Hi all!

We hope that you are all doing well and taking care of yourself, however that may look. This semester, we did choose to drop all requirements based on the chaoticness of the semester, and the responses that we gathered from you all. That being said, we are planning to hold a few events next semester allowing us to connect with you all! We hope you have a wonderful break, and end of semester!

Aliya, Brittney, and Becca

As we head into the homestretch of the semester, here are a few tips for studying:

- Despite spending hours on our computers, our brains learn best from handwritten notes

- Remember that location matters when studying! Studying where you do schoolwork or might take the exam, etc could create associations to help you remember and stay motivated, whereas studying in your bed may not have that effect

- Accountability! Sometimes it helps just to have someone who can keep you accountable for complementing tasks. (If you need someone—reach out to one of us)

- The best way to avoid the distractions (ex. Phones) is to put them out of view. Out of sight, out of mind!

- Set goals that are actually accomplishable and tangible, and when you complete them, reward yourself. Setting a goal that you will read the entire text book to prepare will leave you (probably) feeling defeated, vs a goal of reading a chapter or two.

It's important to take breaks, even though it may seem hard. Below is a graphic for 50 ways you could take a break. We hope that you each get to take breaks in this crazy season.

OR- Option 51: Do one of Psi Chi’s “Sneaky Cards” Tasks:
Essentially do one of these tasks, and either keep it a secret, or encourage others to pass it on
- Leave someone a compliment (or say it)
- Leave someone a candy bar
- Tell someone a joke that makes them laugh
- Leave a post it note on a mirror that encourages you or others
Even though we aren’t requiring community outreach, here are some outreach opportunities if you would like (that are safe to be done in today’s Covid regulations):

- If you are into making masks (or want to donate some) Tacoma Police Department and Puyallup Police Department are in need of masks.

- **Tacoma Rescue Mission** is in need of donations of clothing, or cleaning supplies if that’s possible for you.

- **Operation Gratitude** is looking for people to write letters or cards to soldiers who are abroad, and away from their families.

- Nursing homes are also looking for people to write cards or letters their patients who haven’t seen family or have no family.

There are plenty of other opportunities! Let us know if you have a specific one you do and want to share, or want us to suggest more.

Holidays are looking different this year. It’s still important to be considerate to others, and known when to take a break for yourself. I’m sure that these lists are not new, but in stressful situations, sometimes it’s nice to have things repeated.

**This list** discusses how to interact with parents and have conversations about independence, and other ways to make being home, less challenging if you are headed back home for the holidays.

If this season brings up a lot of feelings, chances are you’ve seen [this list](#). But, as a reminder, here’s a list of potential [coping strategies](#).

If the amount of food worries you or your [loved ones](#), check out the [linked lists](#).

Stay healthy and safe, and have a good end of the semester!

Aliya, Brittney and Becca