

# THE LION'S ROAR



The monthly newsletter for Penn State Berks



## BERKS CAMPUS WINTER BREAK HOURS

The Penn State Berks Campus will be closed from December 23 through January 2.

### LEARNING & WRITING CENTERS

- Dec 9: Final day of tutoring

Schedule a tutoring session [here](#) 🖱️

### FOOD SERVICE LOCATIONS

- Dec 16: Cyber Café closed. Tully's and Creekside Market close at 8pm.

### RESIDENCE HALLS

- Dec 17: Residence Halls close at 12pm (noon)

### THUN LIBRARY

- Dec 17 & 18: Closed
- Dec 19 - Dec 22: Open 9am - 5pm

Reserve a Study Room in Thun [here](#) 🖱️

Explore the Library's Wellness Collection. Scan the QR code!



## What's Inside:

- Campus Winter Break Hours (p. 1)
- Summer Planning (p. 1)
- Important Dates (p. 1)
- Ending Fall Semester (p. 2)
  - End of Semester Assessments
  - End of Semester Resources
- Financial Aid Reminders (p. 3)
- A Berks Bite (p. 3)
- In Case You Missed It (p. 4)
- Student Resource List (p. 5)



## Important Dates

### DECEMBER

**December 1** Housing Contract 2023-24 Request Period Continues\*

**December 9** Withdrawal Deadline at 5pm\*\*

**December 12 - 16** Final Exam Week

**December 15** Fall Commencement at 7:30pm\*\*\*

**December 17** Residence Halls close at 12pm\*\*\*\*

**December 19 - January 6** Winter Break. No classes.

- **Dec 23 - Jan 2:** Berks campus will be closed

### LOOKING AHEAD

**January 2 - 23** Intent to Graduate Activation Period

**January 6** Leave of Absence Deadline

**January 8**

- Residence Halls reopen at 11am
- Spring Course Registration Deadline

**January 9** Spring Classes Begin

\*Learn more about the 2023-24 on-campus housing contract request process [here](#) 🖱️

\*\*Withdrawal will impact degree progress, and may have financial implications. Learn more [here](#) 🖱️

\*\*\*Fall 2022 graduates, learn more about the Berks campus graduation ceremony at Santander Arena [here](#) 🖱️

\*\*\*\*During Winter Break, residential students returning in the Spring semester can leave their belongings in their room.

TIP: take all necessary personal devices and device chargers.

DID YOU KNOW?

Winter Break is the best time to search for and apply to summer opportunities as well as 2023-24 scholarships!

Dedicate time during winter break to seeking out opportunities such as scholarships, internships, undergraduate research, as well as volunteer and/or employment experiences related to your career interests. Speak with Career Services, PSU alumni, your professors, or your assigned academic adviser to strategize your search.

# THE LION'S ROAR



The monthly newsletter for Penn State Berks

## ENDING THE FALL SEMESTER

.....

**Final Exam Week: Dec 12 - Dec 16**

### END OF SEMESTER ASSESSMENTS

Professors typically end a course by assessing students' overall learning. This can be done through final papers, projects, presentations, or exams.

#### THINGS TO CONSIDER

- Will there be an assessment in every course?
- When are assessments held/due?
- Are assessments cumulative (i.e., from the start of the course)?
- Are assessment grades weighted?

#### FINDING YOUR FINAL EXAM SCHEDULE

- On your LionPATH Dashboard, scroll to "Final Exam Schedule" which will list of all your exams scheduled during Finals Week.
- Click "More" in the right corner of the "Final Exam Schedule" section to see a comprehensive list.
- Confirm LionPATH information by checking your course syllabi and Canvas!

#### DID YOU KNOW?

- Students with three (3) or more exams in one day can speak with their professors about moving one exam to another day.

The screenshot shows a user interface with several sections. The 'Enrollment Dates' section has a 'MORE' link. Below it are 'Enrollment Appointment' and 'Shopping Cart Appointment' sections, both indicating no appointments are currently displayed. The 'Final Exam Schedule' section is highlighted with an orange border and also has a 'MORE' link. Below it is a link for 'Overload Conflict Exams UP, ER, HB Only'. The 'Grades' section at the bottom also has a 'MORE' link.

### DE-STRESS FEST AT THUN LIBRARY

- WHEN: December 8 - December 15.
- WHAT: De-stress activities including hot cocoa (bring your own cup and receive a University Libraries beanie), an indoor walking path, crafting origami de-stress fidget toys, and selections from the Thun Library Wellness Collection



## ..... END OF SEMESTER RESOURCES .....

### FREE TUTORING

- Visit the **LEARNING CENTER** for help with math, science, or study skills. Make an appointment with a tutor [here](#) 🖱️
- Visit the **WRITING CENTER** for help with a paper, speech, resume, or other written material. Make an appointment with a tutor [here](#) 🖱️
- Attend **Peers & Profs MATH TUTORING** help sessions hosted by math faculty and math teaching assistants.
  - WHEN: Mondays and Wednesdays during common hour (12:15pm - 1:15pm)
  - WHERE: 222 Luerssen
  - COURSES SUPPORTED: Math 4, 21, 22, 26, 34, 35, 41, 110 and Stat 100
  - No appointment necessary!

