Ready? Set. Go!

How To Prepare For Finals:

The last few weeks of classes can be stressful! Here are some tips to manage the last stretch:

1. Get your needed sleep! Remembering what you studied is actually harder to accomplish if you are sleepy or tired! Sometimes a good night's rest can be more helpful than trying to cram.

2. Remove Distractions: Notice how quickly time flies when your mindlessly scrolling? Consider turning off the TV and your phone while studying to avoid interruptions.

3. Mix study methods: Get creative and change things up! One size does not fit all, and different might be helpful for different subjects. Some studying styles include:
   - Flash cards
   - Practice quizing
   - Paraphrase difficult topics
   - Make visual aids

4. Office Hours: Check your syllabus for instructor office hours. Ask questions on tough topics, review past exams/quiz, and discuss grades

5. Prepare for your Spring 2022 Finals at these student services locations:
   - Tutoring and Academic Support
   - EOP Tutoring and Learning Support
   - METRO Tutoring
   - Disability Programs & Resource Center and potential

The final issue is here along with the last few weeks of the Spring 2022 Semester! We hope that you have found this to be a helpful resource in your first year here with us at San Francisco State University!

Important Dates:

- **Credit/No Credit Option Deadline:** Friday, May 13, 2022
- **Withdrawal for documented serious and compelling reasons:** Friday, May 13, 2022
- **Last Day of Instruction:** Friday, May 13, 2022
- **Final Exams Begin:** Saturday, May 14, 2022

Only a few more weeks left of instruction before finals week begins. Check your course syllabi to confirm your finals!
No Summer Plans? We Got You Covered.

Possibilities for Summer 2022

- **Take Summer Classes:** See our UAC summer registration workshop video on how to sign up for classes on our campus or community colleges. Classes are still available!

- **Internships or Jobs:** Seasonal jobs are not just for the holidays!
  - Check handshake for campus summer jobs
  - Check SFSU’s Ulink for internships
  - Volunteering is a great way to be involved in your bay area community!

- **Exploring Your World (On a Budget)!** From SF? New to the Bay? Visit our beautiful parks! California is also home to some of the most beautiful national parks in the world!

- **Plan for Future Summers:** Did you know SFSU Study Abroad Programs offers summer opportunities? Consider travel study for future summers!

Beyond Spring and Into the Future:

**SAP HOLDS: What They Are and How to Follow Up**

Satisfactory Academic Progress (SAP): The ratio of classes attempted vs classes passed. In order to maintain your financial aid eligibility, you must be at 67% completed or better.

Once holds are placed, your can still register for classes, but Financial Aid is withheld unless an appeal is submitted and approved.

Watch this [helpful video](#) on how to fill out and submit the SAP hold Appeal:

- **SAP rates are calculated every summer by Financial Aid**
- **If your SAP rate falls below 67%, a SAP hold is placed on your student center**
- **Grades that count as an attempt: F, I, NC, U, W, or RD**
- **Grades that count as completed: A, B, C, D or CR**
- **Transfer units are NOT included**