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, flashcards, 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!
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 ... abachelor’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.

CURIOS 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.

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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