Year Two @ NEU
November 26, 2018     Volume 8     Number 4

Important Fall Semester Dates!

December 5
Last day of classes

December 6
Reading day
Last day to drop with a “W” grade

Wise Words of Wisdom from Husky Engineers

“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.”

- Kim Perrone, Civil Engineering '18

Tips to Stay Inspired

- Exercise Daily: Move and sweat to boost your energy and mood.
- Sleep: Catch at least 8 hours of zzz’s every night.
- Top 3: Create a list of the top 3 tasks to complete every day.
- 50/10: Work on a task for 50 minutes and grant yourself a 10 minute break.
- Brainstorm: Utilize study groups to inspire creative thoughts.
- Be Grateful: Think about 10 things each week that you are grateful for.
- Stay Organized: A clean environment promotes focus and concentration.
- 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 preparation and success!

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/

Be a Boss of Boston: The North End

Congratulations, this is the last part of Boston to explore before becoming a Boss of Boston!

Faneuil Hall/Quincy Market – the ultimate tourist stop to bring family and friends to. Pick up some souvenirs and grab some tasty food!

Lawn on D – do you see your social media page flooded with these posts? If not, Google it up!

Daily Catch – the food here is absolutely on point, and stop by Mike’s Pastry or Modern Pastry for dessert.

Are you interested in contributing to the newsletter? Do you have questions or concerns?
Contact Meghan Severance, Academic Advisor, at m.severance@northeastern.edu

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

Just a thought ...

“Many students get nervous if they don’t hear from employers within the first couple days. Try to keep calm - some companies just interview later than others and just because you haven’t heard back yet, doesn’t mean you’re not a good candidate.”

- Kim Perrone, Civil Engineering ‘18

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