



December 2, 2024

## The Update in Brief

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## How To Maintain Your Sanity During Finals Week

Hey Honors Bengals, are finals making you feel stressed, a mess, and perhaps not blessed? You are not alone! Finals week can be an anxiety inducing event - it's ok to not to feel ok (if you're ok, that's ok, too). According to the [Crisis Text Line](#) website the word 'finals' was mentioned 15x more in one week than it was in the entire two months leading up to finals.

### 8 Tips To Make Finals Bearable

(From an [article](#) by the [Crisis Text Line](#). Resource links are on the next page.)

Minimize "Stress Bragging"	Listen To Your Body	Protect Your Sleep	Nourish Your Body
Sometimes our natural instinct is to share and vent our feelings of stress with our peers, which often doesn't provide relief. Glorifying stress and succumbing to it is not helpful, and can affect others. Share your self-care tips instead of your stress.	It's easy to develop tunnel vision during finals and neglect your body's needs. Be mindful of your body. If something is starting to hurt, get up and take a walk. Feeling tired? Maybe don't drink that next coffee or energy drink and take a power nap instead.	Sleep is critical for mental and physical health, especially during finals week. Your brain processes and stores information while you sleep. Aim to get more than sleep than usual during finals week so that you retain what you're studying and are fresh and alert during exams.	Nourishing foods and drinks are also critical during finals week. Eating junk food and over-caffeinating can increase stress levels and cause other negative symptoms. Focus on eating healthy meals and staying hydrated to keep your mind sharp.

Make Plans With Friends	Reward Yourself	Create A Self-Care Plan	Remember This Will Pass
<p>Socializing during finals week is just as important as studying. Start making plans with your friends now. Schedule study breaks, choose a couple of ISU events to attend, go for a walk. Use time with your friends to relax and keep stress venting to a minimum.</p>	<p>Finished that big exam in your hardest class? Give yourself time to recharge before studying for the next exam. Just spent two hours cramming? Do something fun, silly, or relaxing. You'll feel more refreshed when it's time get working again.</p>	<p>Small things like preparing snacks, positive playlists, and planned breaks can make a huge difference when you sit down to study. Decide what steps you will take when you start to feel overwhelmed. Make plans with your friends, and don't back out of those plans.</p>	<p>Things may be hard right now, but you are able to get through it. This stress is temporary. Don't be afraid to reach out to your friends, family, classmates, and professors for help. Being prepared and practicing self-care will help to reduce stress and increase your success.</p>

## STRESS MANAGEMENT RESOURCE LINKS & EVENTS

### [Self-Care Plan Guide and PDF](#)

ISU Counseling Centers:

- [Pocatello Counseling Center](#)
- [Meridian Counseling Center](#)

Crisis Counseling Line: [Crisis Text Line](#)

[Pomodoro Technique](#) for time management.



**Tues, Dec 3**

**7 - 8:30pm**

**PSUB Ballroom**

## Fall 2024 CramSesh!

**Thursday, December 5**

**3:30-6:30 pm**

**Rendezvous Suites**

**Featuring:**

**Pizza!**

**Snacks & Fancy Water!**

**Powerstrips!**

**Prizes!**

Hosted by Black Rock & Sage

More info at [blackrockandsage.org/cramsesh/](https://blackrockandsage.org/cramsesh/)

## Wednesday Wellbeing: Getting a Good Night's Sleep

**Wednesday, December 4**

**10am - 2pm**

**Lobby of Gravelly Hall**

Free sleep diary to help record the quality & quantity of your sleep.

Free sleep kit that includes tea, eye mask, ear plugs, and a lavender sachet.



# Announcements & Opportunities

## Neurodivergent Social Support Group Meeting



This group supports neurodivergent individuals by hosting regular meetings focused on community, collaboration, and shared experiences. Free and open to all Neurodivergent adults (18+) in the Pocatello community. [For more information](#)

Monday, December 2 | 6:00 - 8:00pm  
Garrison Hall, Room 501

## Showcase Your Work in A National Student Journal

If you are looking for more opportunities to showcase your exceptional undergraduate research, creativity, and work, The NCHC Journal of Undergraduate Research and Creative Activity (URCA) has opened up its first call for submissions for the 2025 issue. The first submission deadline is June 1, 2025.

