



TOCC Times

Study habits & stress

“Stay Home, Stay Safe”

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you cant have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

Travel Considerations

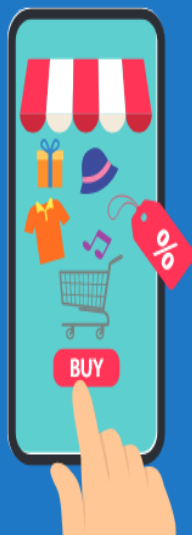
If traveling this holiday season, consider the mode of transportation (plane, car, bus, train), the dates you will be traveling, and your risk to COVID-19 exposure while traveling. Carry a small personal sanitizing kit that contains hand sanitizer, disinfecting wipes, and extra masks.

Driving your own vehicle will reduce your exposure to COVID-19. If you need to use commercial or public transportation, be aware of and try to avoid the busiest travel times. Also, reconsider travel during the holiday season and consider holding special remote gatherings or small gatherings at home.



Holiday Shopping

Consider alternative ways to purchase gifts other than visiting stores in person, where possible.



Stay home if you have tested positive or have symptoms of COVID-19, which can include fever or chills, cough, shortness of breath, or other symptoms.

Lower Risk. Consider shopping online.

Medium Risk. If you choose to shop in-person, wear your mask and maintain 6 feet of distance between you and others. Try to shop at off-peak times when there are fewer shoppers.

Higher Risk. High-risk activities include in-person sale promotions or holiday activities that encourage large crowds and lining up for limited supply deals, which make social distancing a challenge.

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

Overnight Guests

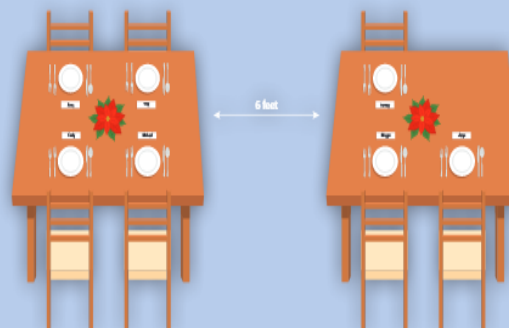
If you plan to have or be an overnight guest, the host and guests should communicate about what is expected ahead of time.

Identify a room where an individual can isolate should they develop symptoms or test positive whilevisiting. Make sure everyone understands the importance of wearing a mask and social distancing. Ensure that soap and sanitizer are available, and clean frequently touched surfaces.



Holiday Meals

- Limit the number of people for which social distancing is possible before, during, and after the meal.
- Consider single-use disposable utensils and dishware for serving and eating meals.
- Wash and disinfect guest areas before and after holiday gatherings.



MOTIVATION MONDAY

Watch “How a student changed her study habits by setting goals and managing time”

<https://www.youtube.com/watch?v=z7e7gtU3PHY>

Motivation Monday

You never know how much time you really have until you start to use it. Are you as efficient and productive as you can be? Yana Savitsky shares how the Pomodoro method changed the way she thinks and acts towards her work, allowing her to make the most of her time.

TRY IT TUESDAY

With finals week coming up, use these checklists to get yourself ready! Stay organized and maintain good habits to keep stress and anxiety low.

TRY IT TUESDAY

Before

PLANNER	I know what I'm working on before I sit down
STUDY MATERIALS	I have what I need to study
CLEAN ENVIRONMENT	My study space is clean and organized
PRODUCTIVE TIME OF THE DAY	I can work well at this time of day
MINIMAL DISTRACTIONS	I am focused, my phone is on silent
COMFORTABLE CLOTHES	My clothes are warm enough/cool enough
WRITING UTENSILS	I have pencils, pens, Sharpies, whatever I need
PAPER	I have loose leaf paper, a notebook, Post-It's, whatever I need
CALMING MUSIC	I have music that will not distract my thinking
TIMER	I have a starting and stopping time in which to get this done

TIPS *for finals*

- Study in 15-20 minute intervals
- Alternate where you study
- Listen to non-lyrical music
- Drink cocoa
- Attend study groups
- Envision performing well on the exam
- Take a 20 minute break to exercise
- Set a time schedule for yourself
- Speak to your professors
- Make use of whiteboards, notecards, etc
- Spend less time on what you know, and more on what is difficult

EXAM CHECKLIST

EXAM DATE

COURSE	DATE & TIME	LOCATION

WHAT TO DO BEFORE AN EXAM

- Review The Topics and Study Materials
- Go Through Previous Tests
- Check The Syllabus
- Check Your Exam Location and Start Time
- Avoid Taking in Too Much Caffeine
- Stay Away From Electronics
- Pack Your Bag with Exam Essentials
- Don't Cram
- Set an Alarm
- Sleep 7-8 Hours
- Wake Up Early
- Eat Healthy Breakfast Including Fresh Fruits
- Use Flash Cards To Wake Up Your Brain
- Arrive at Least 30 Minutes Early
- Go To The Bathroom Before Your Test
- Stay Calm and Be Positive

WHAT TO BRING TO AN EXAM

- Bag
- Student ID Card
- Study Notes & Material
- Textbooks (If Permitted)
- Sharpened Pencils, Pens, and Eraser
- Pencil Sharpener
- Calculators + Battery
- Snacks
- Water and Water bottle
- Watch
- Money
- Earplugs (If you study in public)
- Portable Phone Charger (If you study in public)
- Your Favorite Music to Relax

EXTRA TIPS

- Clean and Organize Your Desk
- Wear Comfortable Clothes and Shoes
- Study on a Desk, Not on a Bed Or a Floor
- Take a 15-30 Minutes Nap During A Day
- Refresh Your Mind In 10-15 Minutes (Exercise, Walking, Stretches)

My REWARDS

WELLNESS WEDNESDAY

College Student Stress Relief

1. Get enough sleep
2. Eat well
3. Exercise
4. Avoid unnatural energy boosters
5. Get emotional support
6. Don't give up your passions
7. Do not overload yourself
8. Avoid relaxing with alcohol
9. Breathe

THERAPUTIC THURSDAY

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Watch and participate in this PMR!

FITNESS FRIDAY

WELLNESS WEDNESDAY

Read the article for the full description of stress management techniques.

<https://www.everydayhealth.com/college-health/college-life-10-ways-to-reduce-stress.aspx>

THERAPUTIC THURSDAY

This guided PMR meditation will help you release tension, relieve anxiety, manage panic attacks or fall asleep. It is good for everyone of all ages. PMR is a well researched relaxation technique that is often used and prescribed as a medical treatment for insomnia, anxiety, headaches, stress relief, panic attacks, along with many other health benefits.

Fitness Friday

Do these yoga poses for 3 sets of 45 seconds each. Focus on your breathing and clearing your mind to relieve your stress levels.

YOGA FLOW FOR Stress Relief

