THE END OF THE YEAR IS HERE

CONGRATULATIONS FAMILIES OF GRADUATES!

ADVISE YOUR STUDENTS THROUGH FINALS WEEK:

- TO SLEEP
- TAKE STUDY BREAKS
- HYDRATE
- EAT WELL AND SNACK

OFFER LOADS OF MORAL SUPPORT AND ENCOURAGEMENT

READING DAY:
WEDNESDAY, MAY 5TH

EXAMS: FRIDAY, MAY 7TH–MAY 13TH
Helping Your Student Navigate Finals

- Remind your student that there are plenty of support resources available, especially during finals.

- The Counseling Center is available for virtual appointments for students experiencing stress, anxiety, or just wanting someone to talk to.

- Health Services Staff are available for students who feel under the weather. Call the office to speak to a nurse!

- The Center for Learning Resources is holding virtual appointments and online tutoring.

Good luck on Finals!
You got this!