

# STUDENT DEVELOPMENT

## Weekly Newsletter

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- Midterm stress management
- Midterm Study Break events

### Midterm Week

- **Break out the calendar!**
- **Break it down!**
- **Take a Break!**

To manage stress during mid-terms, here are three things to keep in mind when it comes to keeping your cool and your focus:

#### 1. Make a schedule for each day.

Aim to do no more than two hours of studying at a time to keep your brain fresh and to avoid feeling frazzled. Make sure to schedule break time and reward yourself after each study session. Leave a couple of hours in the evening to decompress, rather than cramming into the late hours. You'll get more sleep and your mind will thank you.

#### 2. Break it down.

When studying, just focus on one chunk of information at a time. This could be one set of definitions, one concept, or one chapter in your textbook. Get familiar with each chunk first, before moving on to the next one. And remember to take breaks after absorbing several chunks of info!

#### 3. Take time for yourself.

Breaks are crucial. Make sure to do things that have nothing to do with studying. Take time for things you really enjoy. Maybe it's going for a walk or run, drinking tea or going out for your favorite Starbucks drink, drawing, listening to your favorite soundtrack, doing a bit of yoga, rewarding yourself with a delicious snack, or even getting up and dancing!

Remember to practice these three things when you feel overwhelmed with school assignments. Following a schedule can help us feel in control!

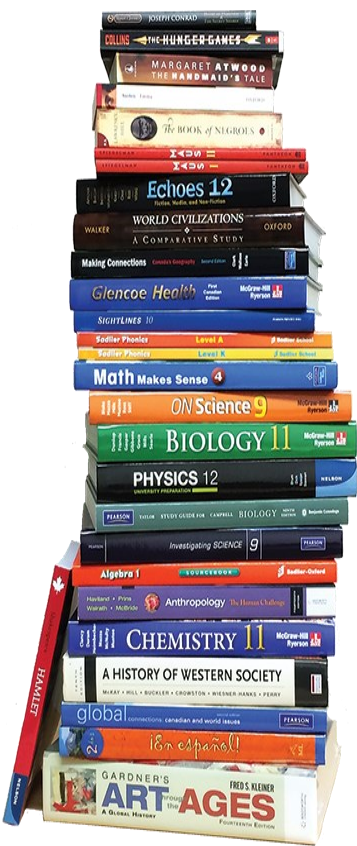
*(Adapted from jack.org)*



The Academic Achievement Center (AAC) offers peer tutoring, professional individualized instruction, study groups, skills workshops, and support for all MassBay students. Best of all, all of our support services are **FREE** and offered on both our Wellesley and Framingham campuses and online through Smarthinking.

For more information, please visit

[www.massbay.edu/academics/aac](http://www.massbay.edu/academics/aac)



## Midterm Events Sponsored by Student Engagement:

### Monday, March 11

**Study Break - Coffee & Snacks**  
11am | Ashland Campus

### Tuesday, March 12

**Traveling Coffee & Snack Cart**  
11am-12pm | Framingham Campus

**Traveling Coffee & Snack Cart**  
5-6pm | Framingham Campus

### Wednesday, March 13

**Traveling Coffee & Snack Cart**  
8:30-10:30am | Wellesley Campus

**SGA Pizza Study Session**  
3-5pm | Wellesley Atrium

For more information email [studentengagement@massbay.edu](mailto:studentengagement@massbay.edu)