

## NEWSLETTER



**FINALS PREP  
WORKSHOPS**

**SOCIAL MEDIA  
RAFFLE**

**SUMMER SESSION**

## COUNTDOWN TO FINALS

Preparing for finals is more than just studying the week prior. It includes reviewing information from throughout the semester and planning ahead to ensure you are really retaining the study material. We hope that you will take advantage of our resources throughout finals. Finals prep workshops, tutoring, academic coaching and writing tutoring will all be available. For more information visit: [rlc.rutgers.edu](https://rlc.rutgers.edu).

### CONNECT WITH US!



@RutgersLearning



[rlc.rutgers.edu](https://rlc.rutgers.edu)



[rulearningcenters@echo.rutgers.edu](mailto:rulearningcenters@echo.rutgers.edu)



## FINALS PREP WORKSHOPS

Registration is now open for Finals Prep Workshops!

As we approach exam and finals season, preparing ahead of time is crucial for all students, and our coaches are ready to help you plan.

These workshops will help you make a study plan for your exams as well as offer some practical strategies for studying for them. Sessions are offered both in-person and on Zoom this semester.

- Monday, 5/2 @ 2:00pm - 3:00pm
  - CAC Learning Center, Academic Bldg. 1150AB
- Tuesday, 5/3 @ 12:00pm - 1:00pm
  - LIV Learning Center, Tillett 111MNP
- Wednesday, 5/4 @ 11:00am - 12:00pm
  - Online via Zoom
- Thursday 5/5 @ 5:00pm - 6:00pm
  - CAC Learning Center, Academic Bldg. 1150AB
- Friday 5/6 @ 3:00pm - 4:00pm
  - Online via Zoom

Register here: [rlc.rutgers.edu/Finals-SP22](https://rlc.rutgers.edu/Finals-SP22)

## OUR SERVICES

### Tutoring

#### Academic Coaching

- One-on-one
- Small Groups
- Workshops

#### Writing Tutoring

- Drop-In
- One-on-one
- Asynchronous feedback

#### In-Class Support Study Groups

#### Online Learning Modules & Web Resources



Discipline is just  
choosing between  
what you want now  
and what you want  
most.

- Abraham Lincoln







## SOCIAL MEDIA RAFFLE

We are looking for more new members to join our online community! Follow and like us on social media, now until May 11th, to be entered into our raffle! For more info visit: [rlc.rutgers.edu/SM22](http://rlc.rutgers.edu/SM22)

HOW TO WIN: All you have to do is like our page on [Facebook](https://www.facebook.com/RutgersLearning), and/or follow us on [Instagram](https://www.instagram.com/RutgersLearning) and [Twitter](https://twitter.com/RutgersLearning)!

BONUS: If you share our raffle post you will be entered multiple times (each participant is eligible to be entered up to 6 times).

- Share our [post](#) on Facebook
- Re-post our [post](#) on your Instagram page and tag us @RutgersLearning, so we know you shared it!
- Retweet our [post](#) on Twitter

### Prizes:

- 1st Place: Study Kit
- 2nd: \$25 Panera Gift card and swag
- 3rd Place: \$25 Panera Gift card

Questions? Email: Samantha Feaser  
[samantha.feaser@rutgers.edu](mailto:samantha.feaser@rutgers.edu)

## MANAGING STUDYING AND STRESS

Often, we are surprised by how quickly finals week rolls around. High levels of stress during finals can have a negative impact on a student mentally, physically, and emotionally. In order to avoid episodes of extreme frustration and worrying, read these five tips to help you manage the stress and studying that comes along with finals in a healthy and proactive manner:

1. Use a reward system
2. Make studying more creative
3. Block online distractions
4. Speed up recorded material
5. Schedule an appointment with an academic coach

Full article can be found [here](#).

## SUMMER SESSION

Summer classes at Rutgers University will run Tuesday, May 31st through Wednesday, August 17th. The Learning Centers will be offering in-person and online services during this time. As summer session approaches, check out our [website](#), to see our summer hours and services.

