

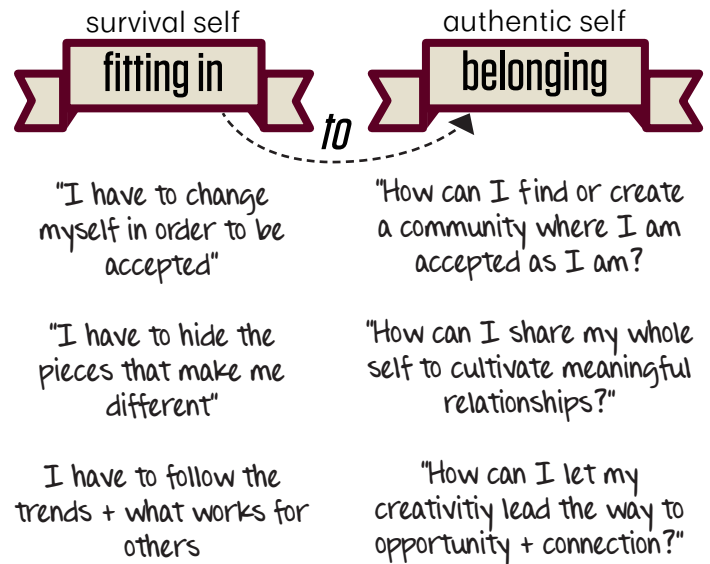


New Aggie Tips & Advice

What is a Healthy Relationship?

-  **Speak Up.** In a healthy relationship, if something is bothering you, talk about it instead of holding it in.
-  **Respect Each Other.** Both you & your partner's wishes & feelings have value. Let your significant other know you are keeping their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
-  **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair & rational way.
-  **Be Supportive.** Reassure & encourage each other. Let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
-  **Respect Each Other's Privacy.** You don't have to share everything & constantly be together. Healthy relationships require space.

Shifting From



Support Services

Campus Living & Learning
tamug.edu/cll

CARE Team
tamug.edu/care

Student Affairs
tamug.edu/studentaffairs
(409)740-4561

Career & Counseling Services
tamug.edu/counsel
(409)740-4736

Maintain a healthy relationship with your academics!




Knowledge & Rules to Know

- Request moving a final if you have 3+ in one day
- Reading days are to prepare for exams; no requirements can be schedule during them
- The Library is open 24 hours a day during Finals
- Midnight Breakfast is the night prior to the first finals day
- Must vacate residence halls 24 hours after last final exam
- Relationships come & go, but grades are forever
- Without adequate sleep, we lose our ability to access previously learned info
- Study as if you have to teach it to someone else
- Creating your own study guide can help your understanding
- Focus on what needs to be studied, not the grade you need
- Get an accountability partner to stay on track for studying
- The night before exams should be a review of everything you've already studied

Finals Schedule



Study Tips

- 1 GET ENOUGH SLEEP**

so that your brain has the opportunity to consolidate new knowledge.
- 2 BREAK STUDY TIME INTO SMALL CHUNKS**

Space your learning over multiple days.
- 3 Know Your Body. Study when you are at your MOST ALERT.**
- 4 TURN HEADINGS INTO QUESTIONS**

and read paragraph by paragraph for comprehension.
- 5 TEST YOURSELF FREQUENTLY**
when you study, so you can practice retrieving information.



New Aggie Tips & Advice

Letter from a counselor

You are being pulled between past, present & future; one day needing independence but desiring company & support the next day. Your ups & downs are a sign of this transitional time. Work is happening in all areas: Physical, Mental, Emotional, Cultural, & Spiritual.

Your realm of control:

- Take care of yourself
- Build healthy relationships
- Control negative behaviors & feelings
- Adapt to new environments

Support you can ask for:

- Listening without judgement
- Encouragement to use resources within reach
- Guiding questions for decision making process

- Daisey McCloud, MAPCP, LPC-S

Letter from an advisor

Thanksgiving is a holiday all its own: family and food, but really football. It's also your chance for a "two-minute break" from the action before the big push: finals. This is your time to draw a game plan & make one last play to help you win the semester

1st Quarter: PLAN

Create a to-do list for tasks large & small. Study around holiday activities by adding an hour before or after events. Even a 20-minute study session each day can help refresh your memory

2nd Quarter: STUDY

Be sure your family and friends know about your study plan. Ask them to encourage and support you in staying on track.

3rd Quarter: BREAK

Set realistic expectations and don't pack your schedule too tight. Divide large projects into parts so you can make that first down and aim for the touchdown.

4th Quarter: RECAP

Don't cram the whole game into the last quarter. Maintain a steady work pace throughout.

- Brandon Chapman, M.A.

Findings stated in a 2016 Harvard study reported that **"Emotional preparedness was a stronger predictor of college success than academic preparedness."**

STUDY BREAK

What does love mean to you?

See what some of your fellow students had to say below, and then color your own love ornament! Be sure to share it on Instagram with the tag [tag_tamug_healthyrelationships](https://www.instagram.com/tag_tamug_healthyrelationships)

