Monday, December 6, 2021

Dear SAS Honors Program Students,

We’re in it now! While regular classes officially end on the 13th, the following two weeks are always a blur of project deadlines, papers, and exam prep. My biggest tips: schedule your prep out by the hour and schedule in breaks. I discussed this last newsletter, but powering through it until you can’t anymore is far less efficient than building breaks into your schedule. Additionally, vary up the breaks a little bit. Like, if you watch 10 minutes of TikTok after every hour, your breaks won’t feel like breaks. Instead, maybe cook some food on one, watch a youtube video on the next, read the newsletter in another, and sit outside for the last one. Another important thing is to vary the work you do. If assignments A, B, and C are what you hope to get done today, the ideal schedule would be A,B,C - A,B,C - A,B,C as opposed to A,A,A - B,B,B - C,C,C. Cycling the assignments due is a great way to trick our brains into thinking that we are being more productive because we are constantly moving through things. These next few weeks are going to be tough so stay strong out there!

Another tip is to give yourself something to look forward to at the end of a packed study day. Some of our events/announcements below can help. De-stress with a free hot chocolate bar at the upcoming SASHP x Jameson H Hot Cocoa/Decorating Holiday Party. Make finals prep a little bit easier this semester by attending one of four (or all) upcoming Finals Prep Workshops. Read our most recent blog post: Top 10 Apps to Have on Your Phone: Student Edition.

Warm Regards,
Justin Confalone
Your newsletter editor
SASHP x Jameson H Hot Cocoa/Decorating Holiday Party

Despite drinking coffee every day, something about hot chocolate continues to put me in such a deep state of relaxation. Enjoy a complimentary hot chocolate bar and an opportunity to take your mind off finals at the upcoming SASHP x Jameson H Hot Cocoa/Decorating Holiday Party. This event, taking place this Thurs, Dec 9 at 7:30 pm in the Jameson H Lounge, will feature paper snowflakes, socializing, and of course, hot chocolate.

Finals Prep Workshop

Registration is now open for the Learning Centers’ Finals Prep Workshops. These events, taking place on the 7th, 8th, 9th, and 13th of December, will help students make a study plan for their exams as well as offer some practical strategies for studying. It can be difficult to get finals momentum going, and events like these offer a way to make the transition to long days of studying a little easier by starting it with a group. Register here.

Top 10 Apps to Have on Your Phone: Student Edition

“In today's world, our phones are our close buddies. They help us stay connected with our friends and family, stay updated with the latest news headlines, and become more aware overall,” writes author Anna Kumar. “But, aside from the social aspect, our ‘smart’ friends can help us be on top of our game academically.” Read the rest of this post here.