**Year Two @ NEU**

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**Important Spring Semester Dates!**

- **February 15**
  No Classes – President’s Day

- **February 22**
  Summer registration begins

- **March 5 - 13**
  Spring break

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**Summer Registration is Approaching!**

Registration for summer courses begins February 22. Should you have interest in possible summer courses, you may schedule an appointment through myNEU with your advisor. If you are on co-op, choose the “phone” appointment option and have a conversation during your lunch break.

1. Be prepared for your meeting! Bring a curriculum guide, and cross off all courses you have taken and are currently taking. If you are having a phone conversation, have a curriculum guide handy for the discussion.
2. Create a plan of which courses you would like to enroll in for the spring semester.
3. If you have questions and need to email your academic advisor, be sure to include your name, NU ID number and the concern you have. This will help the advisor assist you best!

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**Sophomore Success Strategy: Pomodoro Technique**

Pomodoro Technique is an effective way to improve your work. Set a timer to 25 minutes. During this time, avoid distractions and focus 100% on your assignment. Take a 5 minute break – go for a walk, do jumping jacks, grab a snack. Taking a break and avoiding cramming while studying both gives your mind a break and provides stimulation.


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**Roadmap to Success Workshops: Mid-Semester Workshop Week!**

**Refresh Your Note Taking**

*Wednesday, February 17, 11:45am-12:45pm 315 Shillman*

How do you take notes during a lecture? Do you find your notes helpful when studying for your exam or quiz? Check out the Cornell method, outline and mapping to assist in further understanding your course material.

**SMART Goal Setting**

*Wednesday, February 17, 6-7pm 315 Shillman*

Do you aim to achieve a specific GPA? Are you interested in a great co-op opportunity? How can you realistically plan short- and long-term goals for your Husky career? Take a dive into creating SMART goals focused on success!

**Maximize Your Motivation**

*Friday, February 19, 11:45am-12:45pm 135 Shillman*

Have you noticed there are times during the semester that you have no enthusiasm to study or to focus on assignments? Challenge yourself to overcome those difficulties by sharpening your motivation factors!

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**Wise Words of Wisdom from Husky Engineers**

“Try and understand yourself. Know what you’re good at, and get good at talking about it. Recognize your weaknesses and do what you can to not let those affect your performance. Practice interviewing with someone or yourself. Think of questions you may be asked and prepare answers beforehand. Preparedness really shows in an interview”

-Taylor Skilling, Electrical & Computer Engineering ’17

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**Just a thought …**

“When you take risks you learn that there will be times when you succeed and there will be times when you fail, and both are equally important.”

-Ellen DeGeneres

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

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