# Loyola resources to make the semester successful

The semester is winding down quickly and with it comes exams, papers and projects and holiday preparations. These and other events can cause us to feel stress. You are fortunate because Loyola has excellent resources available to help academically, as well excellent services to help you stay healthy. Below are few resources to help you manage stress.

## Staying healthy – both physically and emotionally – during the semester:

**The Student Health Center**

The Student Health Center is available for flu shots and other health care needs. Call (410) 617-5055 to schedule an appointment. See [www.loyola.edu/department/studenthealth](http://www.loyola.edu/department/studenthealth) for more information.

**REACT Online:**

Students can reduce their stress level by going to [REACT Online](https://reactonline.loyola.edu/relaxation/), a helpful relaxation tool from the Counseling Center. RELAX Online is guided relaxation videos featuring soothing visuals and music, narrated by Counseling Center Staff. The Counseling Center offers free, confidential counseling and over 40% of all students use their services.

**Heart of Zen Meditation Group:**

The profound benefits of meditation are well known, from stress reduction and peace of mind to an increase in concentration, mental agility, creativity, and kindness.  The Group is led by Dr. Bret W. Davis, Associate Professor of Philosophy, who studied and practiced Zen in Japan for 13 years. If you are interested in participating in this group, please contact Dr. Davis at bwdavis@loyola.edu.

**Yoga and other group classes at the FAC**:

Yoga can be an effective method to reduce stress and anxiety and Loyola has free yoga classes. The Fitness and Aquatic Center offers free yoga classes, as well as other group classes at the FAC. Check this out by going to: [www.loyola.edu/department/recsports/programs/fitness/groupexercise.aspx](http://www.loyola.edu/department/recsports/programs/fitness/groupexercise.aspx)

**Schedule some down time and support the Greyhounds:**

Going to a game will not take a lot of time out of the study schedule, and watching your favorite Loyola team is a nice diversion from the long hours spent studying. The trick is to schedule the down time activity, and get back to the books once the time is up. Go to [www.loyola.edu/athletics](http://www.loyola.edu/athletics) to find a game that might interest you.

**Remember to eat!**

Students can forget to eat (and they especially forget to eat the foods needed to stay healthy and alert). Check out dining services web-site to read about nutrition and dining hours. The website is [www.loyola.edu/department/dining.aspx](http://www.loyola.edu/department/dining.aspx)

## Academic resources available to help with exams and papers at Loyola:

***The Study* for academic tutoring, organization coaching and workshops:**

[The Study](http://www.loyola.edu/department/thestudy.aspx) has tutoring, which is provided by peer tutors. To request a tutor please go to [this link](http://www.loyola.edu/department/thestudy/tutoring/request) for tutoring.

Organization coaching is available in The Study, and if you would like to meet with a coach, please go to this [on-line form](http://www.loyola.edu/department/thestudy/coaching-services/time-management).

Additionally, there are workshops to help you this semester and these free workshops are in Jenkins Hall on the 3rd floor. Space is limited, so please RSVP to Molly Fredette at mfredette@loyola.edu.Mrs. Fredette is happy to cover materials with students one-on-one if they cannot attend a workshop. Here is the link to [the schedule](http://www.loyola.edu/~/media/department/thestudy/documents/workshop-schedule.ashx).

***The Writing Center* for assistance with writing assignments:**

 The [Writing Center](http://www.loyola.edu/department/writingcenter.aspx) offers [walk-in and scheduled appointments](http://www.loyola.edu/department/writingcenter/overview). Their main location is Maryland Hall 057 on the Evergreen campus, where students can receive writing tutoring. The [Writing Center’s hours and location](http://www.loyola.edu/department/writingcenter/about/location-hours.aspx) can be found online.

**Faculty hours:**

Students often avoid or forget about faculty hours. They might feel intimidated by a professor or think they will be perceived as asking a stupid question. Sometimes students have missed class and feel embarrassed to ask for a clarification of an assignment or what they missed in class. Or sometimes they would just prefer to send an email. However, face-to-face interactions are invaluable, and Loyola instructors are happy to spend time with students and address questions or needs outside of the classroom. Faculty hours are on the course syllabus and posted outside a faculty member’s office. Reminder, seek this help when needed!

**Quiet places to study:**

Are you distracted and not able to study in your residence? Maybe the best solution is to get out of the room and find a quiet place to study. Check out a list of some quiet places at [this site](http://www.loyola.edu/department/dss/services/quiet.aspx).

**Important fall 2017 dates**

The following [link](http://www.loyola.edu/department/student-athletes/resources/important) contains important dates and deadlines for the fall 2017 semester

**Seasonal Supports and activities:**

**Massages at the Women’s Center:**

Feeling tense? Does your back and neck ache from sitting hunched over your books for hours on end? If so, it’s time to treat yourself to a massage. The Loyola University Women’s Center will be offering free-seated massages on Study Day (Thursday, December 10th). Appointments are required and the slots will fill up fast! Interested? Email the Women’s Center at womenscenter@loyola.edu and asked to be put on the mailing list.

### Therapy Dogs "Stressbusters" Event!

Did you know that playing with a dog can reduce blood pressure, anxiety levels and even reduce depression? Just ten minutes petting and playing with a dog will help you feel more relaxed, happier and healthier. On Friday, December 4th, therapy dogs will be in the Library Gallery from 2pm-4pm eagerly awaiting your attention and belly rubs. Paws from your studying for a moment and join them in the library - guaranteed to make your day feel a little less ruff!