END-OF-SEMESTER WELLNESS
By Dr. Delia Lang

The end of semester can be a particularly stressful time for students and faculty alike. As always, we ask that you be mindful of students’ heightened anxiety during the upcoming exam period and utilize the RSPH Student Support Toolkit to connect students to resources when needed.

At the same time, please anchor yourself in healthy daily routines to help manage the demands of your professional and personal life in the weeks ahead. Getting enough sleep, breaking up long stretches of grading with brief walks, a mindfulness exercise, or a quick chat with a friend or colleague may seem simple, but can support your physical, mental, and social wellness during this busy season. To help facilitate one small act of self-care,

you are invited...

on Monday, Dec 12 at noon, to give yourself a break and grab a cup of hot chocolate in our new building, 3rd floor, room R340. While there, check out the new Student Services suite!

RESOURCES
- Rollins TLC: Evaluation and Feedback
- FSAP - Resilience Support (15 min session)

UPCOMING EVENTS
RRR Classroom Technology Training:
Check [here](#) for more information.

REMINDERS
By ES Team

FALL 2022 GRADES REMINDERS
- Information on W, WF, I & IP grades is available [here](#).
- 12.15: Grades due for graduating students.
- 12.17: Grades due for non-graduating students.

FALL 2022 COURSE EVALUATIONS
- 12.19: Final Course Evaluations will be available.
- Instructions to retrieve your evaluations are [here](#).

SPRING 2023 INFO
- Spring ’23 Academic Session Dates can be found [here](#).
- Classroom assignments for Spring ’23 appear in OPUS.
- Please finalize CANVAS site & syllabi prior to first class.

SEMESTER AT A GLANCE
Fall 2022
- NOV: Spring 2023 Pre Registration Closes
- NOV-DEC: Regular Course Evaluations Opens/Close

HAPPENING IN DECEMBER
December 2022
- 01: Thesis Deadline
- 15-17: Fall Grades Due
- 17: End of term
- 19: Course Evaluations are available

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