TAKING THE STRESS OUT OF FINALS

As you are working on final projects and approaching your final exams, the end of the semester can feel especially stressful to students. At this time of year and always, it is important to remember that we have a lot of control over the degree to which stress impacts our lives and our performance inside and outside the classroom. Below are several tips to help during finals, and all year long:

- **Exercise** – staying active will give you a break and help you stay energized.
- **Sleep** – performing your best requires being well-rested.
- **Eat well** – good nutrition feeds the mind and the body.
- Take a little time out for **fun** – it will do wonders for your productivity.
- **Keep it all in perspective** – one task at a time.
- Study in an **optimal space** that is conducive to your needs.
- **Make a list** of everything you need to accomplish, prioritize and stick to it.
- Time management – **stay on task**, so you can give yourself a break when you need it.
- **Talk about it!** If you’re feeling especially stressed, you will quickly learn that you are not alone, and the simple act of talking with a friend or classmate will help relieve some of the tension.

“Your body is a wonderland – May I touch it?”

Gaining consent for intimate activity is key, but it can be fun as well. This was just one of the many messages promoted by the Speak UP Bucknell Peer Educators this year. The team spent countless hours training, planning and implementing prevention programming for students as the University continues to address the findings of the Campus Climate Task Force, most notably the incidence of sexual misconduct on campus.

**Speak UP** would like to thank their fellow students for being willing to engage in dialogue in new, and sometimes difficult and challenging ways. The peers are appreciative of having the opportunity to speak with first-year students, athletes, fraternity and sorority members, Common Ground facilitators, Residential Advisers, Orientation Assistants, Junior Fellows, Peer Advisers and many other members of the campus community. But as we close the 2012-2013 academic year, it is important to acknowledge that the University’s work has just begun, and **Speak UP Bucknell** looks forward to working with students, faculty and staff in the coming year as they continue to work to increase bystander behavior and promote the health and safety of all Bucknell students.

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**IMPORTANT PHONE NUMBERS**

- Public Safety (24hrs) emergency: 570-577-1111
- Public Safety (24hrs) non-emergency: 570-577-3333
- Advocate on Call (24hrs): 570-850-6115
- Dean on Call (24hrs): 570-577-1111
- Psychological Services (24hrs): 570-577-1604
- Nutrition Counseling: 570-577-1401
- Bucknell Student Health: 570-577-1401
- Women’s Resource Center: 570-577-1375
- Title IX Coordinator: 570-577-1554
- Transitions (SVWIT-24hrs): 800-850-7948 (local crisis center)
- Evangelical Hospital (24hrs): 570-522-2645
- Police/Ambulance (24hrs): 911

**Bucknell Advocates**

570-850-6115

If you have had an unwanted sexual experience or have questions about something that has happened to you or a friend, the Advocates are available 24 hours a day to:

- Listen and provide support
- Provide transportation and accompany to medical treatment
- Explain campus and local reporting and legal and judicial options
- Provide referrals to counseling and other sources of support
- Assist with academic needs
- Answer questions and share information

**You are not alone.**

www.bucknell.edu/SexualAssault

**Psychological Services**

If you need mental health assistance or someone to talk to:

- Call 570-577-1604 to make an appointment or walk in to the office between 3p.m. and 4p.m., Mon.-Fri.
- If you have a mental health emergency dial 570-577-1604 (24hrs) or walk in to the office between 8:30 a.m. - 4:30 p.m., Mon.-Fri. and ask to speak to the Psychological Services counselor on-call. Please let the receptionist know that it is an emergency.
- All services provided by Psychological Services are free and strictly confidential.

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This project is supported by grant #2012-WA-AX-0008 awarded by the Office on Violence Against Women, US Department of Justice.