











## December 2011

## **UNIVERSITY SERVICE CENTER**

### **Reminders & Updates**

#### **Upcoming Events**

- Effective Resume and Cover Letter Writing:
   Dec. 6 at 1:30PM in the Center for Career Development
- Innovative Job Search Strategies:
   Dec. 8 at 3PM in the Center for Career Development
- USC First-Gen Fall 2011 Study Breaks:
   Dec. 13 from 3-5PM & Dec. 15 from 1-3PM in the USC
- Do you have an event you want to share? Let us know and we'll list it here.

#### **Important Dates**

- December 12
   Last day of classes
- December 13-15
   Study period
- December 16-21
   Final exams
- <u>December 22</u>
   On-campus residences close at noon
- <u>December 24</u>
   University closes for Intersession
- January 3
   University reopens
- January 13
   On-campus residences reopen
- January 17
   Classes begin

Have a question or problem you need help resolving?

Visit us! 881 Commonwealth Avenue Call us! (617) 358-1818

E-mail us! usc@bu.edu

# Happy Holidays!

### **Study Breaks**

Need a break from studying for finals? Join your fellow first-gen students and the USC staff for a chance to unwind! Enjoy some refreshments and pick up a goody bag too. See the Upcoming Events section on the left for dates and times. Just let us know if you plan on coming by clicking <a href="here">here</a> so that we have a goody bag ready for you. Not able to make it but still want a goody bag? Let us know on the RSVP form and you can pick one up later. We look forward to seeing you!

### **Congratulations!**

We want to give a heartfelt congratulations to all of our winter graduates! You've worked hard for your degree and have earned it. We wish you the best of luck with your future and know that you will all do great things.

Check out the USC's <u>website</u> for events and workshops happening this month around campus!

### Like Us!

Check out the <u>USC's First-Gen</u>
<u>Facebook page</u>! Like us to stay upto-date on upcoming events,
programs, and workshops, both at
the USC and around campus.

### **Finals Survival Guide**

Write down the date and time of each final and each essay due dates on a calendar. Then plan out blocks of time for studying and writing each day. This will help prevent procrastination and the need to cram the night before.

It can be difficult to figure out what and how to study when the information is scattered between your notes, textbook, assignments, and old quizzes. Make a study guide compiling all of the information you will need for the exam. You'll have a concise collection of information that will be easier to study from.

While studying, take breaks to refresh your mind. Take a walk, a short nap, or do anything that you find fun. This will give your brain a rest, and you'll be able to focus better.

The night before the exam, it's important to get a good night's rest. Cramming the entire night and getting little to no sleep isn't a good idea. Your brain needs sleep in order to be alert and recall information most efficiently.

Right before the exam, review the most important information that you need to know. That way it will be fresh when you go in to take the exam.