

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

GRIT Workshops

Do you have GRIT? Grit is remembering there are multiple pathways to success, knowing when and how to ask for help, working hard even after you experience failure, or feel like quitting and staying passionate about your purpose even when it is hard. Join to learn more ways that you can get gritty and achieve your goals. Each week will cover different topics. The last two sessions will be held in the McLane Student Life Center, Room 308, at 4 p.m.

Thursday, December 8: Mindfulness and Gratitude: Dealing with anxiety, stress, and negative thoughts

Thursday, December 15: Telling Our Stories: How Grit can play a role in our personal narratives

For additional information, contact Sarah_Ritter@baylor.edu or Teran_Yaklin@baylor.edu.

Baylor School of Music Presents Carol Vespers

Monday, December 5, 7:30 p.m. in Armstrong Browning Library. Director of Choral Activities Lynne Gackle conducts her chamber choir of women's voices. They are joined by pianist Kurt Kaiser, flutist Helen Ann Shanley, and clarinetist Richard Shanley.

For additional information, visit www.baylor.edu/music or call 254-710-3571.

Special Study Days

Tuesday, December 6, and Wednesday, December 7, are the designated special study days before final exams begin.

Final Exams

For additional information about study tips and how to prepare for finals, visit www.baylor.edu/support_programs/index.php?id=869756. For the complete final exam schedule, visit www.baylor.edu/registrar/index.php?id=84416.

My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to 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.

Monday Healthy Tip from Monday Campaigns

Exercising early in the morning offers numerous benefits, both to your health and to your daily schedule. It just takes a little time and practice before morning exercise becomes your habit. Check out these six tips at www.moveitmonday.org/fitness-schedule/ to conquer your fitness schedule.

SUPPORT BAYLOR ATHLETICS

Women's Basketball vs. Texas State

Tuesday, December 6, 7 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.

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. 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=83704.