

# FINALEXAM JAM

Study, Prepare, Succeed!  
DEC 10<sup>th</sup> - 14<sup>th</sup>

## FUEL FOR FINALS

### Coffee & Cookies

While supplies last!

**Mon-Thurs, DEC 10-13**  
8am 2300 Building Hallway

Sponsored by the Office of Student Life

### Coffee & Cookies

While supplies last!

**Mon-Thurs, DEC 10-13**  
8am 200 Building - Library

Sponsored by Shasta College Foundation

### Nachos

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

While supplies last!

**Wed, DEC 12**  
10:30am-12:00pm 100 Building Hallway

Sponsored by Admissions & Records

### Food for Thought

Because your brain needs more than coffee...

**Snacks offered during Tutoring** (700 building and room 1626), **CAMP** (1pm-5pm, room 2066), and **SI sessions**.

Sponsored by Student Services

## DE-STRESS

### Button Booth

Make a statement - then wear it!

**Mon-Fri, DEC 10-14**  
9am-10am 200 Building - Library

Sponsored by the Library

### Pet Therapy

Pause for Paws!

**Tues, DEC 18 & Thurs DEC 20**  
10am-1pm & 10am - 12pm The Quad

Sponsored by the Office of Student Life

## DE-STRESS

### Massage Sessions

FREE solution to those tense muscles!

**Mon, DEC 10 & Thurs DEC 13**  
2pm-5pm Cafeteria

Sponsored by the Office of Student Life

### Stress & Relaxation Workshop

**Mon, DEC 10**  
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:

[www.shastacollege.edu/wellness](http://www.shastacollege.edu/wellness) 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/>

Sponsored by Health & Wellness Office

## STUDY ZONES

### Library

Extended Hours and Free Black & White Printing!

**Mon - Thurs, DEC 10-13**  
8:00am-8pm 200 Building - Library

Sponsored by the Library

### Come to Supplemental Instruction (SI)

Please see your instructor for schedule of SI Sessions.

**ANAT-1** ~ Tyson

**MATH-3A** ~ Anderson

**PHY-1** ~ Croes

**SOC-1H** ~ Wylie

**SPAN-1** ~ Cooper

## STUDY ZONES

### Math Jam Nights

Faculty, tutors, and fellow students are available to help you. Come when you can, stay as long as you want. **FREE Admission** - **FREE Tutoring** - **FREE brain food** while it lasts!

**Wed & Thurs, DEC 12 & 13**

**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! Come when you can, stay as long as you want. Prepare your **FINAL** paper. **FREE Admission** - **FREE Printing** - **FREE brain food** while it lasts!

**Wed & Thurs, DEC 12 & 13**

**7pm-11pm** Tutoring and Learning Center, 700 Building

### Science Jam Nights

Come one or both nights. Come when you can, stay as long as you want. Tutors are available to help you. **FREE Admission** - **FREE Tutoring** - **FREE brain food** while it lasts!

**Wed & Thurs, DEC 12 & 13**

**6pm-10pm** Science Learning Center, Building 1626

### CAMP Mentors at Jam Nights

Student Academic Mentors here to assist you during Jam Nights in the 700 building! All students welcome! **FREE Canvas help** - **FREE Study Skills Assistance** - **FREE Help in Multiple Subjects!**

**Wed & Thurs, DEC 12-13**

**7:00pm-11pm** Tutoring and Learning Center, 700 Building

## GIVEAWAYS

### FREE Stuff!

**Free Scantrons All Week**  
While supplies last!

Student Life Office - Room 2308

Sponsored by Student Life

**Free Scantrons & Earplugs All Week**  
While supplies last!

Create your own study zone.

Library - 200 Building

Sponsored by the Library

**Free Scantrons & Pencils All Week**  
While supplies last!

**9:30am-1:00pm** Room 2005

**1pm-5pm** Room 2066

Sponsored by EOPS

## ONLINE ZONE

### Online Workshops

Check them out today! Go to:

[www.studenttingo.com/shastacollege](http://www.studenttingo.com/shastacollege)

### Net Tutor

A FREE Service for Shasta College Students

- 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/M3CCEP](http://shastacollege.instructure.com/enroll/M3CCEP).

For help email: [sconlinehelp@shastacollege.edu](mailto:sconlinehelp@shastacollege.edu)

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



# Shasta College

[www.shastacollege.edu](http://www.shastacollege.edu)

Shasta College is an equal opportunity educator and employer.

Science, Language, Arts & Math  
Office of Foundational Skills

(530) 242-7763