

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

Phi Delta Theta's Texas Lambda's Toy Drive

Phi Delta Theta is having a toy drive for Medical City Dallas Children's Hospital. You may drop off your donation of new unwrapped toys for all ages at collection bins located in all major dining halls, as well as the Stacy Riddle Forum. The toy drive ends *Wednesday, December 18*. For additional information, contact John_Cabot@baylor.edu.

Latinas Unidas Meeting

Monday, December 9, 6:30 p.m. at the McLane Student Life Center, Room 314. What is it? A time to relax, celebrate the holidays, and build community with fellow Latinas at Baylor. Why? To encourage and empower each other through the mind, body, and soul. Come and join the community and discussion. Hot chocolate y pan dulce will be served. For additional information, contact Gabriela_Olaguibel@baylor.edu.

Special Study Days

Tuesday, December 10, and Wednesday, December 11, are the designated study days.

Baylor's Outdoor Adventure Winter Break Adventure in Big Bend

Canoe and camp on the Rio Grande River with Baylor's Outdoor Adventure Program on *Friday, January 3*, to *Thursday, January 9*. The price of \$350 includes all equipment, transportation, and instruction needed for this adventure. An interest meeting will be held on *Wednesday, December 11*, 5 p.m. at the McLane Student Life Center Rock. For additional information, visit www.issuu.com/mmullert/docs/big_bend_canoe_flyer_2014?e=3749291/5866106 or contact Mark_Mullert@baylor.edu.

Baylor Dining Services Update

- **Wednesday, December 11:** Midnight Breakfast, 10:30 p.m.-12:30 a.m. at Penland. Come enjoy free food, prize giveaways, karaoke, a photo booth, and a pajama contest. For additional information, visit <http://dining.baylor.edu/NR/rdonlyres/D839414E-C122-4CA6-B6FA-1B996EF92EC8/0/pancakefallsemester2013.pdf>
- Change in hours of operations for the holiday break are available online at <http://dining.baylor.edu> on the left hand side of the page. Be sure to take a look as many locations operate under different hours for the last two weeks of school. For additional information, contact Jessica Wood at 254-710-4661.

Finals Week

For additional information about study tips, check out www.baylor.edu/support_programs/index.php?id=36267. 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) and you can 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!

Good luck on your finals!

Monday Healthy Tip

Control the controllable. It's important to remember that the reason you're stressed might be out of your control. Don't let factors such as the weather or another person's actions cause you to worry. Instead, focus on the things you can control, such as your reaction to the stressor. By sorting out what is manageable and what is not, you can work on the issues that are within your capacity and, hopefully, reduce your stress overall. Whenever you feel stressed this week, pause and think about whether or not the issue is within your control. Acknowledging that you're not at fault can help you relax and plan your next step.

SUPPORT BAYLOR ATHLETICS

Women's Basketball vs. Houston Baptist

Sunday, December 15, 2 p.m., Ferrell Center

Log onto www.BaylorBears.com for all the latest information about Baylor Athletics.

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=34626.