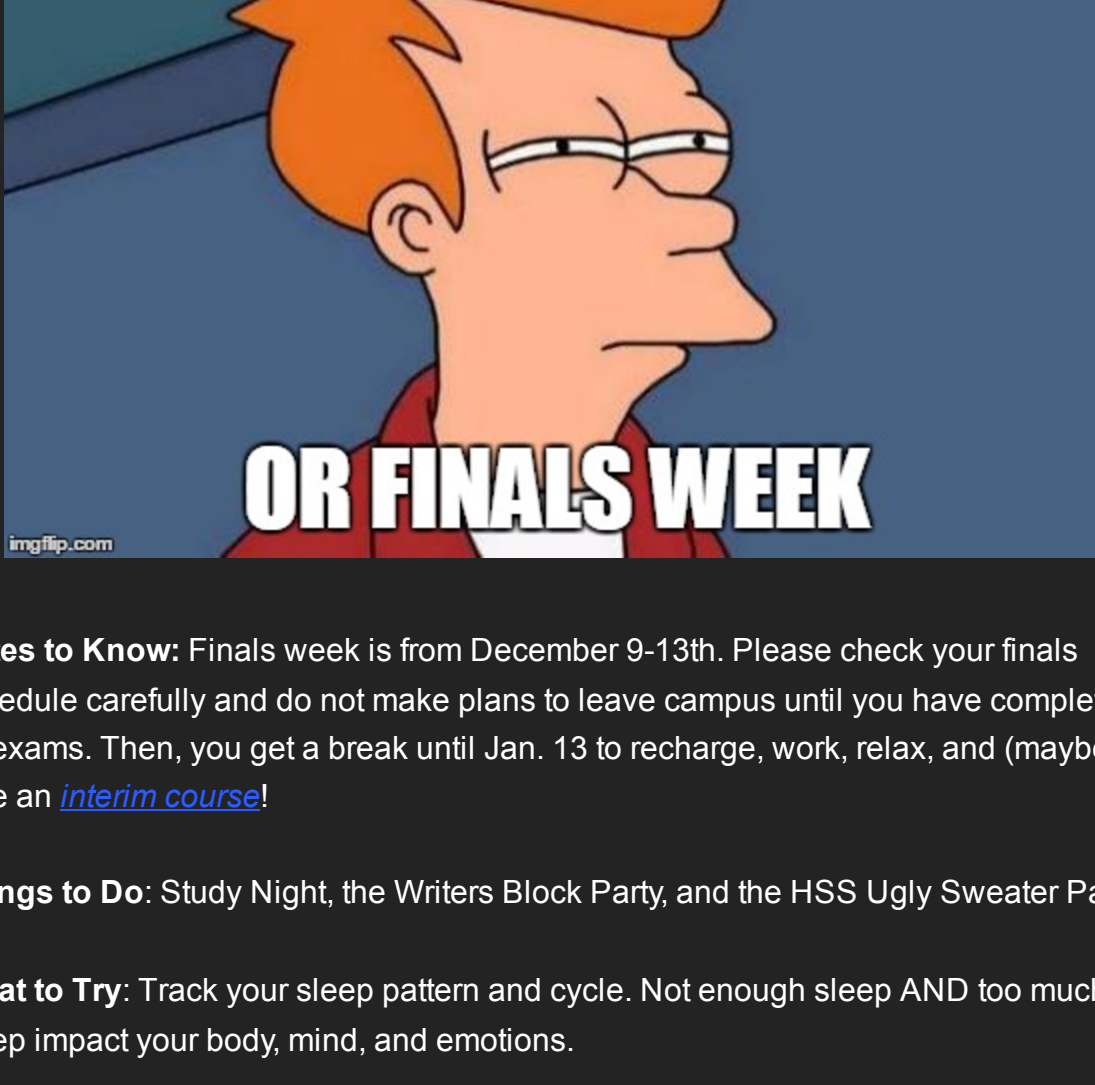


On November 13, the [Geography, GIS, and Sustainability Department](#) partnered with other Weld County offices to teach students about the power of spatial data in emergency management [\[RE: zombie apocalypse\]](#)



Dates to Know: Finals week is from December 9-13th. Please check your finals schedule carefully and do not make plans to leave campus until you have completed all exams. Then, you get a break until Jan. 13 to recharge, work, relax, and (maybe) take an [interim course](#)!

