside institution.

Upon receiving pre approval from the College of Science (sent via email), sign up for the course at the other institution.

Step 4: Send official transcripts to VT.

Once finishing your course(s), request that an unopened official transcript be sent to the VT Registrar's Office.

Office of the University Registrar (MC 0134)
Student Services Building, Suite 250, Virginia Tech
800 Washington Street SW
Blacksburg, VA 24061