

STUDENT HEALTH SERVICES NEWSLETTER

May 2024

805-922-6966, ext. 3212



TACKLE EXAM SEASON WITH THESE SCIENCE-BACKED STUDY STRATEGIES



Check out this great article from Campus Well and learn some study techniques and find what works best for you!

Did you know there are different study strategies for different kinds of exams? For example, using flash cards is great way to study for multiple choice test!

Article link:



Class of
2024



2024 GRADUATION

Friday, May 24, 2024 at 10:30 a.m.
Football field on the Santa Maria Campus

Congratulations, to all the graduates!!

It has been an honor
being a part of your journey!

We wish you all the best
in your future
endeavors !!!

More Grad info here:



TIPS TO GETTING MORE SLEEP, EVEN WHEN YOU ARE BUSY



Sleep is so important, especially
during finals! Getting more sleep
can help you focus better in class
and improve concentration.

Find out more:



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THE CENTER IS HERE!

Sexual & Reproductive Health Clinic

May 8th

1:30 - 4:00

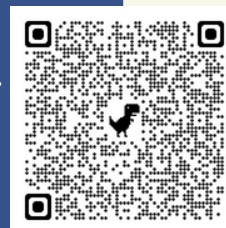
Last day!



HOW TO MAKE AN APPOINTMENT

Main Phone Number:
805-922-6966, Ext. 3212

Request Appointment Online



Main Contact email:
studenthealth@hancockcollege.edu

You are also welcome to stop by the health center to make your appointment!

More information available on our webpage.

SUMMER HOURS



Our last day of Spring semester is May 22nd.

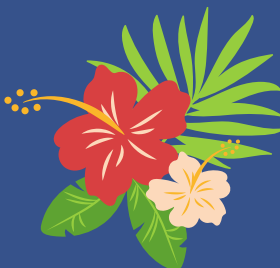
Summer Schedule:

Monday, Wednesday, Thursday

June 10 - August 1st.

8:30 - 4:30

Santa Maria Campus



THE VIRTUAL
CARE
GROUP

Telehealth Made Easy for Higher Ed
A California Company

THE VIRTUAL CARE GROUP

The Virtual Care Group provides FREE 24/7 mental health services for Credit and Non-Credit students. Please visit this site to sign up.

