

# STUDENT ENGAGEMENT

## Weekly Newsletter

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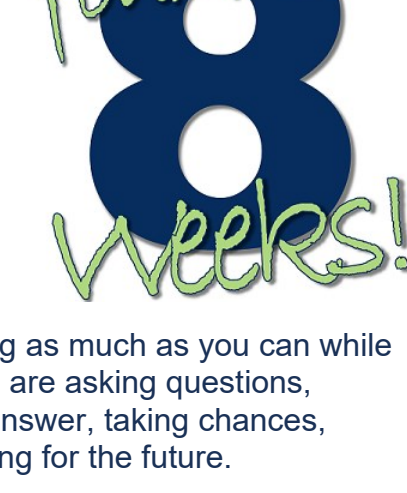
## YOUR First 8 Weeks

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 FIFTH week!

### Week 5: My Success

#### What Does Success Mean to You?

This week we are focused on helping you achieve your goals both here at MassBay and into the future. Being a "successful" student means you are staying on top of your readings and assignments, actively participating in class, studying for exams, and learning as much as you can while in school. However, it also means you are asking questions, admitting when you do not know the answer, taking chances, utilizing campus resources and planning for the future.



### THIS WEEK YOU SHOULD FOCUS ON:

#### Academic Success

- As your workload increases, remember all of academic resources available to you - and reach out now to get the support you need.
- **Challenge Yourself in Classes**
  - Answer a question even when you are not confident in your answer.
  - Ask questions in class.
- **Reach out to your professor if you are struggling in a class**
  - Email them to set-up a meeting, ask questions, or join them in their virtual office hours
- **Academic Achievement Center**
  - Utilize peer and professional tutoring services in the AAC.
  - The AAC now has a virtual drop-in center that students can join to set-up appointments and learn about tutoring services:
    - Access Virtual Academic Achievement Center
    - Monday-Thursday: 9:00am-7:00pm
    - Friday: 9:00am-5:00pm
    - [Zoom Link](#)
- **Coaching Commons**
  - Coaching Commons is dedicated to supporting the academic, career, and co-curricular success of students at MassBay. We provide individualized support focused on college transition, academic skills, and building a sense of belonging for all students at MassBay.
  - Available Services:
    - ⇒ Support with college transition and acclimation
    - ⇒ Help managing non-academic challenges
    - ⇒ Guidance setting and achieving goals
    - ⇒ Culturally relevant activities in a culturally inclusive community
    - ⇒ Assistance identifying/navigating campus resources
    - ⇒ Help navigating Blackboard, Bay Navigator, and MyMAP
    - ⇒ Academic skill-building workshops
  - Make an Appointment to see a Success Coach:
    - ⇒ Email [coaching@massbay.edu](mailto:coaching@massbay.edu) to request a meeting with a Success Coach.
    - ⇒ Visit [www.massbay.edu/coaching](http://www.massbay.edu/coaching) for more information
- **Strong Foundation Workshop Series**
  - Workshop series being presented by the AAC and Coaching Commons -- each workshop focuses on a different topic of student success!
  - This week's workshop:
    - Being Successful in Your Online Classes**
    - Tuesday, October 6, 1-2pm
    - Presenter: Margaret Crowe
    - [Zoom Link](#)

#### Planning for the Future:

- **Attend the Managing Your Money to Build Your Best Life Event:**

MassBay and the Babson Financial Literacy Project  
**Tuesday, Oct. 6, 3:00pm-4:30pm**

*Paying your bills should be a top priority for everyone. Of course, most of us also want some extra money for a major purchase, dream of owning a house, and retiring comfortably. This workshop will help you learn how to budget your money and start building a nest egg for your future. Workshop size is limited so [register](#) early! This workshop is being provided by The Babson Financial Literacy Project.*
- **Sign-up for the LEAD Program:**

*LEAD (Leadership Engagement And Development) is a program at MassBay designed to develop leadership skills that will benefit students throughout college, career, and life. The LEAD program exists to inspire all students to effect positive change through self-exploration, including the positive impact they can have in a group and our community, and why it's vital for our future. To sign-up and for more information visit: [www.massbay.edu/LEAD](http://www.massbay.edu/LEAD)*
- **Academic Planning**
  - All students, but particularly all new and first-year students, should be meeting with your Advisor to discuss your academic goals and create your academic plan for MassBay. Reach out to your advisor about setting up a meeting before registration opens!
- **Connect to Career Services**
  - Career Services can offer a wide variety of services, from career exploration and résumé writing, to interviewing skills, internships, and much more!
  - This week, check out their Business Academy Career Week Events:
    - [Career IRL: Business Academy](#)  
Monday, October 5, 1-2pm
    - [Connecting for Success in a Digital World: Business Academy](#)  
Tuesday, October 6, 6:30-7:30pm
    - [Career Panel: Business Academy](#)  
Thursday, October 8, 11am-12pm

#### Personal Success

- **Balance**
  - Have you found a routine that works for you? Do you have an appropriate place to complete your work at home? Are you overwhelmed with your coursework? Are you getting enough sleep? Are you making time for your friends/family?
  - Completing your coursework from home can be challenging and emotionally difficult - make sure to take this week to assess how things are going and make changes as needed.
  - Make time to see friends and family!
- **Manage your time**
  - Find a scheduling technique that works for you! Whether it's a planner, calendar, or app, find a system that maintains all of your academic, work, and social commitments in one place so you aren't missing anything or double-booking yourself.
  - Need Help?
    - Scheduling and Time Management Workshop**  
Wednesday, October 7th 1-2pm
    - [Zoom Link](#)
- **Be Accountable**
  - If you make a commitment, follow through and be responsible for it.
  - Whether it's a group project, an appointment with a faculty or staff member, or a date, people will remember if you are someone who can be counted on and trusted.
- **Get involved in a club or organization!** Go to the Clubs and Organizations page to learn more about how to get involved: [www.massbay.edu/clubs](http://www.massbay.edu/clubs)

## Follow Student Engagement on Social Media!



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MassBay Student Engagement

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