

Dear Family Members:

Hello again from the Russell Sage College Deans! By now, whether your student is a first-year student or a senior in the final semester, coursework is beginning to pile up, grades are starting to come back, midterms are causing happiness and excitement, and even some anxiety and fear. Your student may be thinking about some important dates and deadlines coming up and we wanted to be sure you were aware of them as well.

- **November 18: Last day to withdraw from class**
- **November 18: Last day to opt for a Pass/Fail option**
- **November 23-27: Thanksgiving Break (residence halls closed until 12PM Sun)**
- **December 9: Last Class Day**
- **December 13-16: Final Exams**

Additionally, most students should have completed registration for the spring 2017 semester last week. Check in with your students to see if they have registered. If they haven't, that likely means that there is a hold on their account because they have an outstanding balance or they still need to meet with their faculty advisor. Students should contact the Student Accounts office at 518-244-2205 or visit their office in Cowee Hall if they have any questions about their current accounts. They can also access this information through their SageAdvisor accounts. If they weren't able to get a seat in a required or desired course, students should enroll themselves on the waitlist for the class and consult with their advisor about potential alternatives.

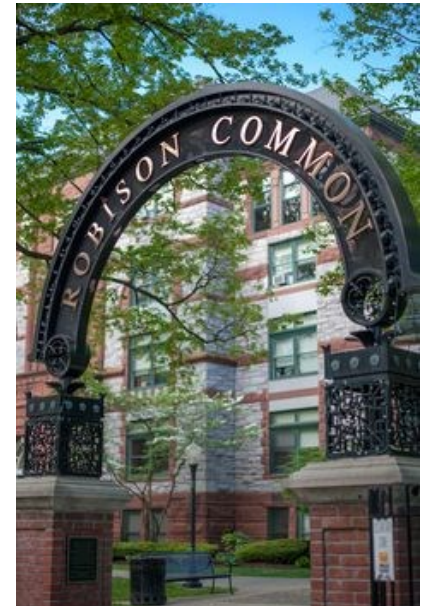
Once students return to campus after the Thanksgiving break there are only 2 weeks of classes left in the semester, so you are likely to see them studying quite a bit over the break. Check in with them about upcoming final exams (which are scheduled based on the meeting time for their classes during the semester) and reinforce that they should not plan any trips or other activities until their final exams are completed.

Our goal is to make sure that every student has the opportunity to perform their best on final exams. To that end, we participate each semester in the 11th Hour Pancakes celebration! It's one of our students' most beloved traditions where we, the deans, serve them pancakes in the dining hall on the eve of final week. This is open to all resident and commuting RSC students and we hope for a great turn out this year!

With warm regards,

Deb Lawrence  
Dean of Russell Sage College  
518-244-2466  
[lawred@sage.edu](mailto:lawred@sage.edu)

Stacy Gonzalez  
Dean of Students  
518-244-2207  
[gonzas@sage.edu](mailto:gonzas@sage.edu)



## Upcoming Events

\* \* \*

**Junior Ring Dinner**  
November 15

**Alice in Wonderland**  
**Schacht Fine Arts Center**  
November 30 -  
December 15

**Victorian Stroll  
& Sage Singers**  
December 4

**11th Hour Pancakes**  
**Served by the Deans**  
December 11

# How to Support your College Student During Finals Week

Adapted from: <http://www.usnews.com/education/blogs/the-college-experience/2011/12/14/how-to-support-your-college-student-during-finals-week>

While finals week is stressful on college students, it can also be stressful on parents. Your student may not call you for a week or you may be getting tearful, panic-filled calls about all that your student has to study, learn, and do before the end of the semester.

So what's the best way to support your college student through finals week? Simple answer: Let them get through it by themselves—with a little parental love, of course, and reminders that there are ample resources on campus to help them. We hope these newsletters provide you with an overview of the resources, services, and activities available to students to support their success and ease their stress. In addition, here are some quick tips from the experts.

- **Don't call too much:** If you thought your student's schedule was complicated before finals, you should see the schedule now. (On second thought, maybe not!) Although classes are no longer in session, your student's wide-open schedule is actually filled with all kinds of last-minute to-do's, including group study sessions and projects, research and reading, and exhausting paper writing. If you call too often, you can just be adding stress to your student's situation. Is it wise to check in? Absolutely— but try and keep conversations short to help them manage their time. You can also send a supportive text message, or zip along an E-mail telling your student how proud you are.
- **Have travel plans already in place:** focus on finalizing those details when you do talk to your student; having an end time to finals week, and a day when you can expect your student home, will likely alleviate a lot of stress for the both of you. If you are planning on driving to pick up your student, try to be flexible about the arrangement. If you are coming shortly after your student finishes the last exam, chances are he or she will not be ready to go (e.g., bags won't be packed and there will still be a few last-minute errands to run on campus). Yes, this may be frustrating, but wouldn't you rather have your student focus on finals than on packing up clothes?
- **Help them manage time and set goals:** Time management is a major challenge for college students—even the best of them—and particularly so during finals week. Remember that your role is to support your student as he or she learns how to negotiate an independent life, but it can be helpful to remind them that if they are feeling overwhelmed that they can set small goals and focus on accomplishing them one at a time.
- **Remind them to ask for help:** There are numerous resources on campus to help students be successful. The Academic Support Center on the third floor of the Shea Learning Center employs numerous peer tutors and professional staff. The Wellness Center and Spirituality Center offer individual counseling sessions and programs that can help students navigate stressful times. The Fitness Center and Student Center sponsor a whole host of regular activities and special events to provide much needed distractions and levity to give students the energy they need to focus on their studies. And, faculty are often the best resource for students as they prepare to demonstrate all they have learned at the end of the semester.



## Student Activities

### Commuter Thanksgiving Pie Social

November 17

### Black Light Party

November 18

### Stay & Play: Fitness Challenge

November 19

### Stress Free Zone Chair Massages

December 1

### Senior Caroling

December 1

### Stay & Play: Holiday Crafts

December 3

### Commuter Holiday Breakfast

December 5

### Therapy Dogs International

December 6

### Commuter Brown Bag Lunch/Craft

December 8

### Lip Sync Battle

December 8