



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## APRIL 2026 NEWSLETTER

### Preparing for Finals and Summer Courses

Hello Psychology Majors,

**CONGRATULATIONS, SPRING & SUMMER 2026 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. **VT Summer Add/Drop is now open!**



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](#).

*Dr. Kurt Hoffman, Rachel Hosig,  
Courtney Glass, & Christina Minford*



## 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 info [here](#).

## VT Resources

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



### Tips for Self-Care During Finals

- Utilize TimelyCare for FREE mental health services [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. Try this 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 are you planning a field study experience? Contact your Academic Advisor for more information on potentially receiving academic credit.



## Summer Courses at Virginia Tech

- Add/Drop for Summer 2026 classes at Virginia Tech is open. All summer classes are completely online, so you don't need to be in Blacksburg.
- **Summer Session I: May 26<sup>th</sup> - July 6<sup>th</sup>**
  - PSYC 2034: Developmental Psychology (3cr)
  - PSYC 2054: Psychology of Personality (3cr)
  - PSYC 3014: Psychopathology (3cr) - (Abnormal Psyc)
  - PSYC 3034: Psychological Disorders of Children (3cr)
- **Summer Session II: July 7<sup>th</sup> - August 14<sup>th</sup>**
  - PSYC 1004: Introductory Psychology (3cr)
  - PSYC 1094: Principles of Psychological Research (3cr)
  - PSYC 2044: Psychology of Learning (3cr)
  - PSYC 2064: Intro to Neuroscience of Behavior (3cr)
  - PSYC 2074: Animal Behavior (3cr)
  - PSYC 2084: Social Psychology (3cr)
  - PSYC 2124: Intro to Industrial-Organizational Psyc (3cr)
  - PSYC 3014: Psychopathology (3cr) - (Abnormal Psyc)
  - PSYC 4084: Advanced Social Psychology (3cr)
  - PSYC 4364: Senior Seminar: I/O PSYC related (3cr)
- View more information on Summer Deadlines [here](#).
- You can view financial information about Summer [here](#).

## Summer Courses Elsewhere

Please contact your Psychology academic advisor with any questions about how to take summer courses through the community college. It's important to have this conversation before you sign up so that you can make sure they transfer back to VT.



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### Upcoming Events & Dates

**Friday, April 24<sup>th</sup>:** Fall 2026 Add/Drop Opens in HokieSpa

**Wednesday, May 6<sup>th</sup>:** Last Day of Classes & to Course Withdrawal

**Thursday, May 7<sup>th</sup>:** Reading Day

**Friday, May 8<sup>th</sup> - Monday, May 13<sup>th</sup>:** Final Exams

**Friday, May 15<sup>th</sup>:** University and COS Commencement

**Saturday, May 16<sup>th</sup>:** Final grades viewable in HokieSpa

Please follow us on social media! We are on Instagram under  
[@vtpsycadvising](#) [here](#).



**CONGRATULATIONS  
TO THE SPRING  
2026 PSYC GRADS!**



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