

# 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 EIGHTH week!



## Week 8: My Midterms

### Good Luck on Midterms!

Congratulations, you have hit 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 virtual peer and professional tutoring services in the AAC

### 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 connect with friends, re-watch your favorite episode of The Office, or spend time on your favorite hobby.

### Look for Midterm Week Study Break Events:

**Come play Drawasaurus**  
(multiplayer drawing & guessing game)  
Tuesday, Oct 27 | 3-4pm | [Zoom Link](#)

**Students of Color Together Tuesdays**  
Tuesday, Oct 27 | 4:30-5:30 | [WebEx Link](#)

**Virtual Yoga**  
Wednesday, Oct 28 | 12-1pm | [WebEx Link](#)

**Paint Night**  
Thursday, Oct 29 | 7pm | Must be pre-registered

### 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:

Monday, Oct 26 | 3-3:30pm  
&

Thursday, Oct 29 | 3-3:30pm

Email [counseling@massbay.edu](mailto:counseling@massbay.edu) for link

**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.



## ARE YOU READY FOR THE NOVEMBER ELECTION?

**Check out this Lib Guide** our amazing Librarians have put together with information about Voting -in MA and other New England States- and Common Voting Terms, Ballot Questions, and much more! You can access it here: [Voting and Election 2020 Library Guide](#)

### Know what will be on your Ballot!

- While the Presidential Election is discussed most, it's not the only thing you will be voting on this year!! All MA residents will be also be voting on a U.S. Senate Seat, their Representative to the House and 2 Ballot Questions! Individual cities, towns and municipalities may also have their own candidates and initiatives that will appear on your ballot.
- Find a sample of your Ballot [Here](#)

### Know where YOU Vote:

Visit: [www.WhereDoIVoteMA.com](http://www.WhereDoIVoteMA.com) to find your polling (voting) location!

### Create your Voter Plan!

Whether you choose to Vote In Person, Mail-In Your Ballot, Vote Early or Drop Off of your Ballot- It's essential to you have a plan this election for make sure your vote counts!

- Request Your Ballot
- Return by mail to your election location
- Drop it off at a designated drop-off location
  - ⇒ Ballots can be hand-delivered to your local election office, a municipal drop-off box or any early voting location in your city or town
  - ⇒ [Find Your Designated Drop-Off Location Here](#)
- Vote Early!
  - ⇒ Early voting runs Oct. 17-Oct. 30th
  - ⇒ To Vote early, you can either drop-off your ballot, or vote in-person at an early voting location. You will be checked-in, given a ballot, and your ballot will be saved to be counted on election day!
  - ⇒ [Find an Early Voting Location in Your City/Town](#)

Some tips and safety measures:

- ⇒ Wear a mask
- ⇒ Bring Hand Sanitizer or other safety items
- ⇒ Bring your own pen

## AND REMEMBER:



## Follow Student Engagement on Social Media!



@massbaystudentengagement



MassBay Student Engagement

[www.massbay.edu/studentengagement](http://www.massbay.edu/studentengagement)