Registered Yet?

Don’t delay! Contact your advisor today!

Advance registration just concluded. If you haven’t registered for summer or fall yet, please contact your advisor to schedule an appointment to plan your coursework. Don’t delay. Classes fill fast.

As spring semester winds down, check in with your instructors if you’ve got questions about how to finish your semester strong. Best of luck with final exams!

*Heather Van Mullem, Education & Kinesiology Division Chair*

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**Chelsey Leighton Named Outstanding Female Athlete**

**Chelsey Leighton** (Elementary Education) was named the *North Idaho Outstanding Female College Athlete of the Year* at the 53rd Annual North Idaho Sports Banquet. Chelsey has had a stellar athletic season, winning the NAIA National Championship in the Marathon.

*Congratulations Chelsey!*
Kinesiology Students Attend SHAPE America Convention


Over 4,000 participants attended the National Convention & Expo to discuss best practices in the fields of Health, Physical Education, Physical Activity, and Coaching. Students had the opportunity to attend presentations and network with other professionals in the field.

Managing Stress at the End of the Semester

Dr. John Grohol suggests the following 7 tips for coping with finals:

1. “Schedule your time to focus on studying
2. Don’t blow off sleep
3. Shut down social networking and gaming
4. Don’t blow off eating
5. Try rewriting your notes & chapters
6. Don’t forget “me time”
7. Cramming may work, but…it’s not very reliable or effective.”