### ONLINE RESOURCES

- Here is a list of resources recommended by faculty and staff!
  - **ATTEND**
    - *We Are...Prepared* LionSide Chat on Monday, December 5 at 12:15pm via [Zoom](#) 🖱️
      - Dr. Ryan Hassler will empower you with the ability to ace those final exams!
  - **READ (click on the links below)**
    - [10 Things to Remember on the Day of your Exam](#)
    - [Tips on Studying for Finals](#)
  - **WATCH (click on the links below)**
    - [Finals Week! - 6 Study Tips & Tricks](#)
    - [How to Make a Final Exam Study Schedule - College Info Geek](#)
    - [Exam Tips: How to Study for Finals - College Info Geek](#)

# THE LION'S ROAR



The monthly newsletter for Penn State Berks

## FINANCIAL AID REMINDERS

### FAFSA FAST FACTS 2023-2024

- The 2023-24 FAFSA application **opened on Oct. 1**.
- The FAFSA must be **completed annually**.
- In order to access the FAFSA application, you'll need your **FSA ID and password**.
- To complete the FAFSA, you'll need **2021 tax documents**.
- Completing the FAFSA early can lead to **improved odds** of securing more FREE aid (i.e., grants and scholarships).
  - Plan to complete the FAFSA soon and before Dec. 31 if possible!
- After you've completed the FAFSA, monitor LionPATH for Holds or To Do List Items which may prevent aid from disbursing.
- Click the FAFSA icon to access the 2023-24 application.



### MAXIMIZING AID NOW

#### COMPLETING VERIFICATION

If you have not yet completed your verification for the 2022-2023 FAFSA (aid year 2023 in LionPATH), you could be at risk of losing your federal aid for the entire (current) academic year.

- Review Holds and To Do List Items in LionPATH to determine what documentation is needed. Submit all documents (as outlined in the Hold or To Do List Item description) as soon as possible and before the last week of class.
- If verification is not **completed** by the last week of classes, you will lose your federal aid for the year.

#### ACCEPTING LOANS

If you have an unpaid balance for Fall 2022, check LionPATH to see if you were offered loans that have not been accepted. If you would like to accept those loans, do so as soon as possible and before the final week of classes.

- First time loan borrowers of Federal Direct loans must complete the tasks below before funds can be distributed.
  - Sign a Master Promissory Note (MPN). Learn more [here](#).
  - Complete Loan Counseling, an online tool designed to help you understand your rights and responsibilities as a borrower. Learn more [here](#).

## A BERKS BITE: M&M PRETZEL KISSES

#### Ingredients

- 11oz bag of Hershey Kisses (or Rolos)
- 1 large bag of mini pretzels (circle or square)
- 1 bag M&Ms
- Optional: walnuts

#### Instructions

- Preheat oven to 200 degrees.
- Line baking sheet with parchment paper.
- Unwrap the Kisses (or Rolos).
- Lay the pretzels out on the parchment-lined baking sheet.
- Place a chocolate Kiss (or Rolo) on each pretzel.
- Bake for 5 minutes and then remove from the oven.
- Immediately add an M&M (or walnut) on top of each Kiss (or Rolo) and gently press it into chocolate.
- Let the chocolate harden then enjoy!



# THE LION'S ROAR



The monthly newsletter for Penn State Berks

## ICYMI: IN CASE YOU MISSED IT!



### MAKING THE MOST OF TUTORING

- **Make a plan:** demand for tutoring increases around exam times.
  - **Pro Tip:** Make an appointment one week ahead!
- **Try it out:** it is beneficial to attempt your work alone to get a clear idea of where you are struggling.
  - **Pro Tip:** Bring 2-5 attempted questions/problems to maximize your session.
- **Bring course materials:** while tutors are trained to support specific subjects, it could be helpful for them to see the course materials.
  - **Pro Tip:** The more information they have, the better they can support you!



### SPRING COURSE ENROLLMENT

- **REVIEW Current Course Progress**
  - Assess your current performance to determine if you might need to repeat a course next semester.
- **ADDRESS Holds & To-Do List Items**
  - Unaddressed Holds and/or To Do List Items can impact your ability to schedule courses. Make sure to clear any outstanding items as soon as possible.
- **MEET With Your Assigned Academic Adviser**
  - This person can help you determine the best plan to remain on track towards graduation. Be honest with them about your current performance to ensure the most accurate planning. Find your assigned adviser on your LionPATH dashboard in "My Advisors."

