

Howards Phillip Hall: Room 113 ~ Phone: (407) 823-5130



GO Knights!!!



Ways to reduce stress!!!

- Prepare for classes by reading the chapter ahead of time.
- Do not cram for the exam.
- Write down all the things you have to do and cross them off when you have completed them.
- Schedule time for relaxation, Meditate if possible.
- If you are not sure about an assignment use your resources to get help.
- Learn that it's ok to say "No"
- Practice Deep Breathing.
- Exercise regularly
- Eat well
- Be flexible and expect the unexpected.

Upcoming Workshops

How to Prepare for a Mid-term Exam

Monday, October 1st
6pm - 7pm
Lake Claire Community Center

#1 Source for an "A" - Your Class Notes

Tuesday, October 2nd
6pm - 7pm
Tower II Lobby

Alzheimer's Association- Memory Walk

If you interested in being apart of the SARC team for the Memory Walk please contact Kathy Vazquez at sarcpeer@mail.ucf.edu
The memory walk is this Saturday, October 6, 2007 at Lake Eola Park Downtown Orlando.
Carpool: VAB parking lot 7:00 am.

Your Advisor wants to meet with you!!!

All Pegasus, CAP and STEP students are required to meet with their Academic Advisor before the withdrawal deadline, **October 12, 2007.**

Please call **407-823-5130** to make an appointment.

Have you attended a SARC workshop this semester??

All Pegasus, CAP and STEP students are required to attend at least one SARC workshop during the fall semester. The list of workshops for this semester can be found at **sarc.sdes.ucf.edu.** There is no need to sign up for these workshops however please be on time.