

**BREATHE!  
IT'S NOT THAT BAD**



If you haven't used the Pirate Tutoring Center this semester, it's not too late to start.

Talk to your professors! Go see them in their office hours to get an idea of where you stand in the class and what you can do to help finish the course successfully.

Talk to your classmates and create a study group if you haven't already.

# HOW TO SURVIVE FINALS

**PIRATE ACADEMIC SUCCESS CENTER: 252-737-3009**  
**COUNSELING CENTER: 252-328-6661**  
**STUDENT HEALTH SERVICES: 252-328-6841**

# MAINTAIN YOUR HEALTH



- As the weather turns COLDER and stress increases, you may FIND yourself getting sick MORE OFTEN. Please visit the student health center to ADDRESS CONCERNS and be proactive about your health.
- Remember to exercise! Exercise gives you endorphins, WHICH HELP YOUR MOOD AND provide a great stress relief.
- Your mental health is just as important as your physical health! Please use ECU counseling center as they provide FREE confidential services.