

# On the Baylor Horizon.....a publication of the Division of Student Life

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## Special Study Days

Tuesday, December 9, and Wednesday, December 10, are the designated special study days before final exams begin.

## Angel Paws Therapy Dogs

Thursday, December 11, to Saturday, December 13, 7-9 p.m. on the Garden Level of Moody Library. The Baylor Libraries welcome you to come and visit therapy dogs courtesy of Angel Paws, Waco, to help relieve stress from studying for finals. For additional information, contact [Carl\\_Flynn@baylor.edu](mailto:Carl_Flynn@baylor.edu).

## Baylor Dining Services

- The East Village Bakery is taking preorders for Christmas desserts. Homemade orders include: Cranberry orange walnut bread, banana nut maple bacon loaf, zucchini carrot raisin bread, and homemade apple pies. Note: Bear bucks, dining dollars, and credit and cash payments are accepted. To preorder, call 254-710-6418 or contact [lee-tonya@aramark.com](mailto:lee-tonya@aramark.com). Hours are Monday to Friday, 7 a.m.-2 p.m.
- Don't you love that you can eat everything on your plate and without having to wash the dishes? Baylor Dining Services loves feeding Baylor Bears. For additional information on the Spring 2015 meal plans and meal plan options, visit [www.baylor.edu/dining](http://www.baylor.edu/dining) under Meal Plans. For questions, call 254-710-3606 or contact [tyson-stefanie@aramark.com](mailto:tyson-stefanie@aramark.com).
- We know you are studying hard, so there is no time to worry about food. The Baylor Dining Services 2014 study hours are now available on [www.baylor.edu/dining](http://www.baylor.edu/dining).

## My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to [www.baylor.edu/health\\_center](http://www.baylor.edu/health_center) and click on MY HEALTH in the upper right corner. Log in using your Bear ID (firstname\_lastname) to make appointments, receive secure messages, print immunization records, and sign up to receive a reminder text message one hour before your next appointment. Give it a try today.

## Finals Week

For additional information about study tips, check [www.baylor.edu/support\\_programs/index.php?id=36267](http://www.baylor.edu/support_programs/index.php?id=36267). For the complete final exam schedule, visit [www.baylor.edu/registrar/index.php?id=84416](http://www.baylor.edu/registrar/index.php?id=84416).

**Good luck on your finals!**

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## Monday Healthy Tip from Monday Campaigns

Can't sleep? Exercise might be the cure. Regular physical activity at the right times may help you sleep better. People who exercise four days a week report improved sleep quality, longer sleep, and less time falling asleep. That being said, the National Sleep Foundation recommends that you finish your workout at least three hours before you plan on going to bed. Sleep soundly this week by adding exercise to your morning, afternoon, or early evening. Track your progress by keeping a sleep journal and noting how you feel when you wake up in the morning.

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## **SUPPORT BAYLOR ATHLETICS**

### ***Men's Basketball vs. Texas A&M***

Tuesday, December 9 at 8 p.m., Ferrell Center

### ***Women's Basketball vs. Idaho***

Wednesday, December 10, 7 p.m., Ferrell Center

### ***Women's Basketball vs. SFA***

Sunday, December 14, 2 p.m., Ferrell Center

*For additional information on gameday for students, including Baylor student tickets, visit [www.baylor.edu/students/gameday/index.php?id=867021](http://www.baylor.edu/students/gameday/index.php?id=867021).*

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## **Sic 'em Bears!**

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* to [StudentLife@baylor.edu](mailto:StudentLife@baylor.edu). You can find the most up-to-date calendar information at <http://www.baylor.edu/calendar/>.

View past issues of *On the Baylor Horizon* at [http://www.baylor.edu/student\\_life/index.php?id=34626](http://www.baylor.edu/student_life/index.php?id=34626).