Important Fall Semester Dates!

October 8
Columbus Day, No Classes

October 22
Spring course offerings visible online

November 12
Veteran’s Day, No Classes

November 13
Registration for spring classes begins

November 21-25
Thanksgiving break, No Classes

December 5
Last day of classes

December 6
Reading day
Last day to drop with a “W” grade

4 Ways to Find More Time in Your Overscheduled Day

- **Stop believing in busyness:** Do not feel pressure to fill each moment of your day. It is important to allow time for flexibility.
- **Use a long-term lens:** There may be times when you feel stressed with your immediate responsibilities. Pull out your long-term lens and look ahead. All of your smaller everyday duties are leading to your larger goals.
- **Plot your goals on a time ladder:** You are probably energized by many personal goals. However, if you are focusing on too many, you may be challenged by stressful situations. Make a list of everything you want to accomplish and prioritize on a hand-drawn ladder. By focusing on one goal at a time, you will organize your time and reclaim energy that was scattered in many different directions.
- **The two-column action plan:** Take a piece of paper and draw two columns. Write down three things you can do more of in the left column, and three things you can do less of in the right column. Implement these small changes to continue moving toward your goals.

http://www.happify.com/hd/find-more-time-in-your-overscheduled-day/

Sophomore Success Strategy: The Power of Note Taking

Did you know that only 10% of a lecture can be remembered solely by memory? More importantly, students who take and review their notes can recall 80% of the lecture. Note-taking in class can reduce forgetfulness by providing assistance with recollection. Whether you take notes on your computer, your iPad, or with a pencil and paper, be sure to record information. Within 24 hours of each class, review and rewrite your notes. Gain confidence before the exam by creating questions and visiting your professor or TA for clarification!

Wise Words of Wisdom from Husky Engineers

“If I don’t understand something, I go to my professor's office hours or the office hours of another professor that teaches that course. Don’t be afraid to talk to your professors, they are here to help you succeed.”

- Chelsea Wojeskii, Industrial Engineering, 2019

Get the Scoop on your Second Year and learn additional strategies for success! http://www.coe.neu.edu/undergraduate-studies/second-year

Are you interested in contributing to the newsletter? Do you have questions or concerns? Contact Meghan Severance, Academic Advisor, at m.severance@northeastern.edu