

FINAL EXAM JAM

Study, Prepare, Succeed!

MAY 11th - 15th

For more information, email the Tutoring & Learning Center at TLC@shastacollege.edu

FUEL FOR FINALS

Food for Thought

Because your brain needs more than coffee. Snacks offered during Tutoring!

Mon–Tues, May 11–12

8am–7pm 200 Building

Wed–Thurs, May 13–14

7pm–10pm 200 Building

Fri, May 15

8am–7pm 200 Building

Sponsored by the Tutoring & Learning Center

Pop and Prep

Pop into the Basic Needs Center and enjoy our sweet/savory popcorn bar to stay fueled, focused, and finals-ready!

Mon–Thurs, May 11–14

8am–4pm Room 2308, 2300 Building

Fri, May 15

8am–1pm Room 2308, 2300 Building

Sponsored by the Basic Needs Resource Center

DE-STRESS

Umoja Village

Come relax in the Umoja village during their extended hours! Snack and drinks will be provided!

Mon–Fri, May 11–15

8:30am–6pm Room 2066, Building 2000

Sponsored by Umoja

Mindful Finals

Relax and relieve your stress with a moment in our meditation room.

shastacollege.edu/student-resources/the-basic-needs-resource-center/health-wellness/meditation-room/

For more information on Student Health & Wellness services, stop by Room 2020 (Building 2000) from 8am–4pm or visit: shastacollege.edu/student-resources/the-hub/health-wellness/

Sponsored by Student Health & Wellness Office

DECOMPRESS

Doodle & De-Stress

Choose your tools and decompress with art! Be creative by making buttons. Doodle inside with coloring pages or draw directly on the paper-covered tables! Or if you prefer, grab some chalk and have fun in the sun. Decompress with puzzles, board games, video games, and origami.

Mon–Thurs, May 11–14

8am–7pm Library Circulation Desk, 200 Building

Sponsored by the Tutoring & Learning Center

Sing Off Stress

Join us during lunch for karaoke! Sing the stress away and recharge for finals!

Mon, Wed, Fri, May 11, 13, 15

12pm–1pm Student Engagement Room (Room 202), 200 Building

Sponsored by the Library

Study Stretch

Join us in the Library Stacks for a calming yoga session with Jessica to relax your mind and body during finals!

Wed May 13

11am–12pm Library Stacks, 200 Building

Sponsored by the Library

Pause for Paws

Come pet our visiting pups! Haven Humane Society will be visiting with some friendly dogs who are just waiting for hands to scruff their heads. And if you find a special connection with your new friends, they're up for adoption!

Tues & Thurs, May 12 & 14

11am–1pm Redwood Grove (Outside the 800 Building by Starbucks)

Sponsored by Student Life

STUDY ZONES

TLC Jam Nights

Extended hours for assistance in math, science, writing, and more — online or in person! Join us for late-night study sessions with other students. Free tutoring and snacks while supplies last!

Wed–Thurs, May 13–14

7pm–10pm Tutoring & Learning Center, 200 Building

Sponsored by the Library and the Tutoring & Learning Center

Library Extended Hours

Join the Librarians during extended hours to get help with research, navigating databases, and support citation checks (MLA, APA, etc.). Librarians can meet in-person or via Zoom. To schedule an appointment, visit shastacollege.edu/library or text questions to (530) 212-0225.

Wed–Thurs, May 13–14

8am–10pm Library Circulation Desk, 200 Building

Sponsored by the Library

Study Rooms

Mon–Thurs, May 8–11

Need a quiet or collaborative place to study for finals? Come talk to the LTEC Admin to reserve a space for yourself or a group! Come chat in person with Brooke or email tlc@shastacollege.edu

Mon–Fri, May 11–15

8am–4pm Room 273, 200 Building

MESA Jam Nights

Whether you're popping bubbles or blowing bubbles, come take a deep breath with your MESA friends. Bubble wrap and bubbles provided!

Mon–Fri, May 11–15

5pm–7pm Room 1626, Building 1600

Sponsored by MESA

GIVEAWAYS

FREE Stuff!

Free academic black & white printing.

Mon–Fri, May 11–15

8am–7pm 200 Building

Sponsored by the Tutoring & Learning Center and the Library

Starbucks Coffee

Get your hot Pike Place coffee!

Mon–Thurs, May 11–14

10am–3pm 200 Building

(While supplies last!)

Sponsored by Starbucks

I'm Transferring To... & Cord Pick-Up

Are you a transfer student? Stop by to pick up your transfer cord and enjoy a quick university photo opportunity.

Tues–Thurs, May 12–14

9am–11:30am Library Circulation Desk, 200 Building

Sponsored by the Transfer Center and the Library

ONLINE ZONE

NetTutor

Free for Shasta College Students!

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

For NetTutor help, email:

sconlinehelp@shastacollege.edu



Shasta College

www.shastacollege.edu

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Tutoring & Learning Center

(530) 242-7552