Year Two @ NEU

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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 with an action in order to be productive. 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 large 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 in many 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 towards your goals.

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

Sophomore Success Strategy: Check Your Finals Schedule

Be sure to review your finals schedule! You can locate your finals schedule by logging onto myNEU; “Self-Service” tab; “My Schedule”; “Fall 2015”; “Student Schedule”. If you notice that you have three finals in one day or two finals at the same time, complete the form below and bring it to the Registrar’s Office by October 1. The Registrar’s Office is located at 271 Huntington Avenue.


Roadmap to Success Workshops: Mid-Semester Workshop Week!

- **Get on Track with Time Management**
  Wednesday, October 21, 11:45am-12:45pm 220 Shillman
  Between classes, work, volunteering, and involvement with student organizations, it can be a challenge to balance all of your responsibilities. Learn new ways to schedule all of your tasks.

- **Ride the Cycle of Success: Nine Powerful Steps to Acing This Semester**
  Wednesday, October 21 6-7pm 105 Shillman
  Did you know that studying 2-3 hours for each hour you are in class is proven effective? Do you have a five day study plan prior to each exam? Uncover the top 9 steps to succeed in each of your courses!

- **Didn’t Do Well on an Exam or Quiz?**
  Friday, October 23 11:45am-12:45pm 220 Shillman
  Are you experiencing a mid-semester challenge? Were you hoping to achieve higher grades? Is the information in your courses confusing? Bring a graded quiz or exam to develop skills to improve.

Wise Words of Wisdom from Husky Engineers

“There is no such thing as a "best possible" coop - instead, there are coops that are very good fits and coops that aren’t. Don’t undersell yourself, certainly, but once you have an offer from a coop that you think would be a great fit for you, take it and get on with your semester with one less thing to worry about! You’ll have a great experience - don’t worry about some parallel universe where you might have had a "better" one. There isn’t really a "better" among good fits, just a different.”

-Emily Shaffer, Computer Engineering ’15

Just a thought …

“Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives, will be the movers and shakers in our society for the indefinite future.”

-Brian Tracy

Are you interested in contributing to the newsletter? Do you have questions or concerns?
Contact Erin Schnepf, Academic Advisor, at e.schnepf@neu.edu