



December 2024

STUDENT SUCCESS NEWSLETTER

For a full list of registration, payment dates, and deadlines scan below:



Congratulations, to our
Fall 2024 Graduates!



For a full list of SPC events in AlamoExperience scan below:



For a full list of the Fall Athletic Schedule scan below



Happy Holidays Tigers!

Happy Holidays, SPC Students, Faculty, and Staff!

As finals approach, we want to recognize your hard work and commitment to finishing this semester strong. The end of the semester is near, so keep pushing forward! Whether you're graduating or taking the next step in your journey, we're here to support you.

Don't forget to explore the free resources available, such as our food assistance programs, Phil's Den Clothing Closet, tutoring centers, and more.

In this newsletter, you'll find helpful tips for tackling finals and managing the stress that comes with them. Let this newsletter and its content guide you toward continued educational success.

Congratulations on all you've accomplished this semester! We wish you success, happiness, and a well-deserved holiday break.

"We build our temples for tomorrow, strong as we know how, and we stand on top of the mountain, free within ourselves." – Langston Hughes

Warm regards,
SPC Student Newsletter Staff
SPC-ESS@alamo.edu

DECEMBER

Upcoming Events

**De-Stress Fest
MLK**
December 3

**Health
Information Technology
Info Session**
December 4

**Tiger Paws
Fall Publication Gala**
December 4

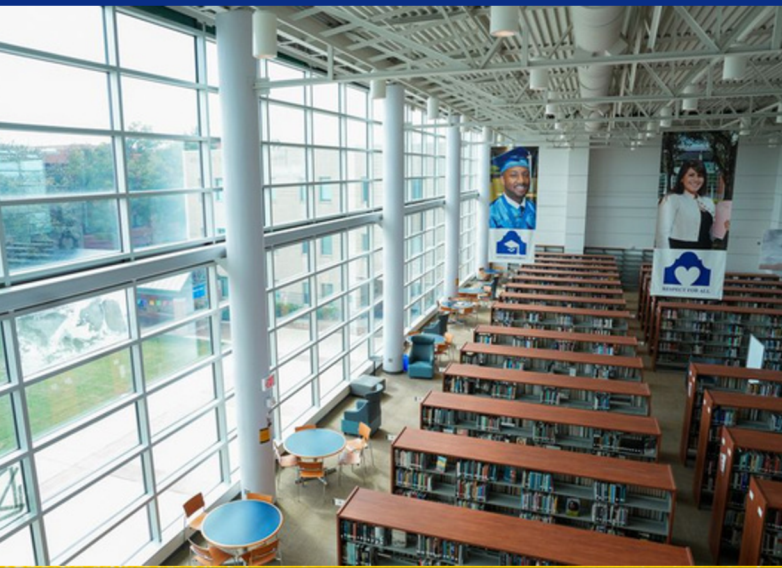
**De-Stress Fest
SWC**
December 4th

**Brilliant Traces
A Play**
December 5-7

Start of finals week
December 11

**Fall 2024
Commencement
Ceremony**
December 13

Closed for Winter Break
December 19 - January 2



10 Tips to Power through Finals

Finals week can be overwhelming for all students, from freshmen to seniors. Instead of stressing, rely on proven methods to study efficiently while prioritizing your physical and mental well-being.

1. Pace Yourself

Treat finals like a marathon, not a sprint. Start early and pace yourself to avoid cramming.

2. Check Your Exam Times

Check exam dates to plan effectively.

3. Make a Study Schedule

Create a study plan with time blocks for each subject to avoid cramming.

4. Test Your Knowledge

Use flashcards, quizzes, or practice questions to identify weak areas and focus your study.

5. Team Up With Study Buddies

Study groups quiz each other or teach topics to reinforce learning. Stay focused!

6. Go Outside

Take breaks and get fresh air—short walks can reduce stress and boost mental health.

7. Study Smarter, Not Harder

Rereading or cramming before exams isn't effective. Instead, space out study sessions and use self-testing to study smarter.

8. Schedule Sleep Time

Lack of sleep hurts memory and reasoning. Get 8 hours before an exam instead of cramming. Prioritize sleep during finals.

12. Show Up Early

Arrive early on exam day to avoid unexpected delays. Use the waiting time to relax and focus on your breathing, not last-minute cramming.



Manage Time



Meditation



Spending Time With Nature



Think Positive

TIPS FOR STRESS MANAGEMENT



Listen To Music



Exercise



Talk With Friends



Read Book



YOGA FOR STRESS RELIEF



Sage Marichi's I



Supine Figure Four



Frog



Wide Legged Plow



Supine Bound Angle



Bow

THE BEST THERAPIST HAS FUR AND FOUR LEGS

Come out and De-Stress with SPC Counseling Department

MLK Campus
Tues., December 3
11-12:30 pm
In front of the Library

SWC Campus
Wed., December 4
11-12 pm
In the Library



BACKPACK

GIVEAWAY

How to Claim

- 1) Snap a photo sharing your college story**
- 2) Email your photos to: SPC-ESS@alamo.edu
or
Come by the C.A.S.E building #4 on the
MLK Campus and show us your photos.**
- 3) Pick up your new backpack full of supplies.**

****Giveaway valid while supplies last**



Online Tools for Student Success

Scan below:

First Year Experience



Career Services



**Tutoring and
Technology center**



Advocacy Center

