

Be Prepared!

Tips and resources to finish the semester strong.



BE ON TIME!

Last day of classes: Dec. 14th
University withdrawal deadline: Dec. 14th
Final exam period is Dec. 16th - Dec. 22nd
Students can view their exam schedule in WISER by clicking on "Exam Schedule"

BE CHARGED UP!

Current UMB Students can borrow a laptop, free of charge, by simply checking one out at the [Library Circulation Desk](#).



BE IN A QUIET SPACE!

[Healey Library](#) Extended Hours
Fall Extended Hours | Dec. 13 - Dec. 22
Monday - Friday 7:30 a.m. - 11:00 p.m.
Saturday 9:00 a.m. - 7:00 p.m.
Sunday 11:00 a.m. - 5:00 p.m.

BE ABLE TO ASK FOR HELP!

Visit [faculty office hours](#) to ask questions before your exam.

Prep for your oral presentation workshop on Dec. 7 from 11:00-12:00 p.m. & Dec. 9 from 2:00 p.m.-3:00 p.m.

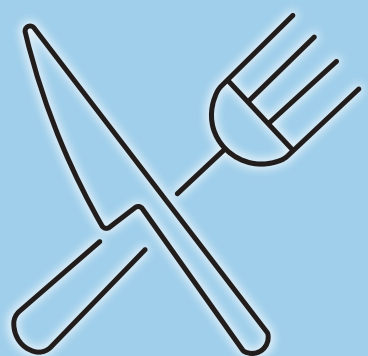
[Weekly Writing Sessions \(drop-in\)](#) will continue through the rest of the semester. Our Weekly Writing Sessions provide a structured space to complete assignments with the support and encouragement of a tutor who is available for writing questions/concerns.

One-to-one tutoring is available with an RWSSC Tutor! [Book an appointment today!](#)

Check out [Supplemental Instruction offerings](#).

[UMB-UR-Best](#) is hosting a Finals Workshop Moving into Finals, Winter Break, and Spring Semester: Putting ourselves in a position to succeed
Topics: Stress and anxiety regulation skills; time management strategies; acting in alignment with our values
Date: Monday, Dec. 6 from 12:00 PM – 1:00 PM
Location: <https://umassboston.zoom.us/j/93303776819>
[REGISTER HERE!](#)

Check out the [Care Guide](#) which contains resources for students to care for themselves, their loved ones, and communities.



BE SURE TO EAT!

[FREE Late-Night Breakfast](#)
Enjoy all of your breakfast favorites on Tuesday, Dec. 14 from 9:00 to 11:00 p.m. in the Dining Commons!

BE CONNECTED!

Not sure where to go? [HERE4U](#) can help.

Have a concern? Need to pursue an excused absence? Contact the [Dean of Students Office](#)



BE RESTED!

Adequate sleep helps you think better.
Be sure to get a good night's rest before your exams.



BE RELAXED!

Feeling stressed? Counseling Services are available. Call 617.287.5690
Try meditation apps like Calm or Headspace.

