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The George-Anne Daily

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THE GEORGE-ANNE DAILY

May 2, 2022

Happy Monday! This is the last Reflector Edition of the daily newsletter, and it has been so fun helping you all plan out your week ahead at Georgia Southern. I am so thankful for my time here at the George-Anne and am sad to say goodbye as I graduate. I hope you all have a successful finals week, incredible summer, and as always, Hail Southern!

-Lauren Sabia, Editor-in-Chief of the Reflector

Hey Eagles! Head to the polls on **5/24** and make sure your voice is heard in the **GA PRIMARY ELECTION.**



[FIND YOUR POLLING LOCATION HERE](#)

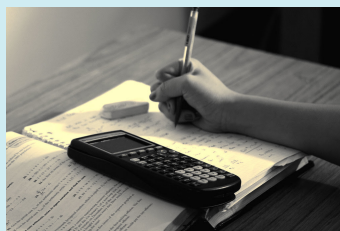


Top three tips for surviving finals week

Lauren Sabia

The week we have all been dreading is sadly upon us. Finals is the stressful ending of the semester right before the freedom of summer hits, and sometimes it can get hard to manage when all you want is to pass your classes. Here are three tips on how to survive the hectic next few days.

- **Make sure you are getting enough sleep.** You may feel like you need to cram all your studying in right before the final exam, but trying to pull an all nighter can have negative impacts on your memory and reasoning skills. Schedule in time to sleep, and eat a good breakfast while you are at it.
- **Find the right study locations and methods for you.** While it may seem like you should go to the group study sessions at the library and reread all your textbook chapters the night before, that may not be the right way to study for your needs. It may take some trial and error to figure out what is your most productive way to prepare for finals, but that is okay. It is okay to skip the group studying and head to the fourth floor by yourself for some quiet focus time.
- **Stay organized and develop a plan.** Make sure you know what days and times each of your final exams are, and create a study plan of when you will tackle each course and topic. Remember that prior planning prevents poor performance, meaning that just taking a few minutes to organize your studying materials and deciding a schedule of when you will look over it can make all the difference in feeling prepared and avoiding procrastination.



COMING UP ON CAMPUS

Cookies and Coping

May 2 - 5:00 - 10:00 PM

Head to the Tutoring Services at Henderson Library to join the Academic Success Center for some cookies and last-minute help from the tutors.

Donut Stress for Finals

May 3 - 11:00 AM-1:00 PM

Join UPB at the Rotunda for some donuts and a stress-relieving activity.

The Lantern Walk

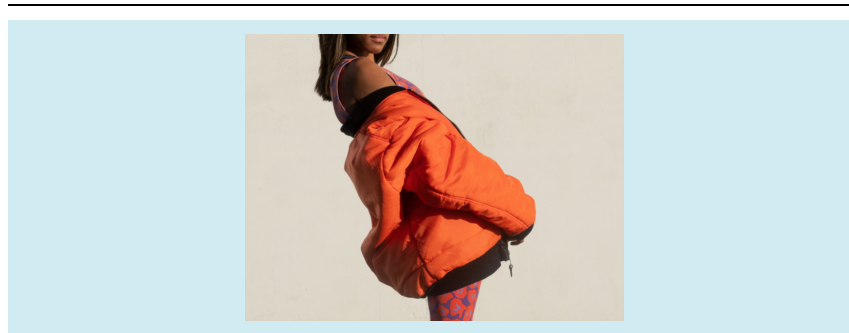
May 6 - 7:00 PM

For those graduating, join UPB and bring your family and friends to Sweetheart Circle for a trip down memory lane and celebration. Wear your cap and gown.



Write for The George-Anne or the Reflector Magazine.

Click here to apply!



Athleisure is all the rage, but the hefty price tag isn't

Athleisure is a fashion trend involving athletic clothing that is both comfortable and aesthetically appealing. Currently, it's become one of the biggest fashion trends amongst college students.

- **When walking around campus**, you'll notice many students wearing popular athletic brands like lululemon, Nike, Athleta, Aerie, GymShark and more. It can be anything from leggings, sweatshirts, sweatpants, running shorts and comfortable shirts.
- **The problem with athleisure** for college students is that most popular brands are not on a college friendly budget. Luckily, there are many cheaper alternatives that can be seen as "dupes" for higher-end brands.
- **Amazon is a great place to start** when searching for cheaper athleisure with their wide variety. Other stores like Old Navy, TJ Maxx and Target are good places to find cheaper men and women's options as well.
- **Check out** the links in the story for popular, "high-end" athleisure dupes and a look at some students' fits on campus.

[Read More](#)

REFLECTOR RECOMMENDS

As we frantically prepare for finals and stress over them, we have to remember to take breaks and check in on our mental health. That is why we recommend downloading the "Calm" app.

This app provides ways to meditate, destress and relax by playing audio clips or videos through your phone. The app is free to download, but some features are only offered to premium members.



Some examples of their services include guided meditations, relaxing music, classes on mindfulness, nature scenes and sounds to play while studying and plays stories to help you sleep.

This Week's This or That

Summer plans?

Staying in Statesboro

Going home

Other

