

Alumni Blog – December 2023

Winter Break is Coming!



You have made it to the final stretch of the fall semester! All of the homework, studying, papers, and projects have all been preparing you for everyone’s favorite time of the semester – finals! The last few weeks before Christmas break seem to be the most hectic and stressful time of the year for students. You start pulling all-nighters to get papers finished and spend all hours of the day studying for multiple exams. You soon start to feel like you are being drowned in all of the work. With all of that being said, you are so close to earning that much deserved month-and-a-half break from all things school! As you continue to prepare for finals, it is important to still take care of yourself in the process. Here are some tips to soothe your brain to keep you from getting iced out!

Get Some Sleep!



Getting an appropriate amount of sleep is extremely important for daily functioning. Sure, you may be getting all sorts of assignments and papers finished, but it slowly creeps up on you in the end. You do not want to be operating on two hours asleep while trying to get your brain to work at full speed on these exams. It is not worth it to stay up all night getting things done. It is in best practice to begin assignments early, so your brain can have the time to fully recharge at night. You want to make sure that you are bright eyed and bushy tailed whenever your final exam dates roll around, so you can crush them!

Be Social!



It is easy to close yourself up in your dorm room and study all day and night, but you need to take breaks! Call your friends and go to dinner or a movie to give yourself some time to relax and have fun! You could be feeling extra festive and load up to go look at Christmas lights! The possibilities are endless, and you will feel so much better after spending time with your friends. After all, laughter is the best medicine!

Make a Christmas Craft!



If you are feeling really creative, you may want to make some Christmas crafts to have a break from all of your assignments! Grab all of your roommates and assemble a gingerbread house, make reindeer shaped Christmas ornaments, or even style your own wreaths to hang on your doors! All of you food lovers might even want to make some Christmas candy or fudge! You will still feel like you are being productive, but it will give your brain a break from all of the studying. You can even take your crafts home to give to your family to decorate the house!

If you are struggling trying to find a fun Christmas craft or recipe, check out the links below!!

Good luck on your final exams and have a wonderful Christmas break!



[Christmas Crafts!](#)



[Cinnamon Candy!](#)



[Grinch Cookies!](#)