Feeling overwhelmed with assignments and finals?

Watch this ONE MINUTE video on how to:
- Stop feeling overwhelmed!
- Create actionable steps to get things done!

Click here to watch

COMMUNITY RESOURCE

DESTRESS MONDAY

https://www.mondaycampaigns.org/

Access weekly practices in breathing, mindfulness and positivity to refresh your mind on Monday and help manage your stress. Free meditation and yoga lessons.

De-stress by following this quick "Take Five" exercise to break anxiety.

Count:
- Five things you see
- Four things you feel
- Three things you hear
- Two things you smell
- One thing you taste

FUN CORNER RESOURCE

Studying at home got you going crazy?

Try this noise generator; used for masking distracting noises like workplace chatter or nearby conversations.

Click the image for more info!

IMPORTANT DATES

May 3 at 12:30pm: IKEA - Mana'o Mondays - Useful Compliments
Click on link above to join

May 5: Last day of instruction

May 10-14: Finals Week

May 14: Last day of Spring semester

May 17: Deadline for instructors to submit student grades

Be one of 50 lucky HonCC students to receive $400!
Current HonCC students must enroll in at least 3 credits for Fall 2021 by May 15, 2021 to be eligible. See your email for more details.

STUDY HACK OF THE MONTH

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Click here to listen

BULLETIN

COVID-19 vaccination appointments are available at Costco.
- Mon-Fri: 10:30 AM - 4:30 PM
- By appointment only
- Make Appointment

Is your home campus HONCC?
- Are you in a CTE program?

See if you qualify for HINET!
You may be eligible to receive:
- Tuition Assistance
- Tools/Book Reimbursement
- Transportation Reimbursement (Bus Pass/Mileage)
(808) 844-2391
hinethon@hawaii.edu

THE C.A.R.E. POD

A monthly podcast from the CARE Student Success Mentors

Click here to listen

In this episode:
- Keeping busy & staying positive
- Practicing mindfulness

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15 min Express Zoom Drop In MW 12 - 2 PM, T/R 9-11 AM
Access via CARE website