

Check your email daily for the most up-to-date information on program and campus happenings!

### END-OF-SEMESTER GATHERING

It's been a great semester, and the Rx Program says thanks for allowing us to be part of your team! Celebrate the close of the semester with the Rx and Visions Programs for a joint gathering!

Tuesday, December 8th  
12:30 p.m. - 1:30 p.m.  
North Café



### December Dates

December 1	Winter Activity, TBA
December 8	End-of-Semester Gathering, 12:30 – 1:30 p.m., North Café
December 15	Last Day of Gardner Day Classes
December 16 – 18	Exam Days
December 22	Last Day of Evening Classes Last Day of Cycle 2 Classes
December 23 – Jan. 19	Winter Break

If you have a disability and require accommodations in order to participate fully in Program activities, please contact the Program Director to discuss your specific needs.  
Affirmative Action/Equal Opportunity Institution

November/  
December 2015

#### Program Services

- Academic Advising
- Personal Counseling
- Career Counseling
- Transfer Counseling
- Disabilities Services
- Individual and Group Tutoring
- Seminars
- FYE Courses
- Supplemental Instruction
- Cultural Activities
- Grant Aid
- Equipment Loans (laptops, calculators, & more)

#### Program Staff

**Gaurav Khanna**  
Director

**Catherine Maddox-Wiley**  
Retention Specialist

**Lisa Diamond**  
Transfer Counselor

**Heidi Wharton**  
Academic Counselor

**Sara Williams**  
Management Assistant

**Paula Clapp**  
Math Professional Tutor

### WRAP UP THE SEMESTER

As the chilly weather rolls in, it's time to wrap up in those winter coats and fuzzy blankets! Here are a few steps you should take to finish up the semester and look ahead to spring.

#### Register for Spring and Summer 2016

On Tuesday, November 3, the registration process will begin for currently enrolled students. If you've met with an Rx advisor, you should be ready to sign up for the courses you've selected. Registering at this time enables you to get courses on the days and times that fit your scheduling needs.

#### Prepare for Final Exams

Finals week can be a stress-filled period that leaves many students, even those who are doing well, with an uneasy feeling. You can eliminate some of the stress by making sure you have prepared well in advance of the tests. Your preparation began the first day of classes and your review sessions should begin three weeks prior to exams.

Start by reviewing the readings, class notes, flash cards, PowerPoints, previous exams and quizzes.

This is the time to review the highlighted areas in the chapters and your written notes. Do you need to add any details you missed? Did you correct the previous exams so that you better understand the material?

Take practice tests. Most textbooks include questions at the end of the chapters. Use them for test-taking practice. Mimic the test conditions by using a timer set for two hours.

Participate in stress relief activities. Don't underestimate the value of adequate sleep, healthy eating, time with family or friends, meditation, yoga, exercise, and other stress relievers. Be sure to show up for your test at least 10 minutes in advance to avoid the frantic feeling of being late.

#### Enjoy the Winter Break!

Celebrate your successes! Do something you haven't had a chance to do in a while! Try something new!

### Healthcare Programs Information Sessions

If you are planning to apply to a selective healthcare program, you should attend an information session to get up-to-the minute information about the application and acceptance process.



#### Nursing, Physical Therapy, Dental and Health Information Management

Monday, November 9  
Monday, December 14  
2:30pm

\*Must register at  
<http://mwcc.edu/admissions/information-sessions/>

\*If you have difficulty registering, you may need to use a different internet browser, such as Firefox, to access the registration page. You may also need to use a different browser when accessing the online selective program applications.

#### Medical Laboratory Technician

Monday, November 9  
Wednesday, December 9  
3:00p  
Room 214

#### Radiologic Technology

Call 978-630-9110 or email  
[admissions@mwcc.mass.edu](mailto:admissions@mwcc.mass.edu)

**Top 5 Reasons to Appreciate Pre-Requisite and Elective Courses**

**5. You may change your major.** Many college students change their majors at least once during their academic journey and often find that they enjoy a subject to which they were never exposed. The major and career you initially want may not be the field in which you ultimately work.

