Tips to Stay Inspired

1. Exercise Daily: Move and sweat to boost your energy and mood.
2. Sleep: Catch at least 8 hours of zzz’s every night.
3. Top 3: Create a list of the top 3 tasks to complete every day.
4. 50/10: Work on a task for 50 minutes and grant yourself a 10 minute break.
5. Brainstorm: Utilize study groups to inspire creative thoughts.
6. Be grateful: Think about 10 things each week that you are grateful for.
7. Stay organized: A clean environment promotes focus and concentration.
8. Treat Yourself: Allow yourself time to enjoy your favorite things.

http://youngpolishedandprofessional.blogspot.com/

Sophomore Success Strategy: Review Your Exam

When you receive a graded exam back, it is in your best interest to pay attention to the questions you answered incorrectly. Why did you get them wrong? What was challenging for you? Did you study the correct information? Try to solve the problem again and if you continue to get the incorrect answer, visit the office hours of your professor or TA. If you studied the incorrect information, be sure to clarify what will be on the next exam to ensure added preparation.

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/

Wise Words of Wisdom from Husky Engineers

“Now that you have become acquainted with Northeastern and had the chance to spend a year in the area, start setting up your network. Networking, that ubiquitous word that everyone uses to try and get you to use. Set up a LinkedIn account. Taking the time to put yourself out there adds such an enriching aspect to this college experience. Visit your professor’s office hours, join a club, and investigate a new neighborhood. Anything to expand your knowledge of the area and build your confidence. You’ll be here for the next 4-5 years, make this your home, however you choose to design it.”

- Griffin Rapaport, Chemical Engineering ’16

Just a thought …

“I began to realize how important it was to be an enthusiast in life. If you are interested in something, no matter what it is, go at it full speed. Embrace it with both arms, hug it, love it and above all become passionate about it.”

-Roald Dahl

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

Roadmap to Success Workshop

Reading with a Purpose
Wednesday, November 18
6-7pm, 105 Shillman

Utilizing your textbook is an important part of understanding course material, but how can you make the most of your reading? Gain tips and tactics to further digest a dense textbook.