Important Spring Semester Dates!

March 2-10
Spring Break

March 18
Fall Courses Posted

April 8
First day of fall registration

April 15
Patriots’ Day, no classes

April 17
Last day of spring classes

April 18
Last day to drop a spring class with a W grade

April 19
First day of final exams

April 26
April Last day of final exams

Participate in Effective Study Groups

1. Decide how many classmates can benefit your group. Having 4 - 6 people is recommended for a successful group.
2. Choose a time and location that works for everyone. Utilize the group space in the library or an empty classroom to take advantage of large areas with white boards.
3. Bring practice problems and questions to the study group to learn from others’ strengths. Ensure that everyone is participating.
4. Stay focused during your study group. 2 - 3 hours is the most beneficial amount of time to work with others. Be sure to take breaks to provide your mind with time to digest material.
5. Meet with study groups as frequently as possible. Learning from others is a beneficial skill.

Sophomore Success Strategy: Get Better Sleep

According to the National Sleep Foundation, adults should get 7-9 hours of sleep each night. That being said, only 40% of college students feel rested on just two days of the week. How can you sleep better? Don’t drink caffeine 4 hours prior to going to bed. Exercise regularly, but not before bed. Avoid technology screens - laptop, phone, etc. - 30 minutes prior to bed. A good night’s sleep encourages improved mental health, optimistic thoughts, and most importantly, an opportunity for your brain to begin recalling the information you are studying. http://www.happify.com/hd/science-of-sleep-infographic/

FREE Events in Boston

Crystal Bowl Meditation/Sound Bath: Enjoy a session of restorative vibrational stimulations that help relax brain-wave patterns, reduce respiratory rates, and restore the whole body balance. REGISTER for the event on Feb 28 from 7-8 pm.

Bach Society Orchestra Concert III: REGISTER for this concert on March 1 from 8-10 pm.

Somerville Winter Farmers Market: Over 30 vendors and live music every Saturday from 9:30 am to 2:00 pm. For more information, click HERE.

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? Contact Meghan Severance, Academic Advisor, at m.severance@northeastern.edu