

## We can't believe it's already December! You must be very busy as we wrap up the

semester. Don't forget to take a rest from time to time. Take a look below for some events and useful information! See you soon,

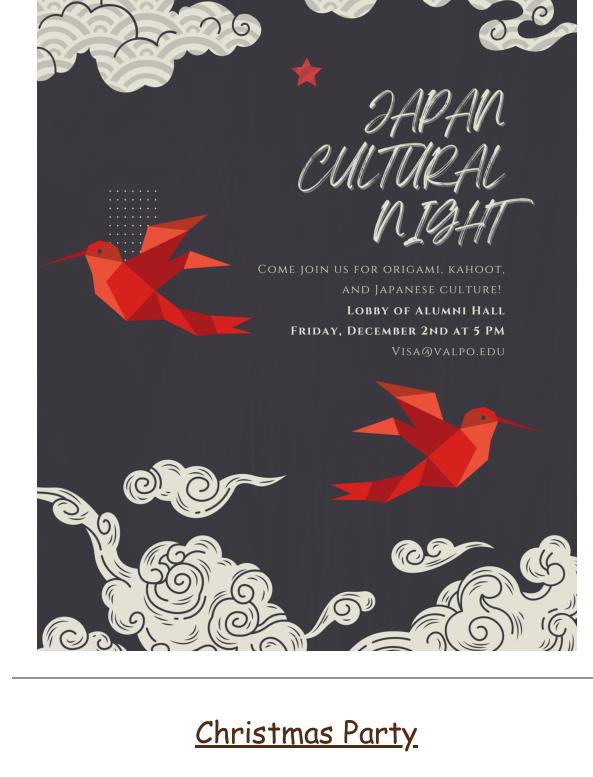
The OIP

### Don't miss Visa's Japan Cultural Night tonight at 5 PM in the lobby of Alumni Hall! If you want to learn more about Japanese culture while

Japan Cultural Night Tonight

Kahoot, and prizes for game winners! Come join us tonight! Email <u>visa.valpo.edu</u> if you have questions.

getting some free snacks, it is for you! There will be a game, origami,



## cookie decoration, entertainment, and more! Come join us to celebrate the

holiday together!

December 16th, at Brown and Gold Room of Harre Union! There will be

Are you looking for something fun after finals? If so, don't miss this! Friendship Families will be hosting a Christmas Party from 7 pm on

CELEBRATE THE **HOLIDAY TOGETHER!** 



form on Data VU. Click here for more information.



3. Eat a well-balanced diet.

5. Make time for hobbies. 6. Go easy on yourself.

Let's stay strong and finish up the semester!

4. Take a break: Meditation or yoga might help you.

## How to Mange Stress You must be swamped with papers, projects, and exams, but don't forget to release your stress from time to time. Here are some tips about how to manage your stress. Try one of these tips as you study! 1. Stretching: Relaxing your muscles will help you. 2. Deep Breathing: Stopping and taking a few deep breaths can take the pressure off you right away.

# OIP Hours OIP office is located at Harre Union Suite 250. Stop by to pick up documents, make an appointment, or just chat between 9 am to 4 pm, Monday to Friday.

# Happy Thanksgiving Break!



6493 USA - valpo.edu/international

Subscribe to our email list.