## TRANSFER NEWS

## **FALL 2024**

#### ISSUE 3 | 11/18/2024

With the holidays fast approaching, comes the apprehension of the closing semester and beginning preparations for finals. Time sure has gone by quickly. For many of you, this is your first semester taking finals here at the University of Georgia, which could some feelings of anxiety and cause nervousness. The energy feels different around campus: students are off in a hurry to finish a project, a research paper, a final quiz or assignment, the air is getting colder, the first chill of winter on its way, and your thoughts begin to swirl in a flutter, as you try to juggle everything all at once. It can be a lot, making it difficult to navigate in the midst of maintaining relationships with friends, peers, professors, and even family. Therefore, it is truly, truly important that you have a support system around you.

Somewhere and someone that you can call upon to help you navigate the ups and downs that tend to come with the closure of a semester, and the final push before the end; whether this may be your family, a friend, a mentor or even a professor, anyone who can lift you up when you are feeling stuck and unable to move. Someone to pull you up from the quicksand. Even though grades matter, your mental and physical wellbeing are imperative to living out your best life and being able to also enjoy the joy that comes from the holiday season. You cannot have one side without the other. So, as UGA begins to gear up for the final push, make sure you are aware of where you stand, and never be afraid to ask for assistance and even extend a helping hand to others who may be drowning in schoolwork and the turbulence that comes with the end of the year. Be kind to yourself and others.

Best of luck everyone! You got this!



Written By: Maria Padilla Transfer Ambassador Transferred Spring 2024



## Tips and Tricks to Managing Finals:

- Setting time to work on your assignments in a manner that is orderly and efficient.
- Make sure to take breaks in-between study sessions to avoid burnout.
- Go outside! Take a walk and stretch your legs a bit before resuming work.
- Make time to also hang out with friends or loved ones!
- The Miller Learning Center (MLC) is open 24 hours during finals week, in case you need access to a study space at any time.
- Peer Tutoring is available for any UGA student! Check out their website for tutors that can help you in specific courses: <a href="https://ossa.uga.edu/services/peer-tutoring/">https://ossa.uga.edu/services/peer-tutoring/</a>
- Study Tips for Finals via UGA: <a href="https://online.uga.edu/news/study-tips-finals/">https://online.uga.edu/news/study-tips-finals/</a>





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### **UPCOMING EVENTS**

### Operation Safe Drive

Get it inspected for free at Transportation and Parking Services' annual Operation Safe Drive. On Thursday, November 21st from 10 a.m. until 2 p.m., all UGA students, faculty, and staff are invited to bring their vehicles to Lot E23 for a free inspection.





### International Coffee Hour

Enjoy cultural cuisine, engaging activities, and great company at this weekly reception hosted by International Student Life and various campus and community partners. Come back each week to discover something new, along with free food and coffee. All are welcome.

#### Hot Choco and Cookies

Grab a cookie and hot chocolate before Thanksgiving Break.

Monday November 25, 12 - 2 PM 350 Brooks Hall



