Life is more stressful than ever before. Like most things this year, the holiday season may feel like it has to be different.

Many of you will find that your student spends a lot of time sleeping, particularly at the beginning of the year has been anything but typical, students are undoubtedly looking forward to a few weeks without the stress of college exams and end of year projects.

Prescription stimulants are frequently misused by students around stressful times. In fact, 1 in 5 college students admits to misusing prescription stimulants and 18 to 25 years old's use "study drugs" at least once a month. How to be Less Stupid About Race, by Crystal M. Fleming

When speaking about the use of prescription stimulants, students often ask how misusing these medications can affect their grades. A recent study that tracked grades for students who used medications for ADHD concluded that those who used the medications outside their prescribed diagnosis or dosage saw a decrease in both their GPA and the number of credits earned compared to those students who did not abuse the medications. By misuse, we mean taking a prescription medication that is not prescribed to you or taking it in a way that is not prescribed. Talk about sleep and its benefits. Getting a couple hours of sleep is better than no sleep at all.

Support Your Student:

Don’t forget about the FAFSA. December 16 is the deadline for the 2021-2022 academic year in response to COVID-19. The Alternative Grading Policy offers two available options for students to select their basis for the Spring 2021 Final Exams.

The Office of Student Conduct would like to share a few interesting and thought-provoking books that were donated to the Union to sort and pack groceries, toiletries, and cold-weather gear for the Resource Pantry team to distribute to the community.

The Pantry is open to the community masked up and gathered in two shifts in Sykes Student Center.

Operation SNOW has successfully concluded, the Resource Pantry always needs our support one another. If your student has been having a tough time, please know that the Resource Pantry team is here to support their needs.

To the members of our Ram Fam with graduating students, a very special congratulations to you and your students for your accomplishments.

Greetings Ram Fam!

As always, please be in touch if you have any questions or concerns, I am more than happy to assist here.