Psych Students,

You made it to week 16! With finals coming up we have included ways to help deal with the stress of finals and resources available.

Remember the deadline to do a term withdrawal is on Friday, April 29. So if you need to drop all of your courses for the term be sure to do so by Friday. It is also a good idea to consult with your advisor to discuss how this impacts your graduation plan.

We have also included a great mental health training opportunity that we hope you can attend! There is still time to apply if you are interested in being a TA for Psych 105 in the fall. Complete the application on page 4 and return to me by April 30.

Happy reading!

Missed any of the past newsletters?
You can find all spring 2022 newsletters here:
https://psychology.wsu.edu/undergrad/newsletters/
Mark Your Calendar

You will find important dates and deadlines [here](#).

- Last day to apply for May 2022 graduation with $75 late fee
  - April 29
- Deadline for **term withdrawal** for spring 2022
  - April 29
  - Final Exams begin
    - May 2
- Spring 2022 Commencement
  - May 7
- Final Grades Available
  - May 11

Finals Week Resources

- Tutoring, [https://ascc.wsu.edu/channels/tutoring/](https://ascc.wsu.edu/channels/tutoring/)
- Mental health resources, [https://seb.wsu.edu/mental-health-resources/](https://seb.wsu.edu/mental-health-resources/)
- Undergrad writing center, [https://writingprogram.wsu.edu/undergraduate-writing-center/](https://writingprogram.wsu.edu/undergraduate-writing-center/)
- Math Learning Center, [http://math.wsu.edu/mlc/](http://math.wsu.edu/mlc/)
- Not sure when your final is? [https://registrar.schedule.wsu.edu/exams/final-exams/2223/](https://registrar.schedule.wsu.edu/exams/final-exams/2223/)
- **6 Tips for performing your best during finals**
**GRADUATING SENIORS!!!!**

**Psych Senior Exit Survey:**
Psych graduating seniors are expected to complete a Psych Senior Exit survey. Completing the survey is not optional. Failure to complete this survey will cause a delay in degree conferral. The survey is 10-15 minutes long and can be found at the following link:

https://psychology.wsu.edu/undergrad/senior-exit-survey/

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**Psych Peer Mentor Zoom Drop in Hours**

Use these Zoom drop in hours if you need assistance with registering for your summer or fall classes

**Caroline Schutz**
Monday & Wednesday 1-2:30PM

https://wsu.zoom.us/j/98234481121?pwd=TUt2Zkp3eUlOaDdWUEg0WE1aeWU5dz09

**Andee Lane**
Tuesday 12:10-1:20PM & Friday 10:10AM-12PM

https://wsu.zoom.us/j/2205272782?pwd=SUdmaHhaTG1ZTWrJrRnFGcS8wTG01dz09

**Brianna Cabral**
Wednesday 3-4PM & Thursday 10AM-12PM

https://wsu.zoom.us/j/99555197447?pwd=VlJnMFVrcFZrZXVSVUo1aTZMbkFIUT09
Psych 497: Application for Psych Teaching Assistant

Semester for which you are applying: ________________________________

Name (please print): ________________________________________________

WSU Email address: _________________________________________________

Contact telephone number: __________________________________________

Year in school: __________________________ GPA: ________________

Psych Classes completed: __________________________________________

________________________________________________________________

Psych Class you would like to TA for: ________________________________

Please list previous TA experience (course numbers and instructors), if any:

________________________________________________________________

________________________________________________________________

Please list any outside activities such as work, internships, volunteer commitments, athletics, research participation, practicum, etc.:

________________________________________________________________

________________________________________________________________

Can you make a year-long commitment to this position? (the inability to do so does not eliminate you from consideration): __________________________

Signature: __________________________________ Date: ________________

Please return this application to your respective Psychology academic advisor via email by April 30 for Fall semesters and by November 30 for Spring semesters.
Join us for a free QPR Suicide Prevention Training with Steve Button

QPR stands for Question, Persuade, Refer – Three steps you can learn to help prevent suicide. This training will teach you how to recognize warning signs, offer hope, & know how to get help to save a life.

DATE: Thursday, May 19, 2022
TIME: 2pm–4pm
LOCATION:
Public Health – Idaho North Central District
215 10th Street, Lewiston

REGISTER BY MAY 18!
Register: https://bit.ly/3q6ctVE

QUESTIONS?
Contact Jennifer at jandrews@phd2.idaho.gov or call (208) 799–0367.