

MAY 1
2025



ECHS



MAY

NEWSLETTER



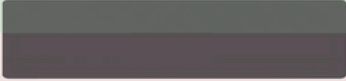
GRAD SEASON | HONORING MENTAL HEALTH AWARENESS MONTH

To all the graduating ECHS students this semester, congratulations! The Early College Academic Success Center is immensely proud of your hard work and dedication that has led you to this momentous achievement. We wish you the very best in your future.



Congratulations

Class of 2025!



Heads up!

**You can still pick up
your ECHS cords to
wear proudly at UTEP
Commencement.**

Pick-Up Location:

Mike Loya Academic Services Bldg.
Room 206
earlycollegesuccess@utep.edu
(915) 747-7387

Pick-Up Hours:

Monday-Friday
8:00 AM - 5:00 PM

Note: Staff takes lunch from 12:00 PM-1:00 PM.



Time to Register - Meet Your Advisor



It is that time again! Make sure to register for your next class before or do not forget about the advising. Do not wait until last minute!!



Join us

Coffee, Doughnuts & Studying

When: Thursday, May 2025
Time: 9:00 PM MDT
Where: Miner Village

Study Abroad Info Session

When: Tuesday, May 6th, 2025
Time: 2:00 PM MDT
Where: Union East
Room 102A

Up All Night Spring 2025

When: Thursday, May 8, 2025
Time: 8:30 PM MDT
Where: Centennial Plaza

Virtual Will Builder: Where There's a Will, There's a Way

When: Friday, May 9,
2025
Time: 10:00 AM MDT
Where: Online

Graduation Ceremony

When: Friday, May 9, 2025
Time: 5:00 PM MDT
Where: Union East

End-of-Semester Hike!

When: Saturday, May
24, 2025
Time: 9:00 AM MDT
Where: Aztec Cave



[ACCESS MINETRACKER HERE](#)

MAY IS MENTAL HEALTH AWARENESS MONTH

THIS EXAM SEASON, MAKE SURE TO TAKE CARE OF YOURSELF!



Take regular breaks

Try the Pomodoro method — study for 25 minutes, break for 5. It helps reset your focus and avoid burnout.



Move Your Body

A 10-minute walk, stretching, or yoga can ease stress and boost your mood.



Eat and Sleep Well

Skipping meals or all-nighters might seem productive, but they hurt your memory and focus.



Practice Mindfulness

Try free apps like Headspace, Insight Timer, or Calm for short, guided meditations.



Reach Out for Support

Talk to a friend, a mentor, or use UTEP's mental health resources. (915-747 5000)

Recharging for the Next Chapter



You are almost there! We hope you enjoy a well-earned break after finals—take time to relax, recharge, and get ready for your next adventure!



Wishing you a happy vacation in advance, and do not forget to prioritize your mental health and well-being!



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