Year Two @ NEU

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Important Spring Semester Dates!

March 5 - 13  Spring break
March 14  Classes resume
April 11  Fall registration begins

Participate in Effective Study Groups

1. Decide how many classmates can benefit your group. 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 digestion.
5. Meet with study groups as frequently as possible. Learning from others is a beneficial skill.

Sophomore Success Strategy: Get Better Sleep

7-9 hours a night is the amount of sleep adults should get, according to the National Sleep Foundation. However, 40% of college students feel rested on just two days of the week. How can you sleep better? Don’t drink caffeine 14 hours prior to going to bed. Exercise regularly, but not before bed. Avoid technology screens - laptop, phone - 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.


Wise Words of Wisdom from Husky Engineers

“Stay consistent. Create a routine and stick to it. I know coming into the second year we tend to feel more comfortable and start to disregard the little things. To combat this, the easiest thing to do is to create a routine.”
- Nelzir Louiseize, Electrical Engineering '16

Just a thought …

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, dream, discover.”
- Mark Twain

Resource Reminder!

All departments within the College of Engineering hire upperclass students as tutors each semester. These tutors have succeeded in each course and can provide specific pointers to help you. If you are experiencing a challenging course or are looking for additional assistance, speak with your professor about details or review the COE Tutoring options located on the Second Year Student Support website:

http://www.coe.neu.edu/undergraduate-studies/second-year

Roadmap to Success Workshop

Active Learning & Study Skills
Wednesday, March 16  6-7pm, 135 Shillman

Using more than one of your five senses while studying assists in comprehension of information. Actively processing the information will also increase knowledge. Work on strategies to best recall your course material. Free pizza!

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