



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## DECEMBER 2023 NEWSLETTER

### Finals Are Here

Hello Psychology Majors,

CONGRATULATIONS, FALL 2024 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](mailto: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*



### When are your final exams?

- Check over your syllabi for final exam dates.
- You can also match the CRN to [this resource](#).

### Tutoring Resources

- Drop-in tutoring sessions for final exams will take place through December 13. See the schedule [here](#).
- Communication and Public Speaking tutoring - learn more [here](#).
- Writing Center - learn more [here](#).
- Academic Success Seminars [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 15** - University Commencement

**December 26** - Last day to add, drop, or withdraw  
Winter 2024 course

**December 26** - Winter 2024 classes begin (virtual,  
blended, winter experience)

**January 2** - Winter 2024 classes begin (Residential-  
Blacksburg)

**January 15** - Martin Luther King Holiday (No Classes!)

**January 16** - Spring 2024 classes begin

**January 22** - Last day to add Spring 2024 classes

HAPPY HOLIDAYS:



WE HOPE YOU HAVE A  
WONDERFUL BREAK!