



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

NOVEMBER 2024 NEWSLETTER

Final Exam Prep & Winter Courses

Hello Psychology Majors,

CONGRATULATIONS, FALL 2024 GRADUATES!

You are so close to the end of the semester - keep going! We hope you have a relaxing and fun Thanksgiving Break soon and can come back to campus ready to finish off the semester strong. Remember to take care of yourself as you finish off final assignments and exams. This newsletter includes great information about making it through finals.



You can send generic questions to psycadvicing@vt.edu and more specific questions to your Academic Advisor. We encourage you to reach out if there is anything you need.

Have a nice Thanksgiving break and good luck with finals!

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



VT Study Spaces

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

Tutoring Resources

- Student Success Center tutoring - learn more [here](#).
- Communication and Public Speaking tutoring - learn more [here](#).
- Writing Center - learn more [here](#).
- Chemistry and other COS tutoring - learn more [here](#).

Winter 2025 Classes

- Winter 2025 classes: [December 26th - Jan 18th](#)
- Winter Financial Aid - learn more [here](#)
- [Winter Study Abroad](#) - something to plan for the future
- Add/Drop for Winter open NOW through Dec 26th:
 - **PSYC 2044: Psychology of Learning (3cr)**
 - **PSYC 2064: Intro to Neuroscience of Behavior (3cr)**
 - **PSYC 2074: Animal Behavior (3cr)**



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](#).

Important Dates to Remember:

November 20th: Last day to reschedule final exams

Nov 23rd-Dec 1st: Thanksgiving Break (No classes)

December 2nd: Spring 2025 Add/Drop Opens

December 11th: Last day of Fall classes and to Course Withdraw

December 12th: Reading Day

December 13-18th: Fall 2024 Final Exams

December 20th: Fall 2024 Graduation Ceremony

December 23rd: Final Grades viewable in HokieSpa

December 26th: Winter 2025 Classes begin



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!