### UNIVERSITY WITHDRAWAL

- **WHAT DOES IT MEAN TO WITHDRAW?**
  - Student action where they eliminate ALL courses from their current course roster.
- **WHEN IS THE WITHDRAWAL DEADLINE?**
  - Friday, December 9, 2022, at 5:00 pm
  - **Pro Tip:** do NOT wait until Dec. 9 just in case you run into any issues and/or need support.
- **WHY MIGHT A STUDENT DECIDE TO WITHDRAW?**
  - There are various reasons why a student may decide to withdraw from the university. The most common reason is because they are at risk of failing ALL of their courses. A student may elect to withdraw to protect their grade point average (GPA).
- **WHAT SHOULD A STUDENT CONSIDER AND/OR DO BEFORE WITHDRAWING?**
  - Speak with their assigned **academic adviser**.
    - **IMMEDIATE IMPACT:** Once the withdrawal is processed, **both** current semester and next semester courses will be canceled. If the student plans to return in the next semester, they will need to re-enroll. Learn more [here](#) 
    - **QUESTIONS TO ASK THE ADVISER:** How will a withdrawal impact degree progress and/or graduation timeline? What is the re-enrollment timeline and process?
  - Speak with **Financial Aid**.
    - **QUESTIONS TO ASK FINANCIAL AID:** Will there be financial implications this semester and/or in the future? How will financial aid (i.e., scholarships, grants, and loans) be impacted if you don't re-enroll for the next semester?

# THE LION'S ROAR



The monthly newsletter for Penn State Berks

## STUDENT RESOURCE LIST



### GENERAL

- **Housing & Food Services**
  - Questions about **ID Cards**, email [HousingBK@psu.edu](mailto:HousingBK@psu.edu)
  - Questions about **Residence Hall and Housing Contract**, email [HousingBK@psu.edu](mailto:HousingBK@psu.edu)
  - Questions about **meal plans and food services, including reporting food allergies**, email [absfoodservicebk@psu.edu](mailto:absfoodservicebk@psu.edu)
- **Financial Aid**
  - Questions about your **aid, holds, or to do list items**
    - Email: [BerksFinAid@psu.edu](mailto:BerksFinAid@psu.edu)
    - Phone: 610-396-6070\*
    - Location: 014 Perkins Student Center
- **Bursar**
  - Questions about your **bill**
    - Email: [bkbursar@psu.edu](mailto:bkbursar@psu.edu)
    - Phone: 610-396-6040\*
    - Location: 125 Franco Building
- **Veteran Benefits**
  - The Registrar's Office is the point of contact for all VA certifications.
  - Contact Registrar
    - Telephone: 610-396-6085\*
    - Email: [BKVeterans@psu.edu](mailto:BKVeterans@psu.edu)

\*No answer? Leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling! Allow 24 - 48 hours for a return call.

### HEALTH & WELLNESS

- **Counseling Services at Penn State Berks**
  - Free and confidential counseling is available to students when classes are in session. Learn more [here](#) 🖱️
- **24/7 Penn State Crisis Line**
  - Call the line at 1-877-229-6400
  - Text the line by texting "LIONS" to 741741
- **Mental Health Providers in YOUR Community**
  - Find counseling support in your home community: <https://psu-berks.thrivingcampus.com/> 🖱️
    - Note, these providers are **not** contracted therapists associated with Penn State University. Thriving Campus is a tool to help identify potential providers.
- **24/7 Penn State Advice Nurse Hotline**
  - Call 814-865-4UHS (4847) (Press 3) to speak with an advice nurse 24/7.
  - The line is answered by UHS Registered Nurses Monday, Tuesday, Thursday, and Friday from 8am to 5pm and Wednesdays from 9am-5pm
    - After these hours and on weekends, the calls are handled by an answering service, and all calls are reviewed by UHS staff on the next business day.
- **WellTrack Boost:** Free tool designed to help students understand the activities associated with changes in mood and motivation, as well as to identify patterns in their daily activities and how they are associated with changes in emotional states.
  - Get PSU access at <https://psu.welltrack.com/> 🖱️
- **Online Mental Health Screenings:** Free, anonymous screenings on several areas of mental health, including depression, anxiety, academic distress, eating concerns, frustration level, family stress, and alcohol use.
  - Begin a screening [here](#). 🖱️
- **Life Hack Kits:** Free step-by-step wellness packages designed to help you navigate and demystify the perplexing parts of being human.
  - a. Learn more here <https://studentaffairs.psu.edu/counseling/wellness/services/life-hacks> 🖱️