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Stress Management

As the end of the semester is nearing, the anticipation of the holidays and exams can heighten your stress level. There are many alternatives to manage your stress levels. Sometimes it's easier to take a step back and just breathe. By making use of time management strategies, you can maximize your time and reduce stress as well. Use a

"to-do" list. Write down all of your assignments, chores (including laundry) and other tasks (holiday shopping). Prioritize these items. When is your paper due? Is it high priority for the day? Stop and ask yourself frequently "what is the best use of my time right now?" "What needs to be accomplished now?" Then do that task. Be

sure and also schedule time for breaks. You can't study for an exam or write a paper if your brain is fried. Taking a 15-20 minute break of leisure activity will wake you up and sharpen your thinking. By utilizing some of these techniques, you will find yourself a little less stressed.

Lessons from Sam...

With the end of the semester nearing, these last few words of wisdom are appropriate.

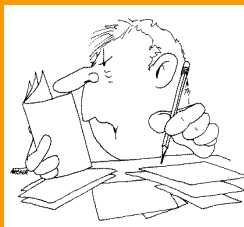
Monday states that the next lesson is: "When you feel you are down and out, don't give up." Sam had just helped his old commander, Andrew Jackson become the president and maintained his governorship in Tennessee. Many thought that Sam would be the successor to Jackson's position. In the midst of this his marriage fell apart and at that point Sam ran off to live with the Cherokees who referred to him as "Big Drunk." Sam was at one of his lowest points in life. "It could have ended there but it didn't because Sam didn't give up."



To Sam's credit the fourth largest city in America and a university have been named after him. His San Jacinto victory allowed the United States to increase its size by a third and he later became president of the Republic of Texas, a US Senator and the governor of the state of Texas. As Monday said: "None of these would have happened if Sam had given up."

With the end of the semester coming up, you might find yourself feeling a little like Sam. Don't let the anticipation of the holidays or a new semester bring you down. Think of the courage that Sam had and what he accomplished in his life. Dream big, set your goals and don't Give Up!

Finals Week:
Dec. 12-15



Book Buy-back

BARNES&NOBLE Your Official University Bookstore



- Q. How do I sell my books back?
- A. B&N buys back books everyday. Sell early, as soon as you are finished with the book!
- Q. Why sell my books back?
- A. You get cash back. It might be a wise decision to keep books from your major for future reference.
- Q. How much do I get when I sell back my books?
- A. B&N pricing is based on two criteria: they pay you 50% of the selling price if the professor has told them the book will be used again the following term and B&N still requires more to meet that demand. If this is not the case, B&N will give you the latest national pricing.

DON'T FORGET: To sell your textbooks back, a valid student I.D. is *required*. B&N also will buy back books that were purchased from other bookstores. **Happy Selling!**

Tree of Light
December 1st
at 6 p.m.

Tree of Light

The Tree of Light ceremony is one of SHSU's oldest traditions, having been established in 1920. The program has evolved over the years, but has some aspects that have remained fairly constant; including a greeting from the University President, the bringing of a donation of canned food items, serenading from a local group, and ending with a rendition of "Jingle Bells" in which the audience takes their keys and "jingles" them to the tune. *Don't forget your camera.* It's a fun tradition to take a picture of you and your friends in front of the tree!

This year's Tree of Light ceremony will be held on Thursday, December 1 at 6 p.m. in the LSC Mall Area. For more information, contact Student Activities at 294.3861.



Have a cool Yule!



Dates to Know

November 4-6

Parent/Family Weekend.

November 8

PC Comic View: Alfred & Seymour.
LSC Ballroom 8 p.m. FREE

November 19

Saturday's at Sam. Volunteer with the Admissions Office. 294-4689

November 21

Last day for Resignations

November 22-27

Thanksgiving Holiday

November 30

Sweet Charity opens. For more information call 294-1339.

December 7

Tree of Light (See Article p.2)

December 9

Last Class Day.

December 12-15

Finals Week.

December 17

Commencement.

For more calendar information, please see the [Academic Calendar](#), the [Student Services Calendar](#), or the [SAM Center Calendar](#).



Advice to Know

"Home for the Holidays"

There are a few ways that you can help make the break as stress-free as possible:

- **Communicate!** Let your parents know what your holiday plans are well before arriving at home. Expect to make some compromises to help your parents enjoy your time back home.
- **Discuss the house rules.** Things have changed since you were last at home. You no longer "live" under their roof, but while at home you should respect their requests.
- **Grades!** If you know that your grades are not up to your parents' expectations, prepare your parents in advance. Set aside time in advance to discuss your grades, so that you will not feel uncomfortable during "family time."
- **Take some time for yourself!** You just finished your FIRST semester, enjoy some rest and relaxation, have fun and stay safe!

"...from a graduating senior"

Some things I wish I had done while a student at SHSU:

10. Actually go see "Big Sam."
9. Eat at the Country Inn on I-45.
8. Go to the library (...should I admit that!?)
7. See as many Theatre productions as possible! They rock!
6. Workout at the HKC...take advantage of the NEW facility!!
5. Go to a music concert.
4. Go to one of the art shows.
3. Go to the SHSU Rodeo. YEEE HAW!
2. Rub the hat on the Sam Statue that is located in front of Austin Hall before a test for good luck.
1. Roll down the hill across from Belvin!

-Trapper K. Pace
Class of 2005

"FINALS WEEK"

These are a few things to keep in mind during finals:

- 🍏 The **last class day** is December 9th! After that you will not be meeting. If you need to meet with a professor, be sure to set an appointment.
- 🍏 **Eat breakfast**, even if you're not hungry when you leave for your final. Finals are typically 2 hours long. Be prepared and keep some munchies in your backpack.
- 🍏 Don't start to study the night before. **Cramming will get you nowhere.** It seems early, but begin during your Thanksgiving break. Hard work pays off. You'll have plenty of time to have fun during the holiday break in December!
- 🍏 **Sleep** the recommended 8 hours. You don't want to fall asleep in your afternoon final.
- 🍏 Take advantage of campus-wide programs during finals. The HKC generally has a **stress relief night**.
- 🍏 Don't forget your **SCANTRON!**



first-year experience

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We're on the web!
www.shsu.edu/fye

Writing Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 2-7 pm
Wilson 114
936.294.3680
wctr@shsu.edu
www.shsu.edu/~wctr

Reading Center

Monday-Thursday: 8 am-7 pm
Friday: 8 am-3 pm
Sunday: 1-4:30 pm
Wilson 111
936.294.3114
rdg_www@shsu.edu
www.shsu.edu/~rdg_www

Math Help Lab

Monday-Thursday: 8 am-5 pm
Friday: 8 am-2 pm
Lee Drain Building 201
936.294.1564
www.shsu.edu/~mth_www/helphours.htm

Did You Know?

DECEMBER 12, 1800



Washington, D.C. became the nation's Capital.

38.1 inches

Average snowfall for Nov/Dec in Aspen, Colorado.



December 1882

The first Christmas lights were introduced by Edward Johnson, an employee of Thomas Edison.



675 Million Pounds of turkey are consumed a year.

