

Biz.iT.Up

A NEWSLETTER FOR AND ABOUT THE STUDENTS, FACULTY, AND STAFF IN THE COLLINS COLLEGE OF BUSINESS!



Volume 1, Number 2

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Collins College of Business

Schedule of Courses

Financial Aid

Alexander Health Center

Business Career Development

Career Services

Freshman & Sophomore Focus Group

Freshmen and Sophomore Business students are invited to have lunch with the advising staff and discuss issues pertaining to the Collins College of Business and the undergraduate TU experience. The lunch is on Tuesday, December 9th at noon. If you would like to participate please contact Chanté Clarkson at chante@utulsa.edu or 918.631.3297.



FINAL EXAMS...Are you stressed??

Here are a few tips to surviving final exam week

1. **Use your time effectively.** You are given 2 reading days, Tuesday and Wednesday, to study and prepare without having to attend class. Schedule your study time first before you make plans with friends, work, etc. Avoid the people that want to take up your time. Be Selfish!! Say no to distractions...you want a good GPA!!
2. **Exercise!** Even if you just take a 10 minute walk around campus. This is a great way to release tension and ease stress.
3. **Eat right!** Resist the urge to fill up on fast food and sugary snacks. Healthy cereal, fruits, vegetables, granola bars and protein will keep your blood sugar stable and allow you to study longer without crashing.
4. **Take study breaks.** For every hour you study, take a 10-15 minute break and do whatever you want. But only for 10-15 minutes. This gives your brain a rest and will help you stay focused when you are studying.
5. **Arrive on time for the exam.** Be careful about setting your alarm the night before to save yourself the anxiety of arriving late. Take the time YOU need during the exam to finish, don't worry about others finishing earlier than you.

Business Career Development

Attention: Senior Business Students and MBA students: The Industrial/Organizational Psychology (IOP) department made a request for our MBA students and senior business students to attend this workshop tomorrow, Tuesday December 8, 2009.

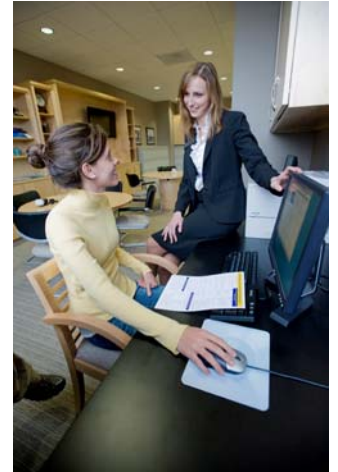
Work-Life Balance: Is it a Reality?

Tuesday, December 8th, 2009 11:30 to 1:30 p.m.

University of Tulsa, Allen Chapman Activities Center, Great Hall B (5th and Florence)

- ❖ **The current state of the psychological literature on work-family conflict and facilitation**
- ❖ **Current work-life policies implemented in local Tulsa organizations**
- ❖ **Future considerations for HR managers on work-life arrangements and expectations for supervisors and employees**
- ❖ **Panelists to include HR specialist Linda Garhart from Williams, CEO Paula Marshall of The Bama Pie Companies, Inc., and I/O Psychologist Dr. Bradley Brummel, TU Professor.**

Come add your voice to our discussion of this important topic for the Tulsa and surrounding communities. Lunch will be provided. For more information on the Center for Community Research and Development, visit our website at www.utulsa.edu/ccrd. If you have questions regarding this forum, please call the CCRD office at (918) 631-5460.



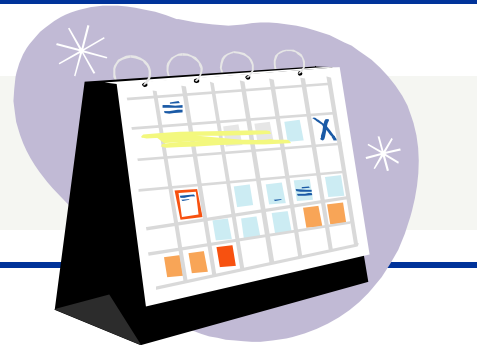
Important Dates:

Last day of classes: December 7 TODAY!!!

Reading Days: December 8 - 9 NO CLASSES!!

Finals: December 10 - 11, 14 - 17

Commencement: December 19



Spring Term 2010

- First day of classes: January 11
 - Martin Luther King Day: January 18 (no classes)
 - Spring Break: March 15 - 19
 - Last day of classes: April 26
 - Reading Days: April 27 - 28
 - Finals: April 29 - 30, May 3 - 6
 - Commencement: May 8
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Need a little extra help?



Check out CSAS in Lorton Hall 210 for tutoring services and workshops that can help you succeed at TU.

CONTACT US:



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www.linkedin.com/in/karaharper

Facebook: Search for **Collins College of Business Undergraduate Advising OR**

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Twitter: <http://twitter.com/TUbusUGadv>

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