Welcome to the inaugural newsletter for second year students in the College of Engineering! We hope you find this bi-weekly newsletter resourceful. Best of luck this semester from COE Undergraduate Student Services!

Get SMART: Set Goals!

Setting goals is a helpful way to motivate yourself and to decrease stress. Set short and long term goals using this five-step process:

Specific: What do you want to accomplish? If the overall goal is to increase your GPA, the specific goal might be to get certain grades in each class.

Measurable: How can you measure it? In other words, how can you gauge your progress on the goal? (i.e: using a calendar, keeping data, etc.).

Adjustable: If something happens that keeps you from achieving what you have outlined, can the goal be adjusted? Can you still work towards improvement and staying focused on the process, as opposed to the outcome?

Realistic: Is your goal able to be accomplished? Are your stipulations attainable? Outline something that is reasonable, considering your academic and personal responsibilities.

Time: How long will it take to work on this goal? Think about what you have outlined above and when you can evaluate progress.

Sophomore Success Strategies

Study before bed! When you are sleeping, your brain will file new information. The material is fresh and filed as high importance, which means it is ready to be retrieved when you need it. Just be sure not to study while you are in bed because you may fall asleep!

http://www.thevirtualhighschool.org/

Just a thought ...

“If you want to be successful, it’s just that simple. Know what you are doing. Love what you are doing. And believe in what you are doing.”
-Will Rogers

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

Wise Words of Wisdom from Husky Engineers

“Communication is the most important thing in life. From asking questions in class to forming study relationships with classmates to being able to voice your questions and concerns with coworkers. Always keep in contact with your supervisor, check in with them in the morning, go out to lunch with them, be social. They will become a valuable asset well past your co-op. If you feel you have made a mistake, tell your supervisor. Never lie, be honest, mistakes happen.”
-Taylor Skilling, Electrical & Computer Engineering '17

Resource Reminder!

“Get the Scoop on Your Second Year” by visiting the *NEW* COE website specifically for sophomores! Identify academic strategies, COE Resources, on-campus study spaces, additional Words of Wisdom from fellow Engineers, a Second Year Check List and much more!
http://www.coe.neu.edu/undergraduate-studies/second-year

Spring Workshop

How Do You Manage Your Jellybeans? Enhance your time management!
Wednesday, March 18 6-7pm
415 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. Free pizza!