



# December 2022

First Year Experience

Monthly Newsletter



## December FYE Events

**Tuesday 12/06**

**Wednesday on 12/07**

**Time: 10:00am-04:00am**

**Location: Tech Mall,  
Second Floor**

### STUDY JAM

Add a little Finals are coming and we want to make sure you're ready. We will have a space for studying, tutors, and free bluebooks, scantrons, snacks, and refreshments.

**Tuesday 12/06**

**Time: 4:00pm-7:00pm**

**Location: Griffin Gate  
(across from bookstore)**

### AFTER HOURS SESSION

Virtual Tutoring: Multiple Subjects  
(laptops & headphones will be available)  
Nachos! (until supplies last)

**Tuesday 12/06**

**Time: 02:00pm-03:00pm**

**Location: Griffin Gate**

### CODE LAVENDER

Finals, and life in general, can be stressful. Learn various ways to handle stress. You will also create a self-soothe kit to take home with you!

## LOVE ON A LEASH PET THERAPY

Studies show that pets are a great form of therapy and can help during stressful times. Come pet some awesome dogs and take some time to destress a bit!

**Wednesday 12/07**

**Time: 12:00pm-01:00pm**

**Location: Grass near Main Quad**

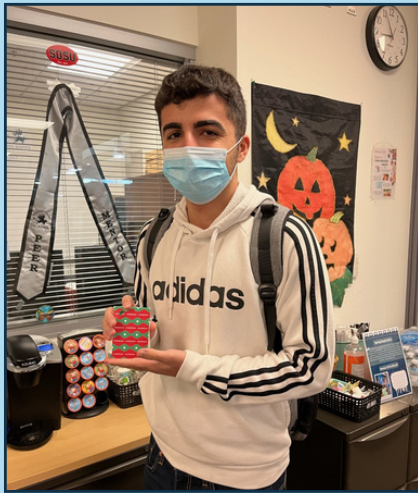
## ACADEMIC CALENDAR

- Dec 10: End of Second 8-Week Session
- Dec 12 - 17: Final Examinations
- Dec 17: Fall Semester Ends and Pass/No Pass deadline
- Dec 18 - Jan 28: Winter Recess
- Dec 22: Instructor Grade Deadline
- Dec 23 - Jan 2: College and District Offices Closed

## CONTACT US



## RACE TO SUBMIT WINNER!



Yousif took part in and won our Race to Submit event. The event was co-hosted by Grossmont Financial Aid to assist students with their FAFSA and CADAA applications. He completed his FAFSA application and demonstrated his commitment to education. Congrats, Yousif!

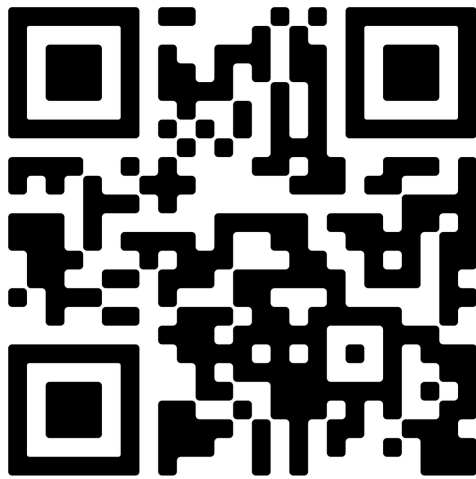
## MENTEE OF THE MONTH!



Sharlet is smart and has a positive mindset when it comes to school. She is working hard to join the nursing program and become part of the honors program. She spends a lot of time studying, yet still makes time for her friends and family. Sharlet always talks to her mentor when they run into each other on campus and is always on time for meetings. With her positive attitude and kindness she makes everyone around her feel loved.

# GROSSMONT TUTORING SURVEY

HELP US LEARN HOW TO HELP YOU BETTER



SCAN ME

# Grossmont Health & Wellness Survey



1. What services have you received in the health office?
2. Are you satisfied with the care you received?
3. Have you attended our health events? (Select all that apply)
4. What health topics would you like the Health & Wellness Office to cover?



Follow us!  
[@health\\_wellness\\_grossmont](https://www.instagram.com/health_wellness_grossmont)