Spring Registration is Approaching... Meet with Your Academic Advisor!

1. Registration begins November 16! Schedule an appointment through myNEU. If you are on co-op, choose the “phone” appointment option and have a conversation during your lunch break.
2. 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.
3. Create a plan of which courses you would like to enroll in for the spring semester.
4. 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!

Sophomore Success Strategy: Do You Get Enough Sleep?

Did you know that 88% of college students don’t get enough sleep? This can result in impaired judgment, mood swings, health concerns, difficulty with remembering facts and lower grades. The average adult sleeps 7 hours and 50 minutes a night. Utilize this sleep calculator to see how you compare!

http://labs.time.com/story/sleep-calculator/

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 Your Class
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

“Use a planner/calendar. Because COE professors often distribute a syllabus listing every assignment for the semester, there is a temptation not to plan day to day. Using a planner and breaking my assignments into smaller pieces or recording due dates in a calendar has helped me lower my stress.”

- Andrew Gillen, Civil Engineering ’16

Just a thought ...“You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.”

- Steve Jobs

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