



POKE NOTES

Finals, Your Health, Holiday Break, and Spring 2020 Deadlines!

Congratulations on completing your first semester of college—it is December, so you are almost there!

In this issue:

- Tips for Finals
- Tips for Final Papers
- Your Health (flu shots)
- Holiday Break
- Academic Probation
- Spring 2020 Deadlines

This issue has information related to finals, holiday break, academic probation, your health (flu shots), and Spring Semester 2020 deadlines. The December 2019 Newsletter should help you to be successful through your finals and your transition into next semester—as always, you can access Poke Notes on the [LeaRN First Generation page](#).

In addition to the ones noted on the image above . . .

- Form a Study Group of 4-5 People
- Administer Self-Tests
- Consider Your Study Location
- Don't Cram!
- Ask For Help When You Need It



Image and tips included above property of College of Charleston Center for Student Learning (www.cofc.edu) - for entire page and information please visit: <https://today.cofc.edu/2013/12/04/10-tips-to-rock-your-finals/>

Remember to practice self-care and ask for help during finals week!

Tips for Final Papers

Drafted by Nathaniel James Thesing, UW Writing Center

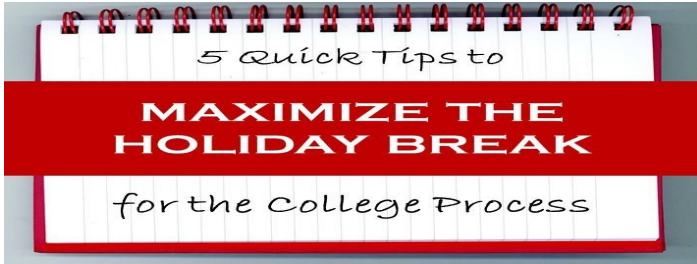
- Read your paper aloud to yourself, friends, or family – you can catch a lot of grammar and run-on sentence concerns doing this! You will also be able to see if your organization is sound.
- Avoid filler words in your final draft – examples: there are, there is, there were, it is, it was – by avoiding these words your final draft will gain clarity
- Eliminate wordiness overall – can you say what you mean with fewer words? If the answer is yes, trim you sentences down. Your first draft will be messy and unorganized, just get your ideas down on paper. As you revise, keep eliminating repetitive or unnecessary words.
- Proofread your final draft before submitting it (reading aloud again might be helpful here). Spending 15 minutes re-reading your writing may help you find any last minute errors. By being deliberate when you read each word, you may find areas with missing words and sentence structure issues. This could ease your mind after submission because you know you took the time to address easy fixes in your writing.
- Schedule a time to meet with your instructor or the UW Writing Center to clarify any questions or concerns you have before the paper is actually due. These resources are on campus to specifically help you with your writing process, utilize them. Visit [Purdue OWL](#), [UNC Writing Center Tips and Tools](#), or any other writing resource online to help you better understand any of your writing concerns. If you are unsure how to navigate these websites, ask one your instructors, a friend, or the library how these online writing resources can help you.



Flu shots are available at UW Student Health for \$20 (no appointment needed), this cost is covered for those who carry the UW-sponsored student medical insurance (or if you have another Qualified Health Plan, for instance if you are covered under a parent/guardian health insurance or have Wyoming Medicaid coverage).

Additional resources in Laramie include: private and urgent care clinics, Albany County Public Health, and local pharmacies.

It can take up to two weeks for the maximum protective benefit to kick in! For more information on the flu please click here: [CDC, Flu/Key Facts](#).



Maximize your holiday break:

- Personal Care: schedule a wellness visit with your doctor, check to make sure you are up-to-date on your vaccinations and flu shot, and engage in any type of physical activity & relaxation
- Family Time: family can be relatives or friends, spend some quality time with people that make you happy (if you are separated from family or friends, spend some time writing them notes or giving them a call), breaks can also be a great opportunity to make some new friends
- Professional Development: spruce up your resume or get a part-time job or internship
- Academic: use this time to plan for next semester (set your schedule, review syllabi if they are already available or go ahead and start reading some of your course material for next semester)
- Have Fun: this is your opportunity to rejuvenate yourself for the upcoming semester so be sure to have fun as well

Academic Probation

Academic status is indicated on all final grade reports, academic transcripts and may also be obtained through [WyoWeb](#).

- Students are placed on probation at the end of the semester or summer session when his or her cumulative GPA at the University of Wyoming falls below a 2.000.
- A student may be removed from probation at the end of a semester or summer session when his or her cumulative GPA is 2.000 or above.
- Students who fail to remove themselves from probation or earn a semester GPA of at least 2.000 in the next semester or summer term attempted will be suspended from the university.

For more information please visit the [UW Registrar Office](#) (167 Knight Hall) - you are also encouraged to contact academic advising.

Spring Semester 2020 Deadlines & Dates to Remember

January 24th—Residence Halls Open for Spring 2020

January 27th—First Day of Classes (late registration and add/drop periods begin)

January 30th—Last Day to Add, Change Sections or Change Grading Options in Semester Courses (*strictly enforced*)

February 5th—Last Day to Drop Semester Courses (*strictly enforced*)

February 5th—Last Day to Make Changes to Health Insurance Selection

February 14th—Tuition/Fees Due (*strictly enforced*) - for additional information on payment deadlines or to discuss a payment plan please visit the [Financial Services Business Office](#) (Knight Hall 250)

March 13th—Mid-semester

All dates and deadlines accessible via the University of Wyoming Registrar Office.