



STUDENT  
ENGAGEMENT

# Weekly Newsletter

October 25, 2021 | My Midterm Week



Your First  
**8**  
Weeks!

*We know that starting classes can be overwhelming. Your attention is pulled in a lot of directions; most of you are working and going to school, and many of you have family responsibilities as well. Getting back into school can be a challenging transition, whether it's been 3 weeks, 3 months, or 3 years since your last class.*

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 ACADEMIC RESOURCES

Academic Achievement Center



<https://www.massbay.edu/academics/aac>

The Academic Achievement Center is open virtually and ready to support students. Join the staff of the AAC during our virtual open hours to make an appointment to meet with a Learning Specialist or Peer Tutor, to take an exam, to drop-in for extra help, to meet with your study group or ask about our services:

### LINKS FOR ACADEMIC SUPPORT

- Free online tutoring available

through [Smarthinking](#).

- <http://www.howtostudy.org/>
- <http://www.studygs.net/>
- <http://www.collegeatlas.org/college-study-guides.html>

## Library Services

<https://www.massbay.edu/library>

Though the library facilities remain closed during the current health emergency, we are here to help you. Librarians are available for remote assistance during the following hours:

Mon.-Thurs.: 8 a.m.-8 p.m.

Fri.: 8 a.m.-4 p.m.

Sat.: 8 a.m.-12 p.m.

Sun.: Closed

Electronic resources are available 24/7.

### [Chat with a MassBay Librarian](#)

Email: [AskALibrarian@massbay.edu](mailto:AskALibrarian@massbay.edu)

Text: 781-253-7377

Phone: 781-239-2610

## VIRTUAL STUDY HOURS

Drop in to the Virtual Study Hours hosted by students for whenever you need a little motivation, help or someone to help hold you accountable on assignments and studying!

- Monday, Tuesday, Wednesday from 3 - 7pm
- Tuesday and Wednesday from 11am - 1pm
- Thursday, Friday, Saturday from 7 - 9pm

Links are on the online [event calendar](#).



## 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

### Mindful MassBay (Guided Meditation)

Monday & Thursday | 3 - 3:30pm | No experience necessary

Links are on the online [event calendar](#)

### Virtual Yoga Class

Tuesday & Friday | 2:00pm - 3:00pm

To receive the Zoom link to the classes, please email [athletics@massbay.edu](mailto:athletics@massbay.edu).

### Together Tuesdays – with Dr. Moore and Guest

Tuesday | 4-5pm | Everyone Welcome!

Link: <https://massbay.webex.com/join/lmoore>

### JINDO Musical Bingo

Wednesday | 7 – 8pm | Win Amazon Gift Cards!

Link is on the online [event calendar](#)

### Virtual Paint Night

Thursday, Oct 28 | 7pm | Must be pre-registered

## GET 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 25 | 3-3:30pm
- Thursday, Oct 28 | 3-3:30pm

Email [counseling@massbay.edu](mailto:counseling@massbay.edu) for link or look on the online [event calendar](#)



## 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.

## COVID Updates & Vaccine Requirements for Spring

### Who is required to provide proof of the COVID-19 vaccine?

For the Spring 2022 semester, any student who is planning to come to any MassBay campus and/or affiliated clinical sites will need to provide proof of the vaccine. This includes the following:

- Students who are enrolling in any face-to-face class on-campus.
- Students who are intending to use any on-campus services and resources



### What if I choose not to submit proof of the COVID-19 vaccine?

For the Spring 2022 semester, you are eligible to register for only online and remote classes and you will only have access to virtual services.

### When do I need to be fully vaccinated by and what does “fully vaccinated” mean?

- For the Spring 2022 semester, students must be fully vaccinated by Tuesday, January 18, 2022.
- Fully vaccinated is defined as two weeks after someone takes the Johnson & Johnson vaccine or after taking their second Pfizer or Moderna dose.

For instructions on uploading your proof of vaccination please visit:

<https://www.massbay.edu/immunization>

## ----- VACCINE TIMELINE -----

**Students must be fully vaccinated by Tuesday, January 18, 2022.**

*Any student who has not submitted proof of vaccination by January 3, 2022, will be dropped from their face-to-face classes only. Students who register for face-to-face*



classes after January 3, 2022, will need to provide proof of vaccination immediately after registering for classes. Students who do not submit proof of vaccination will be dropped from all face-to-face classes.

**To be fully vaccinated by January 18, 2022, the following deadlines must be met:**

### **MODERNA**

#### **42 DAYS LEFT**

First Dose: December 7, 2021  
Second Dose: January 4, 2022

### **PFIZER**

#### **49 DAYS LEFT**

First Dose: December 14, 2021  
Second Dose: January 4, 2022

### **JOHNSON & JOHNSON**

#### **71 DAYS LEFT**

One Dose: January 4, 2022



## **Here is a Sneak Peak at Events This Week:**

Visit the  
**Virtual Events**  
**Calendar**

in OneLogin  
for more  
events,  
event links  
and additional  
information!

#### **Achieve Virtual Career Fair Success**

**Tuesday, October 26, 2021, 12 – 2pm**

*Come by any time between 12pm-2pm to learn how to successfully prepare for and participate in the Massachusetts Community Colleges' Virtual Career Fair coming up on Wednesday, Nov. 17. Further details about the Fair are coming soon!*

#### **SGA Weekly Meeting**

**Wednesday, October 27, 3 – 5pm**

*All students are welcome to join SGA's weekly meeting to hear what is happening around MassBay and bring any concerns to your SGA representatives!*

#### **JINDO Musical Bingo**

**Wednesday, October 27, 2021, 7 – 8pm**

**IT'S BINGO WITH A BEAT!**

*Jindo is the music bingo party game of skill and luck that's FUN for everyone! Join the CCSLA and your fellow Massachusetts Community Colleges for a game that mixes name-that-tune with bingo.*

#### **Hip Hop, Mental Health, & Resilience**

**Friday, October 29 1 – 2:30pm**

*These workshops will explore the concepts of hip hop,*

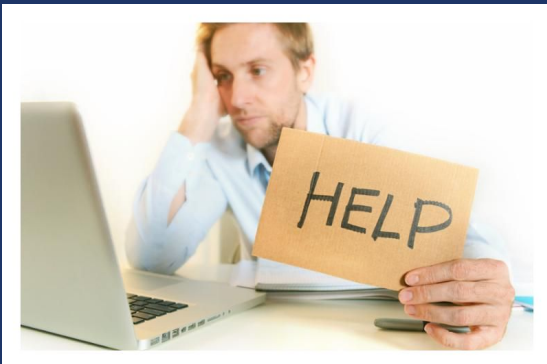


## Virtual Events

*mental health, and resiliency in the time of COVID. Toni Morgan, hip hop educator, will be our expert guide. She will focus on the lives and music of specific artists to do a deep dive on these topics.*

Also, make sure to check out the Library's Fall Workshops and LibGuides:

[Link to Library News, Events & LibGuides](#)



# NEED HELP? HAVE QUESTIONS?

## VISIT THE VIRTUAL Q & A CENTER!

*Connect virtually with a member of our Support Squad through WebEx. The MassBay Support Squad is available to answer a wide range of questions!*

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

Student Engagement | [Visit our website](#)

