



November/December 2019

Finish Your Semester Strong!

Finals are approaching quickly and we have the resources to help you achieve your highest potential. Here are several recommendations to help you prepare for the end of your semester:

- Make an appointment with your Lion Life Coach to go over study strategies that will help you end your semester strong. Lion Life Coaches are all located in the LARC, 346 and are assigned as follows:
 - Penny Bryant, School of Business
 - Sarah Tetley, School of Science
 - Brooke VonJensen, School of Education
 - Jeremy Keye, School of Health Sciences
 - Ryan Yarber, School of Humanities
 - Cathy Hart, School of Arts, Media and Communications
- Schedule an appointment with a tutor. The tutor schedule can be found [online](#) at:
 - <https://www.lindenwood.edu/files/resources/online-tutor-schedule-11119.pdf>
 - Utilize online tutoring through the Tutor.com app located on Canvas (24/7 tutoring)
- Make an appointment with your professors to discuss any concepts you may not fully understand.
- Don't procrastinate! Give yourself plenty of time to complete end of the semester projects and papers.
- Spend time each night reviewing notes so there will be no need to cram or pull an all-nighter when finals begin.
- Make sure to take care of yourself! With the variations in the weather and increase in illness this time of year, please make sure you are taking care of yourself physically and mentally.
- Take advantage of campus events that may relieve stress during the final weeks of the semester. Remember, the Health and Wellness Center is available Monday through Friday from 8:30 am to 5:00 pm and is located on the third floor of Evans Commons.

Final exams are right around the corner! Make sure to double check your exam schedule:
<https://www.lindenwood.edu/files/resources/final-exams-fall-semester-2019.pdf>

Have you registered for spring semester? If not, please make sure to meet with your advisor before the end of the term so they can open your portal.

Good luck with the end of the semester and have a wonderful break. We will see you in January!

The Student and Academic Support Services (SASS) Team

Real Experience. Real Success.