



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

DECEMBER 2025 NEWSLETTER

Preparing for Finals and Winter Courses

Hello Psychology Majors,

CONGRATULATIONS, FALL 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 winter courses.



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

All the best,

Christina Minford, Courtney Glass, & Dr. Kurt Hoffman



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 a 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 an 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!

VT Winter Online PSYC Courses

- PSYC 1004: Introductory Psychology (3cr)
- PSYC 1094: Principles of Psychological Research (3cr)
- PSYC 2034: Developmental Psychology (3cr)
- PSYC 2044: Psychology of Learning (3cr)
- PSYC 2074: Animal Behavior (3cr)



Winter Courses

Please read the steps below if you want to take classes outside of Virginia Tech for Winter 25-26 or a future semester.

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.

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

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 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

December 10th: Last day of Classes

December 10th: Last day to apply for “W” grade

December 11th: Reading Day

December 12th-17th: Final Exams

December 19th: University Commencement

December 20th: 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](#).