TACKLE EXAM SEASON WITH THESE SCIENCE-BACKED STUDY STRATEGIES

Check out this great article from Campus Well and learn some study techniques and find what works best for you!
Did you know there are different study strategies for different kinds of exams? For example, using flash cards is great way to study for multiple choice test!

Article link:

TIPS TO GETTING MORE SLEEP, EVEN WHEN YOU ARE BUSY

Sleep is so important, especially during finals! Getting more sleep can help you focus better in class and improve concentration.

Find out more:

Congratulations, to all the graduates!!
It has been an honor being a part of your journey!
We wish you all the best in your future endeavors !!!

More Grad info here:
THE CENTER IS HERE!

Sexual & Reproductive Health Clinic
May 8th
1:30 - 4:00

Last day!

SUMMER HOURS
Our last day of Spring semester is May 22nd.

Summer Schedule:
Monday, Wednesday, Thursday
June 10 - August 1st.
8:30 - 4:30
Santa Maria Campus

HOW TO MAKE AN APPOINTMENT

Main Phone Number:
805-922-6966, Ext. 3212

Request Appointment Online

Main Contact email:
studenthealth@hancockcollege.edu

You are also welcome to stop by the health center to make your appointment!

More information available on our webpage.

THE VIRTUAL CARE GROUP

Telehealth Made Easy for Higher Ed
A California Company

The Virtual Care Group provides FREE 24/7 mental health services for Credit and Non-Credit students. Please visit this site to sign up.