**4. You will develop your critical thinking skills.** Each academic discipline offers various approaches to critical thinking skills. You may not always recognize this when you're in the courses, but you will see the value when you're engaged in other situations, especially professional encounters.

**3. You may continue your education.** You may not have immediate plans to continue your education, but if and when you do, you want your transcript to reflect that you are prepared for a bachelor's, master's, or doctoral program. Academic opportunities may knock, so you want to be prepared to open the door.

**2. Your career requires you to be a smart cookie.** Employers expect a college-educated individual to have a wide-range of academic knowledge and job-ready skills as well as the ability to learn new skills and apply their knowledge and experience to their career. If employers didn't think education played a crucial role in how jobs are performed, then they would hire Joe Schmo off the street.

**1. The world becomes your oyster.** One of higher education's goals is to prepare students to be well-rounded in their professional and personal lives by exposing students to new ideas and experiences. You become a citizen of the world as you are exposed to new ideas and information through various academic subjects. You never know what opportunities you will have, who you're going to meet, or the types of conversations you will have in the future. You want to be prepared and able to hold your own.

**CURIOUS ABOUT WINTER INTERSESSION?**

**What is the winter intersession?**

Intersession courses are offered for approximately two-weeks during the winter break. This year, winter intersession courses will run January 4 – 15.

**How can a course be completed in just two weeks?**

Class sessions are held for approximately five-to-seven hours each day with an additional five or more hours of studying and homework each night. Online courses are also available requiring five-to-eight hours of online work per day plus additional study and homework time.

**Who in their right minds would take a course like that?**

Students who:

- have the time to treat the course as a full-time job.
- can retain information and grasp concepts quickly.
- are motivated to complete the course quickly for whatever reasons.
- need to be enrolled year-round for certain financial benefits.

**What's the advantage of taking an intersession course?**

Students can:

- lighten their traditional spring semester course load.
- take a course that doesn't fit their traditional spring semester schedule.
- fulfill a pre-requisite to advance to the next course level during the traditional spring semester.

**What does it cost?**

Winter intersession courses are handled as part of the spring semester financial aid package and are part of the spring semester bill. The cost is the same as for a cycle or regular semester course.

**How do I register?**

When you register for your spring semester courses, you will see the options for intersession courses in Course Listings Search. Please consult with an Rx advisor about your intersession and spring semester choices.

**Kick-Off Event on September 10  
My, how time flies!**



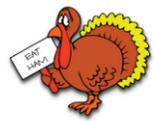
**THE GRATITUDE CORNER**

Being grateful is something we can do every day, not just at Thanksgiving.

Author Shawn Achor has written books and created an entire career based on positive psychology. His TED talk outlines ways that we can make ourselves happier and in turn become more optimistic, productive and open to new opportunities.

Every day for the next 21 days, write down 3 new things that you are grateful for, no repeats. You are training your brain to look for the positive, and overtime, you may see a difference in your outlook and an increase in the opportunities that come your way.

Hear Shawn Achor for yourself by going to: [https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work?language=en](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en)

<b>November 2015</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
	1	2	3 <b>Registration Workshop</b> 12:30 p.m.- 1:30 p.m. Rm 256	4	5	6 Last Day to Drop Cycle 2 Classes with 100% Refund	7
	8	9 Last day to withdraw from Full Semester Courses	10 <b>Stress Relief Strategies</b> 12:30 p.m. - 1:30 p.m. W11	11 <b>Veterans Day</b> No classes all campuses	12	13 Last Day to Withdraw from Cycle 2 Classes with 50% Refund	14
	15	16	17 <b>Stress Busters</b> All Day TRIO Complex	18	19	20	21
	22	23	24 <b>Thanksgiving Treat</b> All Day TRIO Complex	25	26 <b>Thanksgiving</b> No Classes	27 <b>Thanksgiving Recess</b> No Classes	28 
	29	30	<b>Spring Priority Registration Opens for Continuing Students Begins Nov. 3rd</b>				