

FINALE EXAM JAM

Study, Prepare, Succeed!
DEC 4th - 8th

FUEL FOR FINALS

Coffee & Cookies

While supplies last!

Monday-Thursday, Dec 4-7
8am 2300 Building Hallway

Sponsored by the Office of Student Life

Coffee & Cookies

While supplies last!

Monday-Thursday, Dec 4-7
9am 200 Building - Library

Sponsored by Shasta College Foundation

Nachos

It's nacho ordinary day when there are nachos at A&R!

While supplies last!

Thursday, Dec 7
11am-1pm 100 Building Hallway

Sponsored by Admissions & Records

GIVEAWAYS

FREE Stuff!

Free Scantrons All Week
While supplies last!

Student Life Office – Room 2308
Sponsored by Student Life

Free Earplugs All Week
While supplies last!

Create your own study zone.
Library – 200 Building

Free Scantrons All Week!
While supplies last!

Library – 200 Building
Sponsored by the Library

**Free Scantrons, Green Books,
& Stress Balls** (While supplies last!)

With A&R Nachos in 100 Building on
Thursday, Dec 7

Sponsored by Financial Aid

DE-STRESS

Yoga Flow & Stretch

Tuesday, Dec 9
12pm-1pm The Redwoods next to the
(1100 Building)

Sponsored by Shasta CARES

Pet Therapy

Pause for Paws

Tuesday, Dec 5
10am-1pm The Quad

Sponsored by Student Life

Stress & Relaxation Workshop

Monday, Dec 4
12pm-1pm Library Fireside Room

Sponsored by the Library

Online Resources for Stress Management

Stressed?
Check out the **Health & Wellness** website for
useful information on managing stress.

Go to:
<https://goo.gl/1lChiq> Look for "Manage that
Stress for Student Success!" under Topic &
Concerns near the bottom of the page.

Also, check out Health & Wellness' online health
magazine for great tips on stress management:
<http://shastacollege.readsh101.com/>

STUDY ZONES

Library

Extended hours all week!

Monday - Thursday, Dec 4-7
Closes at 7:45pm

Friday, Dec 8
Closes at 4:45pm

Jam Nights/Tutoring & Learning Center

Late night studying, writing, and tutoring. Faculty,
tutors and fellow students are available to help
you. All disciplines welcome! Come one or both
nights, whenever you can and stay as long as you
want! FREE Admission – FREE Tutoring – FREE
Printing! Free brain food while it lasts.

Math Jam Nights

Faculty, tutors and fellow students are available to
help you. All disciplines welcome! Stay as long as
you want. FREE Admission – FREE Tutoring!

**Wednesday & Thursday,
Dec 6 & 7**
7pm-11pm Tutoring and Learning Center,
700 Building

Write Right Jam Nights

Prepare for finals week with faculty, tutors, and
your peers. All disciplines welcome! Stay as long
as you want.

Prepare your FINAL paper.

FREE Admission – FREE Printing!

**Wednesday & Thursday,
Dec 6 & 7**
7pm-11pm Tutoring and Learning Center,
700 Building

STUDY ZONES

Science Jam Nights

Come one or both nights, whenever you can and
stay as long as you want! Tutors are available to
help you. FREE Admission – FREE Tutoring!

**Wednesday & Thursday,
Dec 6 & 7**
6pm-10pm Science Learning Center,
Building 1626

ONLINE ZONE

Online Workshops

Shasta College offers on-demand student
success workshops. Access workshops 24/7
for free! Topics include note-taking, time
management, test anxiety, and more. Perfect
for students who missed a workshop, or want
the information now, or who live far from
campus. Check it out today! Go to:

www.studentingo.com/shastacollege

Net Tutor

Access Online Tutoring FREE as a
Shasta College Student!

- Chat with live tutors and get individual help
- Submit questions and get answers within 24 hours
- Submit a paper & get feedback within 48 hours

To Access NetTutor:

If you are in a Canvas course, click
"Online Tutoring" in the navigation bar
or you can go to: shastacollege.instructure.com/enroll/M3CCPEP.

For help email:
sconlinehelp@shastacollege.edu

For more information, call the
Office of Foundational Skills
(530) 242-7763



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Science, Language, Arts & Math
Office of Foundational Skills

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