Dear Students,

We are approaching the final days of the semester and are about to enter exam time! This email contains information and resources that we hope will help you during this intense time of study:

- Extended Building Hours and Van Escort Service

- Fun, Free, and Stress-Relieving Activities including:
  - Dog Therapy in the Library
  - Chair Massages
  - Study Snacks
  - Meditation
  - Yoga
  - And more

Extended Building Hours and Escort Van Service
Beginning this Sunday night November 17, and ending Wednesday December 18, the 198 McAllister Building will remain open to UC Hastings students only for extended hours as follows:

Saturdays – until 10:00 p.m.
Sundays through Thursdays – until 2:00 a.m.
Fridays until 10:00 p.m.
Gold Reading Room is open beginning at 7:00pm until the building closes. It is used for certain finals during the daytime.

200 Building (i.e. Library Hours)
Monday through Friday 8:00am – 11:00pm
Saturday 9:00am – 10:00pm
Sunday 9:00am – 11:00pm

100 Building (Extended Skyroom Hours)
Beginning Monday, November 18, and ending on Monday, December 16th, the Skyroom will be open for extended hours:
Monday-Thursday: 10:00am to 10:00pm,
Friday/Saturday: 10am-5pm.

Escort Van Service: Beginning this Sunday night November 17, and ending Wednesday December 18, the escort van hours will be as follows. Beginning at 5:00 p.m., the escort van service will be on a limited schedule leaving the 200 McAllister Street loading lock every half hour until 11:00pm (the end time will be earlier on evenings the buildings close earlier). From 11:00pm to 2:00am, the van leaves from the Hyde Street bus stop every half hour. Use a campus red phone to contact Public Safety directly (no need to dial), and request the escort van. If calling from a cell phone you may dial 415-565-4611. Public transportation runs on limited schedules late at night, so check ahead for availability. The escort van can only take you within the published service area.

Parking: We strongly suggest you do not park your car on the street or in unpatrolled parking lots in the area during the night hours; car burglaries are common.

Taxi Cabs: Public Safety can call you a cab. Use a campus red phone to call Public Safety directly, and ask the officer to call a cab. Not all cabs will come into this area late at night, and rates go up after midnight. The College’s Public Safety officers will patrol the building, so please study in the designated areas only. Also, report any strange activity in the building or unusual occurrences by using the campus red phones. When using a “non-red” campus phone, dial x4611 (415-565-4611) to reach security.

Open study rooms:
During the exam period, large classrooms that are not in use on a particular day for exams will be left unlocked and available for students to use as a study area. No reservation is required for these rooms. Please share these large classrooms with each other.

Reserving Study Space:
An email will be forthcoming on how to reserve study rooms.

Fun, Free, and Stress-Relieving Activities (Please mark your calendars!)
Study Snacks for Students  
*Monday, December 9, 4:00 p.m.-5:00 p.m., Dining Commons*

If you'll be studying on campus, take a break and have a treat! Enjoy some cookies, pretzels, homemade treats and other goodies provided by staff and faculty. Study Snacks is intended to be a small way to help keep your spirits up as you push through the remainder of your exams and to let you know that the staff and faculty care, particularly during this stressful exam period. Some faculty and staff will also be there to show support.

**Chair Massages**  
*December 4, 5, 10, and 11: 11:00 a.m. to 2:00 p.m.* (sign up in advance or show up day of), Dobbs Atrium

Stressbusters chair massage is back! These are for head, neck, and shoulder massages in the Dobbs Atrium Massages and are available to all UC Hastings students. Before 11am, stop by Student Health Services to schedule a time for your complimentary massage. After 11am on the actual day, go directly to the Dobbs Atrium to schedule a time. Sign up for a 10 minute head and neck massage. Sign-up sheet will be on Student Health Service’s door soon.

**Hastings Meditation Group**  
*Every Wednesday – until December 18, 12:15pm;* Room K - Everyone is welcome!  
The weekly meetings are an opportunity to connect with yourself and with others. There will be simple instructions for those who are new to meditation. We meditate for approximately 20 minutes and will have time for questions and comments. Everyone is welcome.  
If you have any questions or comments, you may contact Mike Stonebreaker at 415-565-4643 or stonebre@uchastings.edu.
Dog Therapy in the Library
Monday- Thursday December 2-5, 10:30 a.m.-12:00 p.m. and 2:00 p.m.-3:30 p.m.
Sign up at the Library’s Circulation Desk for 10-minute segments with the dogs and their trainers.

Monday, December 2nd
10:30am – Noon - Lola – a Pomeranian / Chihuahua mix
2pm – 3:30pm - Teddy – Golden Retriever

Tuesday, December 3rd
10:30am – Noon –Oliver – Golden Retriever
2pm – 3:30pm –Gertie – English Bulldog

Wednesday, December 4th
10:30am – Noon - Hank – a Terrier
2pm – 3:30pm – Rufus – a Poodle / Terrier mix

Thursday, December 5th
10:30am – Noon –Taz – a Corgi
2pm – 3:30pm – Jennings – a Golden Retriever

Free Yoga 5 Days per Week
Monday: 2:30-3:30pm; Tuesday thru Thursday: 3:30-4:30pm; Fridays 1:15-2:15pm, Tower Gym.
Yoga classes will end for the semester on Friday, December 13.
Zumba Classes!
Mondays: 3:30-4:30pm in the Tower Gym.
Classes for this semester will end on Monday, December 9.

Additional Resources:

Student Health Services Hours
During the Finals period (11/25 to 12/18), hours at Student Health Services are 8:30 until 3:00 PM Monday to Thursday and 8:30 to 1pm on Fridays. The last day to see a physician at SHS is Wednesday, December 18th. Remember to get any medication refills before the winter break!

If you have UC SHIP and need to see a physician over the break, you may self refer. To find an in network physician, scroll to Network of Providers on this page. Follow the instructions to find an Anthem Blue Cross Provider.

Academic Support Appointments
Dennis Higa and Mike Stonebreaker have been successfully helping students with law school and the bar exam for many years. They are a great resource for students! If you’d like to make an appointment online, you may do so by using the following link: bit.ly/ASPOfficeHours.

Dennis and Mike are available for 30-minute appointments as listed below:
**Dennis Higa (Mon & Wed only)**
- Mon and Wed: 9:30-12:30 pm
- Room 468 (4th floor, 198 bldg)

**Mike Stonebreaker (Thurs & Fri only)**
- Thurs: 9:30-10:30 am and 12:00-1:00 pm
- Fri: 9:30-10:30 am
- Room 403 (4th floor, 198 bldg)

If you have questions, please contact Mike Stonebreaker at stonebre@uchastings.edu or 565-4643.

I wish you the best of luck on your exams!!!!!

Thanks,

Rupa