



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## END OF SEMESTER NEWSLETTER

### Preparing for Finals and Summer Courses

Hello Psychology Majors,

#### CONGRATULATIONS SPRING 2025 GRADUATES!

You have almost made it to the end of the semester! We hope that you finish your last few weeks strong. Remember to take care of yourself as you finish final assignments and exams. This newsletter includes a lot of great information about making it through finals and taking summer courses.



As a reminder, you can send generic questions to [psycadvising@vt.edu](mailto:psycadvising@vt.edu) and more specific questions to your specific academic advisor. You can find directions for how to **make an advising appointment** [here](#).

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



### **Finals Frenzy - Events to Support You**

Plan to Pass - Make a perfect schedule to tackle finals

Last Day of Class Donuts - Squires Booth B for donuts

Make Finals Survival Kits with Student Engagement on May 8

Free bowling at BreakZone May 5 - May 9

### **Tutoring Resources**

Student Success Center Seminars listed here:

- Making it Through the Final Stretch
- Test Taking Skills

The Student Success Center will often host drop in tutoring for popular classes through finals. Keep checking here for more information in the coming weeks.

### **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 listed [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 Internships or Field Study

Do you have an [unpaid](#) summer internship or planning on a field study experience? Contact your Academic Advisor for more information on potentially receiving academic credit.



## **Summer Courses**

Please read the steps below if you want to take classes outside of Virginia Tech for Summer 2025 or a future semester. This form really needs to be completed by early May.

### **Step 1: Look for equivalent courses.**

4-year schools in Virginia or any out of state institution 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.

**\*Classes taken at a Virginia Community Colleges do not need to fill out a form as of 2024.**

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](mailto: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 Registrar's Office or they may be sent electronically through Parchment.

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



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### Upcoming Events & Dates

May 7: Last day of Classes

May 7: Last day to apply for “W” grade

May 8: Reading Day

May 9 - 14: Final Exams

May 16: University and College of Science Commencement

May 18: Final grades viewable in HokieSpa

Please follow us on social media! We are on Instagram under @vtpsycadvising [here](#) and on Facebook via the Virginia Tech Psychology Major Advising page [here](#).