Believe it or not, the first semester of classes will soon be coming to an end! These last couple weeks of academics will be focused on final projects, papers, and presentations. It is a busy month for students, and they can always use some extra encouragement to stay motivated during the home stretch.

Is your student ready for their finals? December 12, 2014 is the last official day of classes, with exam week taking place December 15-19. Students can always refer to the Final Exam Schedule on the UW-Superior website to find a list of when each class will hold their finals.

Along with the hard work of finals week comes the UWS tradition of the Finals Feeding Frenzy. This is a night where faculty and staff get together to help prepare and serve a late night breakfast to students. It is a free event for all students with their UWS student ID. Some of the items on the menu are breakfast burritos, pancakes, sausage, and the popular frost-your-own-donut station.

This year’s Frenzy will take place on Monday, December 15 from 9:00pm-11:00pm.

This is a great chance for students to take a well-deserved break from studying and connect with faculty, staff, and other students one last time before winter break.

‘Tis the season to be healthy! With final exams soon approaching and holiday preparations to take care of, all on top of an already busy schedule, it is a critical time of the year for students to stay healthy so they do not fall behind. Especially with the winter weather rolling in, students need to be taking extra care of themselves to avoid catching those colds. Here are some things to remind your students about to help them stay healthy:

- Get plenty of sleep (try to set a regular schedule)
- Wash your hands often
- Make sure to eat well balanced meals, rather than just typical “college food”
- Exercise
- Drink plenty of water

Registration is now open for the Spring 2015 semester. Talk to your students and see what classes they plan on taking in January!
What is Seasonal Affective Disorder?

Though it may be an easier component to overlook than physical health, a big part of staying healthy includes keeping an eye on how you are feeling mentally. People may report feeling more depressed in the winter months than in the spring, summer, or fall. This may be caused by winter Seasonal Affective Disorder, ironically also referred to as SAD. People who have SAD report feeling depressed during the winter months, having low energy levels, weight gain, and being more moody.

Should I be concerned that my student may have SAD?

There are varying levels of SAD. It is common in the winter months to want to do nothing but snuggle on the couch and watch TV. That’s completely normal. However, if your student seems to be in a constant depressed state, starts avoiding people, or is avoiding doing things that they used to really enjoy, then that might the time to step in and see what is causing the problem.

How can I help my student avoid and treat SAD?

Some of the best ways to go about preventing and treating SAD are exercising and soaking in the sunlight. These may seem like obvious concepts, but both of them can have a huge, positive impact on how we feel day to day.

Exercise is a great, easy way to increase a person’s mood. It releases a hormone in your body that can make you feel happier. Plus, exercise has many health benefits and is also a great way to connect and socialize with other people. Encourage your student to utilize the Marcovich Wellness Center where they can use the gym, pool, racquetball courts, indoor track, exercise equipment, and much more all for free!

Another part of the reason people are affected by SAD in the winter months is because of the shortage of light in the day. Remind your student to open their blinds in the morning and let in the sunshine! They can get outside and go skiing or snowboarding, take a walk, or start a snowball fight. Anything they can do to take advantage of the daylight is beneficial. The natural light can work wonders in positively boosting a person’s mood.

Most importantly, however, is just simply being around other people. Encourage your student to spend time with others. Friends can be great motivation to stay active and can help to beat the winter blues.