

END-OF-SEMESTER WELLNESS

By Dr. Delia Lang

The end of semester can be a particularly stressful time for students and faculty alike. As always, we ask that you be mindful of students' heightened anxiety during the upcoming exam period and utilize the [RSPH Student Support Toolkit](#) to connect students to resources when needed.

At the same time, please anchor yourself in healthy daily routines to help manage the demands of your professional and personal life in the weeks ahead. Getting enough sleep, breaking up long stretches of grading with brief walks, a mindfulness exercise, or a quick chat with a friend or colleague may seem simple, but can support your physical, mental, and social wellness during this busy season. To help facilitate one small act of self-care,

you are invited...

on Monday, Dec 12 at noon, to give yourself a break and grab a cup of hot chocolate in our new building, 3rd floor, room R340. While there, check out the new Student Services suite!



RESOURCES

- [Rollins TLC: Evaluation and Feedback](#)
- [FSAP - Resilience Support \(15 min session\)](#)

UPCOMING EVENTS

RRR Classroom
Technology
Training:
Check [here](#) for
more information.

REMINDERS

By ES Team

FALL 2022 GRADES REMINDERS

- Information on [W, WF, I & IP grades](#) is available [here](#).
- **12.15:** Grades due for graduating students.
- **12.17:** Grades due for non-graduating students.

FALL 2022 COURSE EVALUATIONS

- **12.19:** Final Course Evaluations will be available
- Instructions to retrieve your evaluations are [here](#).

SPRING 2023 INFO

- Spring '23 Academic Session Dates can be found [here](#)
- Classroom assignments for Spring '23 appear in OPUS.
- Please finalize CANVAS site & syllabi prior to first class.

SEMESTER AT A GLANCE

Fall 2022

NOV: Spring 2023 Pre Registration Closes
NOV-DEC: Regular Course Evaluations Opens/Closes

HAPPENING IN DECEMBER

December 2022

01: Thesis Deadline
15-17: Fall Grades Due
17: End of term
19: Course Evaluations are available