Happy end-of-finals-week from your Academic Advising Resource Center team! A few winter break announcements…

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# FREE STUFF

Follow us on **Instagram** for a chance to win some free funky-cool MSJ swag and a **Starbucks gift certificate**!

@msj\_advising

Any student who follows us before the start of spring semester is eligible for the raffle. If you already follow us, tell your friends!

# WINTER BREAK RELAXATION TIPS

We hope finals week is going well, and that you’re handling the stress ok. We’d like to encourage y’all to **rest** and **restore**yourself over the break. It’s a shorter break than usual, so we encourage you to check out UWill teletherapy resources (attached), or the [Zen Den Kit](https://focus.msj.edu/record=b1966949) and support materials in the research consultation space in the library. Prioritizing mental and physical health over break will put you in the best position to hit the ground running in the new year, so be kind to yourself over break.

We also recommend **sled riding**. If it snows over break and you hit a slope with a toboggan (or a hub cap), post pics on Instagram and tag **msj\_advising** so we can share in your childlike joy!

And feel free to tag us on pics of your **holiday decorations**. Just be sure to consider Mary Mazuk’s decorating tips:

1) Don’t mix white lights and color lights

2) Don’t mix big bulbs and little bulbs

3) If you’re gonna go tacky, go BIG! One inflatable? Nope, need like 5 or more. Lights everywhere. Think Griswold home in *Christmas Vacation*. Google it if you don’t understand my reference.

4) Don’t cheat the bush (those net lights that just get laid on part of the bush but miss most of the bush- they cheat the other part of the bush from being festive)

5) Blinking lights either need to be all over random or orderly. No one random string should be blinking while everything else stays lit.

6)  Go either tacky or tasteful. You decide, but either are fine if you follow simple rules.

# NEED HELP OVER BREAK?

Remember we’re still here over break to help with registration, waitlists, or anything else, so reach out if you need us!

A blue and yellow lighthouse with waves

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