STUDENT HEALTH SERVICES

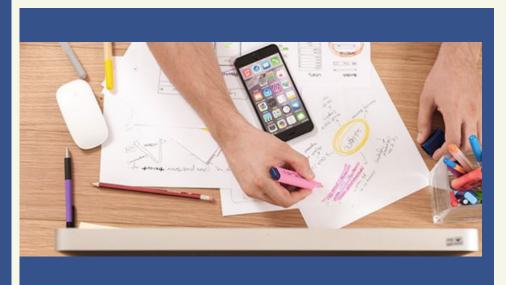
NEWSLETTER



805-922-6966, ext. 3212

STRESS BUSTER **EVENT**

Come join us in the Commons Area to unwind and relax from all your studying! Practice self-care and say HI to some very cute mini horses too! What a way to set yourself up for success after a long semester!!



Stress Buster December 3rd

9:00 - 12:30 Commons Area

- Acupuncture & Massage
- Mindful Coloring Activities
- Tabling with Community Agencies & Clubs
- Mini Therapy Horses 10:00 - 12:00
- Sound Bath Meditation









4 Study Strategies to help you prepare for finals

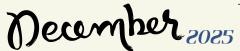
Check out this Campus Well article that outlines strategies to be successful with your finals! Learn about the SQ3R method: Survey, Question, Read, Recite, Review. A technique to help you translate information into concepts you will understand and remember!! Plus ideas to help you manage stress and anxiety!!





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HOW TO MAKE AN APPOINTMENT

Main Phone Number: 805-922-6966, Ext. 3212

Request Appointment Onlin



Main Contact email: studenthealth@hancockcollege.edu

You are also welcome to stop by the health center, building J, to make your appointment!

More information available <u>webpage.</u>

WINTER SESSION HOURS

December 15 - January 14, 2026 Monday, Wednesday Thursday

8:30 - 4:30

STUDENT HEALTH SERVICES LAST **DAY FOR FALL** SEMESTER IS **DECEMBER 11,** 8:30 - **CLOSING** 12:30



Students receive **FREE IMMEDIATE ACCESS TO A THERAPIST**

Choose a therapist based on your preferences issue, gender, language, ethnicity

At a time that fits your schedule day, night, weekend availability

Get started using your school email

Experiencing a mental health crisis? Help is available 24/7/365 833.646.1526



