Year Two @ NEU

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Get Ready for Fall Registration

1. Registration begins April 11. Schedule an appointment with your academic advisor 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: Spend Time Outdoors

If you spend an extra hour outside in nature, you can improve your memory and attention. Take a walk in between studying or lay in the grass to soak in fresh air. Instead of heading to the indoor gym, go for a run outside. Gather a few friends to walk the extra 10 minutes to a new dinner spot. Try something outside this week.

http://www.happify.com/hd/nature-makes-us-happier-infographic/

Wise Words of Wisdom from Husky Engineers

“Always read the material ahead of time, always. This enables the student to participate in class discussions and understand the new material being taught.

- Clarissa Danif, Mechanical Engineering ’18

Just a thought …

“Do one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.”

-Oprah Winfrey

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

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

Resource Reminder

College can be an exciting, transformative time, but it can also bring challenges and concerns. Stress, anxiety and a range of emotions can be normal reactions to college life, but emotional, relational, or psychological difficulties can make it hard to be a successful student. When these types of issues occur, it is important to reach out and ask for help.
Contact University Health & Counseling Services at 617.373.2772 or visit the first floor of the Forsyth Building.

http://www.northeastern.edu/uhcs/counseling-services/

Roadmap to Success Workshop

Active Learning & Study Skills
Wednesday, March 16
TONIGHT!
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.