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Student Life *Weekly*

**HAPPY
HOLIDAYS,
LAKERS!**



'Tis the season to wish Lakers a fantastic holiday and a relaxing break! Whether you are traveling home or staying close, be sure to rest up so you can come back strong in January.

Next semester, Student Life Weekly will return with upcoming events, Laker Tips and Tricks, and even more surprises. Until then, enjoy your time off from classes and have a great holiday season!

SAVE THE DATE!

Next semester is filled with different events and involvement opportunities to keep you active on campus, so break out your calendars and add them to your schedule!

- [Campus Life Night](#): January 1
- [MLK Jr. Day of Service and Solidarity](#): January 22
- [Winterfest](#): January 28 – February 2
- [Days of Community Action](#): February 5, 26
- [Sibs and Kids Weekend](#): February 11-13
- Spring Fling: Late March
- [Days of Community Action](#): March 26
- [Spring Concert](#): Early April
- ExtravaGrandza: April 18-23 Lakerpalooza: April 23

Stay on the lookout for more info!

Watching for Burnout and How to Recover From It

With exams fast approaching after a long semester, you might be suffering from burnout. Burnout is a combination of feeling stressed, depressed, and overwhelmed, and it can be hard to shake. However, winter break is just around the corner, which can be one of the best times of the year to chill out and recharge. If this semester has you feeling stressed out beyond a healthy amount, keep reading for tips on recognizing and recovering from burnout.



Tips for recovering from burnout

Upcoming Events

Take a study break this week with Exam Cram! Come hang out with therapy dogs, decorate some cookies, get tons of free food, sing your heart out at Karaoke Night, and so much more.

[Check out the Exam Cram schedule](#)

Wednesday, December 8

[West Michigan Therapy Dogs](#) | 6–8 p.m.

[Collaborative Coloring](#) | 6–11 p.m.

[Tuba Quartet Holiday Concert](#) | 7:30 p.m.

[Varsity Glee Club and University Singers Concert](#) | 7:30 p.m.

Thursday, December 9

[The Alcohol Fair](#) | 12–4 p.m.

[Open Gaming at the Laker Esports Center](#) | 12–6 p.m.

[Student Senate General Assembly](#) | 4:30–7:30 p.m.

[West Michigan Therapy Dogs](#) | 6–8 p.m.

[Collaborative Coloring](#) | 6–11 p.m.

Friday, December 10

[Drop-in Days of Service](#) | 12–2 p.m.

[Groove! Semester Concert](#) | 5 p.m.

[AOD Game Night](#) | 6:30–8:30 p.m.

[Christmas Sip n' Paint](#) | 7–9 p.m.

[Santa's Naughty List: a Naughty Holiday Improv Show](#) | 8 p.m.

Monday, December 13

[Book Sell Back is Back](#) | Dec. 13–17

[West Michigan Therapy Dogs](#) | 6–8 p.m.

[Find more upcoming events](#)



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