1. **Preparation** is **KEY TO SUCCESS**! Study for your exams ahead of time and **DON’T** wait until last minute to prepare! Create study guides, notecards, and look over previous quizzes and exams. Learn the important keywords, people, dates, formulas for each class.

2. **ASK FOR HELP!** Communicate with your professors! Ask for help, advice, or study skills that will help you prepare for your finals. Also, communicate with classmates and form study groups before finals week to discuss materials!

3. Pay attention to your **EATING HABITS** throughout finals week. Some people tend to stress eat and other people skip meals, make sure this doesn’t happen to you! Pack a few snacks for study breaks! Avoid sugary and caffeine filled energy drinks!

4. **TAKE STUDY BREAKS!** Take ten to fifteen minutes to clear your mind from school work. Check out the clips below during a study break!

Check out [TedTalks](#) and [Soul Pancake](#) for more clips for study breaks!
**ATTENTION: IMPORTANT DATES FOR THE END OF THE SEMESTER!**

- **Monday April 27th:** Schedule Clean Up Begins!
- **Monday May 4th:** Finals Week Begins!
- **Friday May 8th:** Graduate Commencement Ceremony
- **Saturday May 9th:** Undergraduate Commencement Ceremony
- **Thursday May 14th:** Grades are Due Online for Spring 2015
- **Monday May 18th:** Session A Summer Classes Begin!

**REMINDER: SHIPPENSBURG SUMMER CLASSES**

- THERE ARE TWO SESSION OF SUMMER CLASSES
  - SUMMER SESSION A: Monday May 18th - June 26th
  - SUMMER SESSION B: Monday June 29 - August 7th

VISIT [https://www.ship.edu/summer/](https://www.ship.edu/summer/) FOR MORE INFORMATION ABOUT AVAILABLE CLASSES.

**VISIT THE LEARNING CENTER DURING FINALS WEEK!**

- Take advantage of free drop in tutoring during finals - TUTORAMA!!
- Bring needed materials such as textbooks, notes, assignments, and the syllabus pertaining to the needed class.
- Show up on time for your appointment
- Ask questions and take advantage of the tutor helping you!
LeQuan Chapman!

LeQuan is a three time All-American, three time PSAC Champion, two time Atlantic All-Region, and a two time All-PSAC Athlete! He is not only a tremendous athlete, but is very active in campus service and leadership. Congrats LeQuan, you are a wonderful representation of Shippensburg University Athletics!

Lucy Kaufman!

Lucy is honored as a four-time Gladiator selection by the NFHCA, a recipient of NCAA Postgraduate Scholarship, is a two time All-American, a All-PSAC athlete, and the winner of the NCAA Elite 89 Award. Lucy plans to attend Salus University for Optometry. Congrats Lucy, you are a wonderful representation of Shippensburg University Athletics!
As a student-athlete you are expected to excel on and off of the field. Who is the driving force behind your success off of the field and in your academics? Is it your parents, your teammates, your own desire for success? Various colleges in the NCAA believe the driving force behind student-athletes success is their coaches. To help increase the student-athlete academic success many colleges are offering academic bonuses to the coaches. However, the bonuses are only rewarded if certain stipulations are reached such as higher team GPA’s or a higher graduation rate from the team. People may believe this is a great incentive to have the coach encourage their athletes outside of athletics. This places some of the responsibilities on the coach increasing the success from their student-athletes. However, opposing opinions believe there are various problems that are happening due to the starving, money crazed coaches. Coaches sometimes turn to unscrupulous behavior to increase their chances of receiving a bonus. Encouraging athletes to declare an easier majors or promoting academic dishonesty are some of the behaviors that have been in situations where bonuses have been offered. What do you think? Should coaches receive a bonus for the academic success you achieved? By Kate Diltz