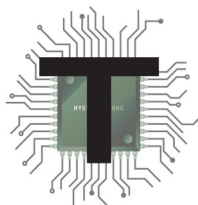


PALOMAR COLLEGE



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS

STEM CENTER FINALS WEEK FALL 2015

The STEM Center will be open during finals week December 10-16. The last day of tutoring will be Tuesday, December 15. Though we will not have tutors on Wednesday, December 16, we will be open the whole day if you need a quiet study space. You will find the finals week tutoring schedule and hours of operation on the STEM Center website shortly before finals week. <http://www.palomar.edu/stem>.

PREPARING FOR SUMMER RESEARCH AND INTERNSHIP OPPORTUNITIES

Prepare for a summer research or internship opportunity over the winter break! Search for programs that you would like to apply to and begin your application. Review the requirements and the benefits they can offer you such as, food and housing allowances, travel stipend, or if they will pay you to participate. Work on your personal statement, your CV or resume, and ask for letters of recommendation. Visit the STEM Center website, under our [Internships](#) page, to check out just a few possibilities. The more time and effort you invest now, the better your chances of being accepted by the program of your choice. Good luck!

COUNSELOR'S MESSAGE

Are you ready for finals? Final exams begin Thursday, December 10, and go through Wednesday, December 16. Check the finals week schedule [here](#) so you can prepare ahead of time. Have test anxiety? Here are some coping strategies for test anxiety: (1) Be better prepared. Review, review, and review again! (2) Improve your general lifestyle – eating properly, prioritizing activities, exercising, and sleeping 7-8 hours every night. (3) Practice relaxation techniques. Take 3 slow deep breaths when you begin to feel the anxiety creep up. (4) Use positive self-talk. For more tips on how to be successful, see the [Student Success Tips](#) link on the Counseling website.

EOP IN THE CSU SYSTEM

For over 40 years, the California State University's Educational Opportunity Program (EOP) has provided educational access and opportunity for more than 250,000 low-income and educationally disadvantaged students throughout California, the majority of whom are first-generation college students. Students who apply must demonstrate academic potential and motivation, be California residents or qualify for an AB540 non-resident tuition exemption and [meet the income criteria](#). To become eligible, applicants should complete the EOP section on the undergraduate application for admission and complete the [EOP application](#).

Visit: <http://www.csumentor.edu/planning/eop/> for more information.

STEM CENTER CONSTRUCTION UPDATE

Thank you to all of the students, staff, faculty and friends of the STEM Center for your patience and support as we anticipate the expansion of our center. We are happy to announce that the construction project to expand the STEM Center will be happening over the Spring 2016 semester! As mentioned before, this expansion project will give the STEM Center 30% more space for tables, computers, and our tutoring activities. The reception area will be moved to a centralized area and we will also gain an additional group study room! Due to the construction, the STEM Center will not be open for tutoring during the Spring semester. The STEM Center staff is working on plans to offer limited tutoring services during the closure of the center. Visit the STEM website for updates: <http://www2.palomar.edu/stem/>

The Palomar College STEM Program is designed to assist our campus in raising a awareness of opportunities in STEM and increasing the number of bachelor degrees awarded to underrepresented students in STEM fields.

BECOME A STEM SCHOLAR

Are you interested in pursuing a major in a STEM field? If so, the STEM Scholars Program may be for you. For information, visit www.palomar.edu/STEM or talk to a STEM Center staff member.