

# TRANSFER NEWSLETTER

DECEMBER 2011

## IMPORTANT DATES!

December 3-9, 2011 — Pre Finals Week

December 8, 2011 — Last Day of Class

December 10-16, 2011 — Final Exams

December 13, 2011 — Early Registration

\*\*\* For more information, contact the Transfer Center by:

**TRANSFER CENTER**

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**Facebook:** [facebook.com/unttransfercenter](https://www.facebook.com/unttransfercenter)

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## UPCOMING PROGRAMS!!!

### Hot Chocolate Handouts!

The Transfer Center is hosting **Hot Chocolate Handouts**, beat the winter cold and take a break from studying on Tuesday December 6<sup>th</sup> right outside of the University Union from 9:00a.m. to 11:00a.m.



### Eagle Insomnia!

**Eagle Insomnia** will be hosted by the University Program Council and will take place in the University Union on December 8<sup>th</sup> from 9 p.m. to 2 a.m. There will be inflatables, Oxygen bar, a Hypnotist, and tons of free food and drinks!



## FINAL EXAMS ...

### Study Tips for Finals

- Study in small chunks rather than cramming.
- Study by the best method that works for you!
- Study in settings that are conducive to retaining the knowledge.
- Have a positive attitude and allow yourself plenty of time to study!

### Stress Relief From Finals

- **Eat properly**
  - Don't over or under eat
- **Get Rest**
  - Remember you should try to sleep 7-9 hours
- **Exercise**
  - Get in some exercise to relieve your brain and help your body focus during finals

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