



STUDENT
ENGAGEMENT

Weekly Newsletter

October 4, 2021 | My Success 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 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.

Attend the Fresh Start - Resetting Academically Faculty & Student Panel Discussion:

Monday, October 4th from 1:00pm to 2:00 pm

Are you feeling like you are falling behind in your classes or struggling to keep up? Could you use an “academic reset”? Well, it’s not too late to start strong! Join us for a panel discussion to hear from faculty and fellow students on how to catch up, accessing resources, planning and more. (Go to the Virtual Event Calendar for link)



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 has a virtual drop-in center that students can join to set-up appointments and learn about tutoring services:
- Access Virtual Academic Achievement Center: [Zoom Link](#)

PLANNING FOR THE FUTURE

Attend the Investing to Achieve Your Goals Workshop

Presented by the Babson Financial Literacy Project on **October 15, 2-4pm**

Do you find news about the ups and downs of the stock market confusing? You may feel like you should be investing but don’t know where to start. This fun and interactive workshop will help you learn how to preserve and grow your wealth.

It covers the basics of investing – including the differences between stocks, bonds, mutual funds, and ETFs – and how to choose investments that make sense for you.

Register to attend [HERE!](#)



Join LEAD!

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.

Benefits of the Leadership Program

- Gain practical experience in cooperative teamwork, creative problem solving, and

being an effective leader

- Further develop self-awareness and interpersonal skills, and learn about group dynamics
- Develop relationships with other students, faculty, staff, and administrators
- Visit www.massbay.edu/lead for more information and to apply!

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 events:
 - **Achieve Virtual Career Fair Success:** Monday, Oct. 4 between 12pm-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.
 - **Alumni Success Panel:** Thursday, October 7, 2021, 11am – 12pm Learn what it takes to be successful from MassBay alumni.

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!
- Attend These events focused on your mental health success:
 - **Stress Reduction for Students:** Monday, October 4, 1-2:30pm. ShaQuan Read, Licensed Mental Health Counselor, will be leading this 2-part interactive workshop on how students can understand and manage the stress of college. Register [HERE](#)
 - **Hip Hop, Mental Health, & Resilience:** Friday, October 8, 1-2:30pm. This workshop series will explore the concepts of hip hop, 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. Register [HERE](#)



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.

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.

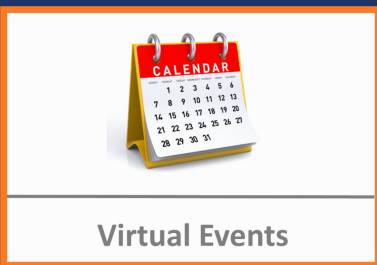
Get involved in a club or organization!

- Go to the Clubs and Organizations page to learn more about how to get involved: www.massbay.edu/clubs



Here is a Sneak Peak at Events This Week:

Visit the
[Virtual Events Calendar](#)
 in OneLogin
 for more
 events,
 event links
 and additional
 information!



Virtual Events

Fresh Start - Resetting Academically Faculty & Student Panel Discussion

Monday, October 4, 2021, 1 – 2pm

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Student Town Hall with President Podell

Wednesday, October 6, 2021, 1 – 2pm

Join us for the Student Town Hall with President Podell! President Podell looks forward to providing updates and hearing from you about your experiences at MassBay. We welcome feedback, concerns, ideas, suggestions, and of course, questions.

SGA Weekly Meeting

Wednesday, October 6, 2021, 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!

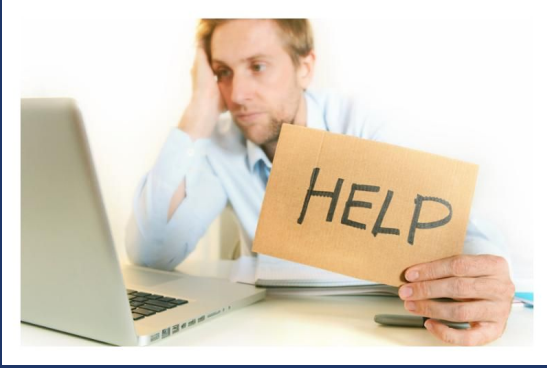
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These workshops will explore the concepts of hip hop, mental health, and resiliency in the time of COVID. Toni Morgan, hip hop educator, will be our expert guide. She will focus on the lives and music of specific artists to do a deep dive on these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

Student Engagement | [Visit our website](#)