Things to Do: Study Night, the Writers Block Party, and the HSS Ugly Sweater Party!

What to Try: Track your sleep pattern and cycle. Not enough sleep AND too much sleep impact your body, mind, and emotions.

What to Watch: Dive into the Wisecrack archives to see Philosophy, Communication, English, Media, and other HSS disciplines in action as the YouTube channel analyzes popular culture.

TOO LONG; DIDN'T READ

Below are **quick takes** on information you may have missed.

Where can you stay over break?

If you need to stay on campus over the break, you will move into [temporary housing](#) beginning on December 14. You may have up to three roommates to keep you company over the month. The Winter housing costs \$550 for the entire break, and you [NEED TO SIGN UP](#) as soon as possible.

What classes are taking next semester?

Registration is open for all students. If you are unable to register, you may have a [HOLD on your account](#). Common Holds reflect Account Balances, No-Major, Student Conduct, and Academic Standing. You can email or call the Student Success Resource Center for questions on your Hold.

When do you take your final exam?

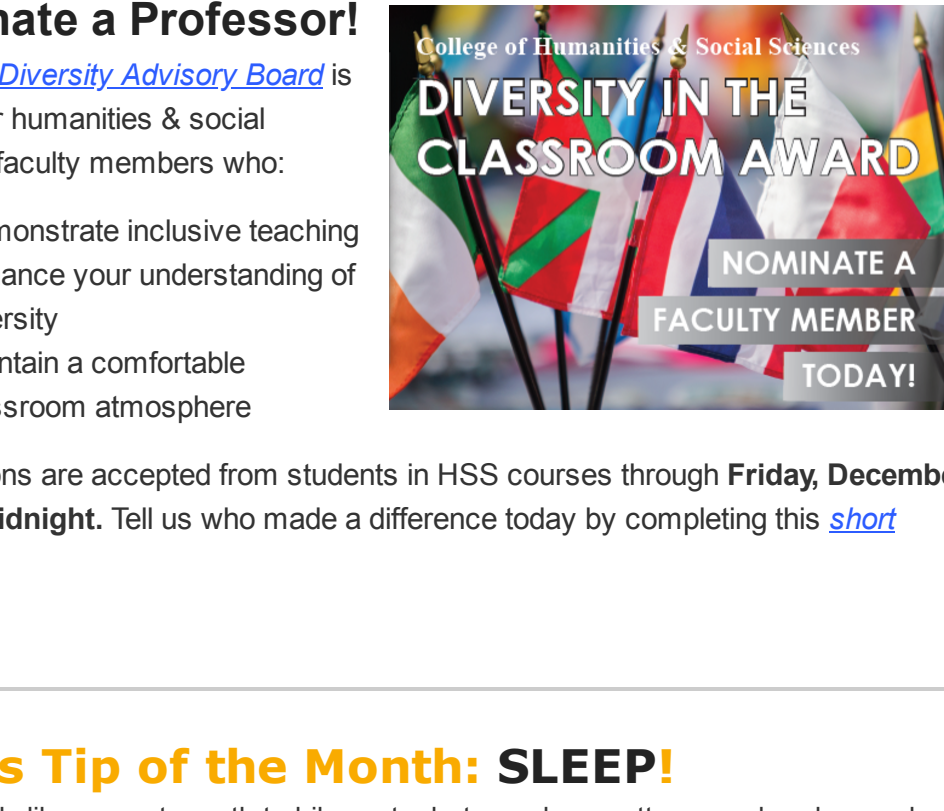
To [determine when your exam](#) will run, check the Class Start Time and the Day. Final examinations are scheduled for 150 minutes in length and conducted in your regular classrooms unless your professor has specified otherwise. [You must attend the final exam for all your classes](#).

How will UNC move forward?

In November, the [University Board of Trustees](#) talked about the next decade for the Bears. The highlights include technology updates and recognition of student concerns regarding faculty and staff diversity.

A Degree Works glow-up?

Over the Thanksgiving Break, the [Degree Works platform evolved](#) to version 5.0.2 and will be mobile-friendly. Now you can keep track of your degree progress everywhere you go.