For those students who wish to be a part of the publication process, URCA offers yearly student editorship positions. Learn more and apply before April 1, 2025.

Learn more about URCA, the student editorship position, and how to submit work for publication go to [ureca.submittable.com/submit](https://ureca.submittable.com/submit)



The NCHC Journal of Undergraduate Research & Creative Activity

THE UNIVERSITY OF TEXAS

MDAnderson  
~~Cancer~~ Center

## CATALYST Summer Training Programs

The CATALYST program (Cancer Advanced Training and Learning for Young Scientists) is an umbrella program that brings together 17 unique academic research summer programs for students at various levels, from high school through graduate and medical school.

For example, the [UPWARDS program](#) within the CATALYST program is a ten-week paid research program designed for outstanding underserved students who are interested in pursuing a career in cancer research. The program provides an interactive and fulfilling research experience in cutting-edge labs, where they will interact daily with faculty, postdoctoral fellows, and graduate students. Students will attend scientific lectures, seminars and career development events, and will have the opportunity to present their work at a poster session at the end of the ten-week program.

Students will receive a stipend up to \$6,800 (\$680 per full week worked) for the ten-week program. Housing will be paid by the students from these funds. Paychecks will be issued on the 5th and the 20th of each month, deducting the required federal tax.

Visit the [CATALYST Summer Research Programs](#) website for more information about undergraduate opportunities and to apply.

Applications open November 18th and close January 15th.  
Email [CATALYSTTrainingProgram@mdanderson.org](mailto:CATALYSTTrainingProgram@mdanderson.org) with any questions

# It's the **LAST**

# **UHP EVENT**

## **of the Semester!**



### **UHP Trivia Night**

**Friday, December 6 | 7:00- 9:00pm**

**North & South Fork Rooms in the PSUB**

**Eat Snacks & Win Prizes!**

**[Register yourself or your team using this form](#)**

# **BE THERE!**

### **First Friday Artwalk**

**Friday, Dec. 6th @ 5 pm - 8pm**

Held the 1st Friday of every month at locations throughout Historic Downtown. Admission & parking for this event are free.

Art, music, food, fashion and more are featured in over 20 downtown shops and restaurants.

Visit [First Friday Artwalk](#)




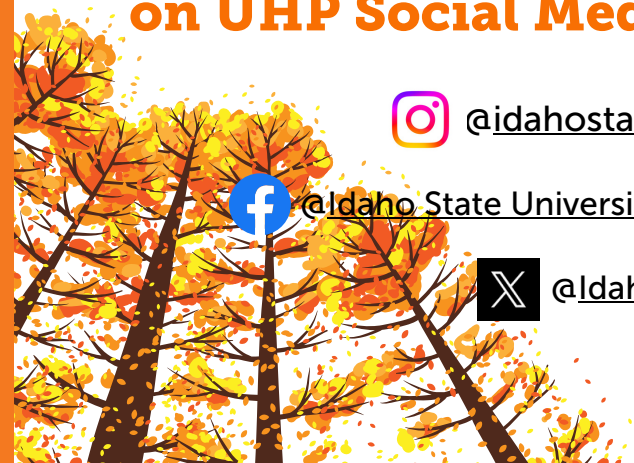
### **UHP Share!**

## **Your Fall Break Photos and Stories on UHP Social Media**

 [@idahostatehonors](#)

 [@Idaho State University Honors](#)

 [@Idaho\\_Honor](#)





# Catch Someone! (Being a Bengal)

Do you know a Bengal (faculty, staff, or another student) who has gone above and beyond recently? Or just done something really nice or considerate for you or someone else? Let us know!

Send a shout out to someone who you feel deserves some recognition by providing the following information to [honors@isu.edu](mailto:honors@isu.edu)

- Name of the person (if you know it).
- A couple of sentences about what they did.



# Check Your Honors Credits!

Especially if you are graduating in the Spring! Log into DegreeWorks to make sure you are on track to fulfill ALL of the required Honors credits.

First year students who have received the Honors Scholarship Package must complete 12 Honors credits by the end of the 2nd semester.

Contact us if you have questions!



**Idaho State  
University**

**University  
Honors Program**

[www.isu.edu/honors](http://www.isu.edu/honors)

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