How to be Successful for Finals this Semester!

This fall, finals may look a little different than usual. Check out some tips on how to succeed this finals season:

• **Find your testing space.** Find an area around your house or in your community that allows you to focus and has the internet bandwidth to support your needs. If you are able, try to study in the same space you plan to test in.

• **Set a schedule and boundaries.** With many still working from home, colleges holding online finals, and family home for the holidays, it is possible your space may get crowded. Open a dialogue early with those who share your studying and testing space about how everyone can work together.

• **Be prepared.** Know your professor’s rules surrounding testing, and what they expect from you if there is an issue. This can help to alleviate some stress if you lose internet or something else comes up.

Need some additional support? Schedule a virtual meeting with a Success Coach! You can see their availability by visiting success.tulane.edu/support/coaching.

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**TUPHE FEATURE**

*I know that the Department of Education released new Title IX regulations that went into effect this August. How do these new regulations affect me? How do I get support if I experience sexual violence?*

To be clear, if you experience sexual misconduct at any point during your time at Tulane, your support-seeking experience will NOT be qualitatively different from how it was before the new Title IX regulations went into effect on August 14, 2020. More on this in a second. For your reference, here are the five primary differences between the old Title IX regulations and the new Title IX regulations:

- A person accused of sexual misconduct is guaranteed the right to have an advisor cross-examine the accuser despite evidence that this practice can be retraumatizing for survivors. Additionally, cross-examination can be stressful for both parties involved, and there is no research to support cross-examination as an effective way to gather and evaluate evidence in cases of sexual violence.

- Universities are required by Title IX to only investigate cases that occur on-campus or at a school-sanctioned activity. Universities can choose whether to still investigate off-campus cases under their own policies, but these cases no longer fall under Title IX.

- Sexual harassment is now defined as “unwelcome conduct on the basis of sex that is so severe, pervasive, and objectively offensive that it effectively denies a person equal access to the recipient’s education program or activity”; previously, it was defined as “unwelcome conduct of a sexual nature.”

- Universities now have the option to use the “clear and convincing evidence” standard of proof, which is more stringent than the previous “preponderance of evidence” standard. Universities can still opt to use “preponderance of evidence.”

- Universities may now opt for using informal resolution procedures rather than a formal investigation and punitive action, as long as both parties voluntarily agree to it; previously, informal resolution procedures were discouraged.

Regardless of these new changes in Title IX regulations, Tulane has made the decision to continue providing support and investigative options to any student who experiences sexual misconduct that fell under the previous Title IX regulations by incorporating these cases under their own policies, but these cases no longer fall under Title IX.

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**Case Management and Victim Support Services, 504.314.2160**

srss@tulane.edu | LBC Go2 (garden level)

The Counseling Center, 504.314.2277

Sexual Aggression Peer Hotline and Education (SAPHE), 504.654.9543