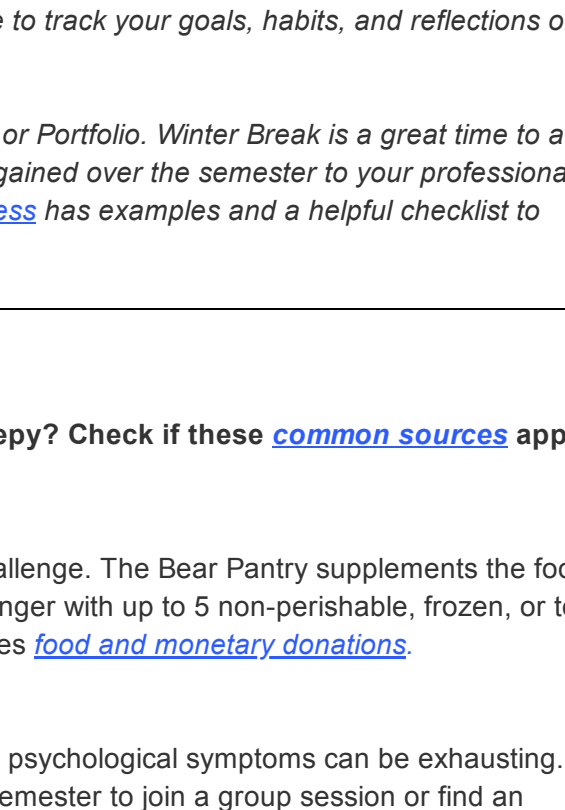
Congratulations Dr. Sarah Goodrum,

who received the 2020 [Winchester Distinguished Scholar Award](#)! This award recognizes excellence in scholarly activity: Dr. Goodrum researches victimization, school-violence prevention, and intimate partner abuse. Stop by the Criminology and Criminal Justice Department to congratulate her accomplishments!

Nominate a Professor!

The [HSS Diversity Advisory Board](#) is looking for humanities & social sciences faculty members who:

- Demonstrate inclusive teaching
- Enhance your understanding of diversity
- Maintain a comfortable classroom atmosphere



Nominations are accepted from students in HSS courses through **Friday, December 13th at midnight**. Tell us who made a difference today by completing this [short survey](#).

Success Tip of the Month: SLEEP!

December feels like a great month to hibernate: but our sleep patterns and cycles are best when consistent. The success tip this month is all about the zzz's.

One of the top priorities for finals week is getting solid sleep. Less than 6 hours of sleep can significantly impact your reaction times, ability to focus, and memory. But going to bed too early risks tossing and turning. Our [bedtime habits](#) can have BIG impacts on our sleep quality, so consider what your routine includes. WHEN YOU FEEL YOUR EYELIDS DROOPING, IT IS TIME TO GO TO BED.

"Catching up" on sleep is a myth. Sleeping-in can cause mini-jet lag effects throughout the week. Over Winter Break, resist the urge to snooze past your semester schedule.

Three Things to Do When You Wake Up Over Break:

ONE: Do a relaxing entertainment activity that YOU enjoy. Winter Break is your time to recharge without class responsibilities, so spend this time awake and doing the things you love. Coach Hayley likes to play [video games](#). Coach Becca likes to [read](#). Office VIP Terri likes to walk and take in our ColoRADO [nature](#).

TWO: Create your spring planner. Planners, calendars, and schedules range in price and quality, and you can save a few bucks while getting what you need by [creating your own](#). Consider adding doodles and space to track your goals, habits, and reflections on the week.

THREE: Update your LinkedIn, [Resume](#), or Portfolio. Winter Break is a great time to add the projects, experiences, and skills you gained over the semester to your professional materials. The [Center for Career Readiness](#) has examples and a helpful checklist to use.

Do you feel chronically tired and still sleepy? Check if these [common sources](#) apply to your schedule.

Poor Diet—eating as a student can be a challenge. The Bear Pantry supplements the food supply for any UNC student experiencing hunger with up to 5 non-perishable, frozen, or toiletry items twice a week. The pantry also welcomes [food and monetary donations](#). #CommunityofBears

Depression or Anxiety—the emotional and psychological symptoms can be exhausting. Consider visiting [Counseling Services](#) next semester to join a group session or find an individual counselor to support you.

