



POKE NOTES

Second Semester Tips, Preparing for Midterms Now, and Your Wellness!

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Welcome back from winter break! By now you have started your classes and are well on your way to a successful second semester to your first year at UW.

In this issue you will find useful information for a successful second semester—as always, you can access Poke Notes on the [LeaRN First Generation page](#).

Second Semester Tips



Visit your professor during office hours!

“Going to office hours lets your professor know that you are more than just a name on a role sheet. You are a student who is invested in your education and will do whatever you need to do to succeed. Going into office hours impacts the amount of effort they put into helping you succeed, and will help you obtain a better relationship with the faculty.” - Haley Garner, UW Student

Study smarter:

Commit to a study space and time when you will be less distracted—use your time efficiently and effectively. Turn off your phone and internet! Find an ideal study space that will allow you to focus on your studies. Consider joining a study group as well.

Tutoring can help:

Get help early and often. Access [UW Tutoring Services](#) and the [Writing Center](#) for help with your coursework. You can also inquire with your professor about additional learning and support opportunities in your program that can be very beneficial to you in your studies and learning.

Schedule your time wisely:

Use a planner and prioritize attending class, sleep, food, health/wellness, and studies first—being effective and efficient while planning these priorities will allow you to enjoy other activities more (such as time with friends and down-time). Be sure to attend to your physical and emotional health and well-being because this will also translate into a more reliable schedule as you progress through the semester (ie: when you get sick things usually get missed or rescheduled due to your illness). A planner can help you to stay organized and keep you on track!

“My last midterm week was a real wake up call. I was a mess because I didn’t know what to study or if I was giving each class the right amount of my time. I studied for some classes super hard, and others not as much as I needed to. In one class, I totally bombed the midterm. Now I know to deal with the stress by talking with my friends, taking time to go out to eat, and spacing out my studying so I didn’t stress too hard.”

-Olivia Balanoff, UW Student



Preparing for Midterms Now!

Know your syllabus—more than likely information regarding your midterm exam or paper will be included in this document.

Give yourself a cushion—work hard on your assignments now so that you are not stressed to get an “A” on your midterm!

Do not procrastinate—if you have a paper as your midterm, start now and visit the Writing Center for help. If your midterm is an exam begin studying and creating study notes now!

Visit your professor—talk to them about the midterm and how you are preparing.



Research is clear that there is a connection between well-being, happiness, and academic and professional success. [The Wellness Center is excited to publish our Spring 2020 Schedule of Offerings.](#) Whether you're looking to improve your physical, emotional, social or general well-being, we have something for everyone. Try out our Big Sky Mindfulness Stress Management Workshop Series, Kitty Cuddle Times, Puppy Play Dates, Cowboy Cooking Classes, foot massagers, smoothie bike, massage chairs (UW students only), Self-Love and Happiness workshops, meditation, contemplative art classes, and so much more.

The Wellness Center is located in the southwest corner of Half Acre and we are open Monday through Friday, 9am-5:30pm. No gym membership is required to access the Wellness Center. We are open to UW students, faculty, and staff, and are committed to improving the health and well-being of the UW community.

Location: Wellness Center, 107 Half Acre

Website: www.uwyo.edu/rec/wellness-center/



Coe Library Resources

If you have not visited Coe Library yet—make today your day to go to the library. There is an abundance of resources available to you at our library: computers, study spaces, the One Button Room (for video and audio recordings), Student Innovation Center, the Writing Center, STEP Tutoring, and more! You can ask a librarian for help and guidance along the way. [To start your journey check out the Coe Library website here.](#)



[University of Wyoming Writing Center](#)

Spring 2020 Hours: Monday to Friday 9 AM-7 PM; Saturday & Sunday 1-5 PM

Writing Therapy Workshops (refreshments provided): February 27 4-5:30 PM (COE 218) "Writing a Thesis Statement;" March 26 4-5:30 PM (COE 218) "Punctuation & Sentence Structure;" April 16 4-5:30 PM (COE 218) "Resumes, CVs & Application Essays"

[University of Wyoming Tutoring & More](#)

There are many options available to you for tutoring on campus. Please visit the link to see what options may work best for your learning, needs and schedule.



[Upcoming Events and Important Dates](#)

Wednesday, February 12, 4-5 PM (Half Acre Gym) - Kitty Cuddle Time

Wednesday, February 12, 11 AM-1 PM (Union Family Room) - UWYO Abroad Fair

Friday, February 14, (UW Registrar) Tuition, Fees, Room and Board Due

Friday, February 14, 12:15-12:45 PM (Wellness Center) Drop-In Meditation

Monday, February 17, Noon-1 PM (Half Acre Gym) Managing Your Money, Budgeting & Saving Strategies

You should be completing your FAFSA (free application for federal student aid) and applying for scholarships in February & March! (very important for all students)