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Brought to you by the CECI Undergraduate Advising Center

December 2023

**College of Education and Community
Innovation: *Congratulations!***



About this Newsletter

Congratulations on a fall semester finishr! As you prepare for next semester, we want to ensure you're equipped with all the information and resources you need to make the most of your college experience. From tuition deadlines to mentor programs, we've got you covered.

This edition is part of a **monthly newsletter** -- so keep an eye out in your email for more to come!



This newsletter will cover information about...

- Reminders
- Exam Cram Info!
- CECI Fellows Info
- Resources for mental, physical, and academic support at GVSU

Make an appointment with an advisor

Reminders

- Payment Deadline for Winter 2024 is - **Friday, December 15th @ 5pm**
- **Exam Cram** is **December 4-14**
- Exam week is **December 9-16**
- Grades are due by **December 19th**
- Check out the [academic calendar for Winter 2024](#) for important information about other important dates



Exam Cram

[Therapy Dogs in Allendale](#)

Tuesday, December 12, 2023

6:00 p.m. - 8:00 p.m.

Allendale Campus, Library

Do finals have you feeling overwhelmed? Come destress with the University Counseling Center and West Michigan Therapy Dogs!

While therapy dogs are trained to interact with a variety of people to relieve stress and provide support through comfort and affection, they are not intended as a form of individual therapy and do not have specific treatment goals related to mental health.

Please contact the University Counseling Center at (616) 331-3266 to schedule an appointment if you are concerned about your mental health.

[On-Going Events](#)

We also have drop-in events available throughout the week!

[8 Dimensions of Wellness Scavenger Hunt](#) at your own pace! -

Meditation Labyrinth and Mindfulness Space - Mary Idema Pew Library Multipurpose Room (LIB 030)

Virtual break opportunities with a variety of meditation VR apps in the Mary Idema Pew Library Exhibition Space

Quiet spaces in the Interfaith Reflection Rooms - Kirkhof 2243, DeVos Center 130B, or CHS166

Open climb - Monday, Tuesday, Thursday 4:00 - 10:00 p.m. and Friday 1:00 - 7:00 p.m.
- Climbing Center in the Fieldhouse

Drop in gaming - Monday - Friday, 3:00 - 8:00 p.m. and Saturday - Sunday 1:00 - 8:00 p.m. - Laker Esports Center

Puzzles - Center for Women and Gender Equity, Recreation & Wellness, Reset Room, and Mary Idema Pew Library Multipurpose Room

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Become a CECI Fellows Today!

As we look ahead to next semester, you might be interested in being a buddy or finding one with our CECI Fellows Peer Mentor Program. Our **CECI Fellowship mentor program** is here to guide you through every step.

All Mentees are paired with a CECI Fellows Mentor through a sensitive match-making process. When matching you with a peer mentor, we consider things like academic program, hometown/home region, and areas of interest/future career goals. Mentors and mentees are supported by a team of professionals in the CECI Office of Undergraduate Advising to ensure the most positive and productive relationships.

Check out our new **CECI Fellows Resources** page to see up-coming programming!

To learn more, please feel free to email **Melanie Rabine-Johnson**, our Retention Specialist and peer mentor program director.

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ADDITIONAL RESOURCES

Health and Wellness Support

Take care of yourself! GVSU provides many ways for you to prioritize your health and wellbeing including:

- [Spaces to support your needs](#)
- [On-campus dining options](#)
- [Physical and mental health resources](#)

Academic Support

We're here for you! GVSU provides many resources and services dedicated to academic support including:

- [Knowledge Market](#)
- [Tutoring](#)
- [Success Coaching](#)
- [Academic Resources](#)

- [Support Programs](#)

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Go Lakers!

Get ready for an incredible semester of growth, learning, and unforgettable experiences. We're here to support you every step of the way. ***Keep a close eye on your inbox for future newsletters and important updates.*** In the meantime, soak up the rest of your summer and get ready to create memories that will last a lifetime.

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