Exercise—both too much and too little can impact your energy and mood. [The Campus Rec Center](#) offers a variety of group fitness, machines, and opportunities to take the right amount of movement for you. You might see Coach Hayley sweating on her lunch break!

Days to MarkDown

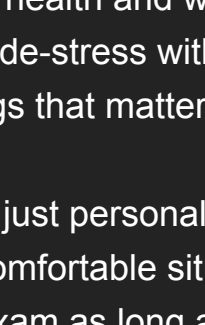
Finals Week: **December 9-13**

Interim Session: Dec. 16 with the [Add Deadline](#) on **Dec. 17**.

Winter Break: Classes end on **December 13** (after your last final!). Campus will be closed from **December 23-January 1**. Classes begin for the Spring on **January 13**.

Final Grades Available: **December 23**

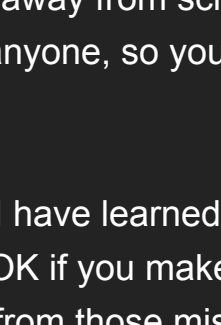
Out and About: Events to Attend



Study Night at the UC

Tutorial Services will host a study night with peer tutors in the UC food court from 4:00-8:00pm. Help will be available in natural and health sciences, social sciences, math, and business. Please join us for this free event!

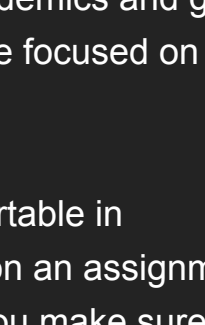
[Tues. December 3](#)



Writers Block Party

The Writing Center and Librarians will be here to support your final projects, papers, and research assignments. Drop into CAND 1100/1140 between 4-8pm to work, snack, and win Bear Bucks.

[Wed. December 4](#)



Ugly Sweater Party

Humanities and Social Sciences is hosting their 1st Annual Ugly Sweater Contest. Photo Booth, Nacho Bar, and Prizes will be included. Rock your sweater from 11:30-1:30 in CAND 1375

[Thurs. December 5](#)

Hot Cocoa Day

Providing student veterans with a fun break where they can enjoy a day of hot cocoa, movies, and games.

[Tues. December 3](#)

In the Heights Play

The story explores 3 days in the characters' lives in the NYC Latino neighborhood of Washington Heights...

[Fri. December 6](#)

Zoo Lights!

The Denver Zoo stays open late to light up the park with holiday fun. This month, check out the 3,000 animals during Zoo Lights.

[Ends December 30th](#)

#IAmSuccess

[DeAndre Smith](#), a Communication Major, and HSS Bear, has networked with celebrity chefs, competed on The Chew, and ran pop-ups in Denver. He shared his recipe for success in the classroom and in the kitchen with us.

What do you find most important to succeed in class?

Having a relationship with your professor is going to help you succeed the most, along with getting the most out of your classes. Staying prepared and speaking with your professor is important.

How can students prepare for finals?

When it comes to preparing for finals, taking care of your mental health is going to be key. Make sure to get enough sleep because if you don't have enough sleep, how are you gonna be able to focus on your classes or work or anything else that you have in your everyday life? Along with that making sure that you're taking care of your body. Make sure that you're hydrating and staying well-nourished throughout the day.

What other tips for success can you share?

Make sure to give yourself enough time for a self-care day to invest in your own health and wellness. Get away from school and academics and go out and de-stress with friends or anyone, so you can be more focused on the things that matter.

And just personal advice that I have learned to be comfortable in uncomfortable situations. It's OK if you make a mistake on an assignment or exam as long as you learn from those mistakes and you make sure that you win and succeed the next time around.

Follow your fellow Bear on [Instagram](#).

If you have success advice that helped YOU conquer a challenge, we want to hear it. Please email your tips to hss.studentsuccess@unco.edu.

Like Videos? We like Videos!

The team at [Wisecrack](#) produces break downs and analyses of film and popular culture using the skills, theories, and ideas from the Humanities and Social Science fields. Many of the editors and producers were English, Philosophy, Film, Sociology, and other HSS majors.

Coach Hayley talked with the [Bear-In-Mind podcast](#) about why you should visit the Student Success Resource Center next semester! You can grab it on [Spotify too](#).

