

# STUDENT ENGAGEMENT

## Weekly Newsletter

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## YOUR First 8 Weeks

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your SEVENTH week!

## Week 7: My Midterms

### Good Luck on Midterms!

Congratulations, you are coming up on the halfway point of the semester. Hopefully you are enjoying all of your courses and completing all of your coursework with confidence. However, if you are struggling in a class, falling behind on assignments or readings, or just aren't understanding the material, reach out for help NOW while you still have time to get back on track. We are confident that You. Can. Do. This. with the right support and resources.



## THIS WEEK YOU SHOULD FOCUS ON:

### Utilize tutoring and other academic resources in the Academic Achievement Center (AAC)

- Utilize peer and professional tutoring services in the AAC
- Taking a math class? Check out the Math Center, Wellesley Room 135 for help in your courses.

### Take Breaks and Take Care of Yourself:

- As you are studying and working on turning in major assignments, make sure you are still focusing on your personal health and taking care of yourself. Walking around like a zombie with 3 energy drinks isn't healthy. Take breaks to still see friends, re-watch your favorite episode of The Office, or spend time on your favorite hobby.

### Look for the Student Engagement Midterm Study Break Travelling Coffee & Snack Cart:

- |                      |                   |              |
|----------------------|-------------------|--------------|
| • Tuesday, Oct. 15   | Framingham Campus | 10am-12pm    |
| • Wednesday, Oct. 16 | Wellesley Campus  | 8:30-10:30am |
| • Thursday, Oct. 17  | Wellesley Campus  | 9-11am       |
| • Thursday, Oct. 17  | Wellesley Campus  | 4:45-6pm     |
| • Monday, Oct. 21    | Framingham Campus | 4:45-6pm     |

### Sleep

- Pulling all-nighters and missing sleep in order to cram for exams won't leave you with the mental capacity you need to take exams or write papers and lab reports. Make sure you are prioritizing and getting enough sleep so you can be at your best!

### Stay Organized

- Double check all dates and times for mid-term exams and major due dates on assignments! Then, create a schedule (a realistic one!) that gives you time to study for exams, work on assignments, take breaks, eat complete meals, and sleep.

### Attend a Mindful MassBay

- Counseling Services hosts mindfulness sessions twice a week to create space for students and staff to practice mindfulness, de-stress, and take a break. Check out a session on either the Wellesley or Framingham campus!
  - Mindful MassBay
    - Thursday, October 17<sup>th</sup> 3:30-4:30pm, Wellesley Library Conference Rm. B
    - Monday, October 21<sup>st</sup> 1:00-2:00pm, Wellesley Library Conference Rm. B
  - Weekly Mindfulness and Stress Reduction Group
    - Wednesday, October 16<sup>th</sup> 12:00-1:00pm, Framingham Room 205

### Stretch Out the Stress with Silent Yoga

- Join a yoga session with a twist!
  - Thursday, October 17<sup>th</sup> 1:00-2:00pm Wellesley RWC

### Join SGA for a study session

- Whether studying alone or with friends, stop by to get some work done and grab a bite to eat! Pizza and snacks will be provided.
  - Wednesday, October 16<sup>th</sup> 3-5pm, Wellesley Library Atrium

**Helpful Hint:** Were you running out of time to study or complete assignments? Were you still searching for your most productive working space? After you take a break, think about how you can better prepare for finals. Can you request off a day or two of work before finals for extra study time? Ask now and not at the last minute! Ask around your classes to see if you can create study groups for the rest of the semester.