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!

How Can You Relieve Stress?

Try a new recipe
Eat healthy foods
Re-organize yourself
Enjoy nature
Take a nap
Watch a movie
Visit University Health & Counseling Services

Sophomore Study Strategies: Create a Study Guide

1. Know what concepts will be on the exam. Review your syllabus and ask your professor/TA if you have questions.
2. Gather notes from class and your textbook, along with practice problems, handouts, previous exams and quizzes to create a detailed guide.
3. Begin structuring your guide! Organize the information either alphabetical or chronological, depending on what works best for the subject. Draw concept maps to make connections between ideas. Utilize a number system to show a series of material.
4. If you realize some ideas are confusing, create questions that can be addressed by your professor, TA, tutor or fellow classmates.

Resource Reminder!

College can be an exciting, transformative time, but it can also bring its own 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 them on the first floor of the Forsyth Building.

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

Spring Workshop

Stress Management to Help you Succeed

Wednesday, April 15 6-7pm
415 Shillman

As a Northeastern student, you have many responsibilities. Between all of your involvements you are quite busy and stress may escalate as the semester comes to a close. Enjoy a relaxing event with tips to help you perform well at the end of the semester. Free pizza!