Greetings!

Exam time is here! Check out the info below about studying and stress.

Don’t forget about the annual **Holiday Social** being held this Tuesday, December 10th from 4:30 p.m. – 6:00 p.m. in Shriver Hall on the second floor in the Clipper Room. Come for a study break with good food, cookie decorating contest. We have a new contest – an M & M Jar!! Guess the correct number and win the jar! Any leftover food from the Social will be in the Conference Room to help get you ready for finals.

**Want to get your research published?** See the information below about submitting your work to the Hopkins Undergraduate Research Journal.

**SENIORS GRADUATING THIS SEMESTER:** If you would like to receive this email next semester – please contact Linda White at linda.m.white@jhu.edu.

This will be the last Weekly Email until the beginning of spring semester. Be sure you take some time to relax over break. See you at the end of January.

**Happy Studying and Happy Holidays to All!!!**
## News and Upcoming Events: December 9th – December 15th

### ACADEMIC SUPPORT

The Office of Academic Support has put together a list of **study space** locations for this semester which can be used during reading period and finals. Additionally, this semester they are piloting a study break sponsorship program and will be leaving coffee and donuts in specific locations that are being paid for by various departments and being setup by our office.

Please visit the Academic Advising & Support [website](#) for information about tutoring services and the supported courses.

### STUDYING FOR EXAMS

You’re ALMOST there........

Here are some things to think about while studying for your exams this week....

**Stressbusters on campus**

Helpful tips for exam week:
- sleep regularly
- eat & drink regularly
- get frequent exercise (even just walking)
- spend time outside during daylight hours
- learn and practice a relaxation technique that suits you
- rest when you rest, study when you study (switch off internet etc)
- socialize

### LOOKING FOR STUDY SPACE?

Information about study space location can be found on our Facebook page  
[https://www.facebook.com/JHUNeuroscienceProgram/](https://www.facebook.com/JHUNeuroscienceProgram/)

### GET YOUR RESEARCH PUBLISHED IN THE HOPKINS UNDERGRADUATE RESEARCH JOURNAL

"Hopkins Undergraduate Research Journal is currently accepting research articles to be featured in our Spring 2020 publication. **Written reports of research projects in any field (i.e. humanities, social sciences, STEM) are welcomed.** If you or someone you know wants to be featured in our next issue, please submit your information to the form on this [link](#)"
The Broad Institute of MIT and Harvard is a non-profit, independent research institute and global leader in genomics and biomedicine. A deeply collaborative community, the Broad brings together more than 300 faculty and more than 1,500 scientists from across MIT, Harvard and Harvard-affiliated hospitals, working together to solve critical problems in biomedicine.

There are several opportunities for graduating undergraduates and recent graduates, as well as summer research programs. Please visit their [website](https://forms.gle/JYNQXKfQaSkZeUXK7) to learn to apply which has January 2020 deadlines.

### Summer PURA

Summer PURA is open to all JHU undergraduate students (that will not have graduated prior to the summer program start date). The program offers JHU undergraduate students the opportunity to stay in Baltimore during the summer to start or continue a research, creative, or scholarly project in any division, department, or program related to Johns Hopkins.

Summer PURA offers students a **$4,000** stipend to help offset the expense of staying at JHU over the summer. The program runs for **10 weeks** over the summer from June to mid-August.

HOUR will **start accepting application on December 1, 2019**. For more information, please visit [Summer PURA](https://forms.gle/JYNQXKfQaSkZeUXK7).

### CIRCUIT

CIRCUIT is the **Cohort-based Integrated Research Community for Undergraduate Innovation and Trailblazing**.

CIRCUIT offers Johns Hopkins University students an opportunity to participate in cutting-edge research experiences at the JHU Applied Physics Laboratory.
Laboratory (APL) in Laurel, MD. Students will have the opportunity to build skills and make significant contributions to science in a fun, collaborative environment with an expanded variety of research topics.

The estimated stipend is **$9,000** for the **12 week program** over the summer. Students can submit applications **starting on December 1, 2019**. For more information, please visit the [CIRCUIT](#) website.

| CONFERENCE ROOM | The Neuroscience and Behavioral Biology Conference Room will be open and stocked. The availability of the Conference Room for the week can be found [HERE](#). We will also be posting a sign on the door when the room is in use. You can also review the Dunning Conference Room user’s policy on the website. **Note:** Please be sure to leave the conference room in better shape than you found it. |
| COMMENT/SUGGESTION BOX | Do you have any comments or suggestions that might make the program better? Would you like to see different snacks in the Conference Room? Visit the [comment box](#) link and make your thoughts known anonymously. |

Please refer to the NS website: [http://krieger.jhu.edu/neuroscience/](http://krieger.jhu.edu/neuroscience/) for more information.