

### TOPICS

LAST DAY TO SCHEDULE  
WHAT TO BRING TO FINALS  
SELF CARE DURING FINALS  
THERAPY DOGS

### Taking Finals at DASS

Students should know:



- ◆ Bring your student ID to receive your final from the proctor
- ◆ Bring any items you are allowed for your final: calculator, note sheet, book, etc.
- ◆ Plan ahead– students are not allowed a bathroom break until 2.5 hours into testing
- ◆ Drinks must have lids on them to be brought into the testing room
- ◆ **MOST IMPORATANT:** phone and/or smart watch must be on silent and off your person.



★ NOVEMBER 28TH ★  
Last day to schedule FINALS at DASS

### Student reminders:

- ◆ If the testing section for your class is full, schedule your finals as close to your class testing time as possible.
- ◆ You must get your professor's approval sent to DASS if your testing time is different from your class time!
- ◆ If you need to cancel, please contact our office ASAP to allow another student to schedule a final.

Online scheduler closes at 11:59 PM November 28th

Your Most Important Final Exam Resource?

**YOU!**

The final exam is a critical part of your grade. Often, finals are cumulative, covering huge amounts of information; plus they count for so much that they can drop or raise your grade by, at the very least, a letter. Mapping out a study plan during the finals period is critical, but don't forget that while making flashcards, attending study groups, and completing practice tests are great, **your most valuable resource is you.** You have to be in top mental form to do your best, and that means taking care of your body. Plan your study time, but don't forget to also plan a good night's sleep (at least 4 hours, but preferably 7-8), nutritious meals (at least 2 a day), and aerobic exercise (20-30 minutes) during this time. **Keeping up a healthy routine of sleeping, eating, and exercise will lower your stress, improve your concentration, and maximize your chances for good grades on your finals.**

*David Tylicki, Academic Coach*

### Paws & Take a Break

Our canine friends from Pet Partner will visit with students to help reduce stress from finals. Research has shown that spending 5-24 minutes with a calm dog reduces blood pressure and the levels of stress hormones in the body. Everyone is welcome to stop by and visit with our four-legged friends as we are getting ready for finials.

Monday 12/4 from 2:30 pm-4pm Harmon Arts Library

Tuesday 12/5 from 6-7:30 pm Fondren Library



