

# PAA TIP OF THE WEEK

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## PREPARING FOR SPRING SEMESTER!

Hey Forbes, congrats on finishing up the fall semester...WOOHOO!!!

We hope you have used intersession as an opportunity for much-needed self-care. Before the new semester picks, I thought I'd offer a few tips to help you transition back :

- **Get organized:** Figure out your classes and extracurricular schedule so you know what time and where you're going for the first week of classes! Organize it in a planner, calendar, or whatever works best for you. Once you get your syllabi (if they are not already posted on Blackboard), go ahead and take notice of the big due dates and exam dates; write them into your calendar as well.
- **Buy your course books/supplies:** Course book lists are available on the Course Offerings website as well as on Blackboard. Students receive a 30% discount through Labyrinth Books, but you can also buy through the Textbook Exchange group on Facebook or online websites like Amazon. Make sure you check to see if you need an iClicker or other materials for some of your courses!
- **Reflect and set new goals:** Think about what worked and what didn't last semester and how you can improve for the new semester. Consider making it a goal to go to more office hours, or to organize your notes differently, or to start work earlier. Start with small goals; the less demanding, the more likely you are to keep them!
- **Research your courses:** Use Principedia to find out what past students have said about your courses. You can learn about how others studied, learned, and worked through the classes you hope to take. Take inspiration from them, but also remember that your experience may be slightly different.
- **Rest up:** Intersession is the time to really relax and take a break, but when you return, please continue practicing self-care! Also, make sure you slowly get yourself back onto the right sleep schedule to get enough sleep and wake up for classes on time! HAPPY SPRING TERM!

**For additional academic support, check in with your PAAs  
or have a chat with Dr. Andrews**

