

First Generation Student Newsletter

November 2014

Upcoming Events

- **Career Directions – Starting Your Journey:**
3:00 pm to 4:00 pm on Wed., November 5 at 100 Bay State Road, First Floor.
- **Self-Discovery – Know Yourself To Find Your Fit:**
4:00 pm to 5:00 pm on Mon., November 17 at 100 Bay State Road, First Floor.
- **BU International Education Week:**
Mon., November 10 – Tue., November 21. Visit <http://www.bu.edu/global/programs/discover/events/international-education-week/> for a list of confirmed events.
- **Stress Management Workshop:**
3:00pm on Thurs., November 6 at 100 Bay State Road, Room 101. RSVP by November 5 at <http://www.eventbrite.com/e/stress-management-workshop-tickets-13308625457>

Important Dates

- **November 2**
Registration begins for seniors and juniors
- **November 7**
Last day to drop classes (with a 'W' grade)
- **November 9**
Registration begins for sophomores
- **November 16**
Registration begins for freshmen
- **November 26-30**
Thanksgiving Recess

Have a question or problem you need help resolving?

Visit us! **University Service Center**
881 Commonwealth Avenue, lower level
Call us! (617) 358-1818
E-mail us! usc@bu.edu
Website: <http://www.bu.edu/usc/outreach/g1>



First Gen Student Spotlight

Read about our Student Spotlight- Samantha Sim by visiting our [website](#)! We're looking for first gen students to feature in upcoming months, so please email Salome at uscgradi@bu.edu if you'd like to suggest someone—or to be featured yourself!

Visit the USC's [website](#) for events and workshops happening this month around campus!

Like the [USC's First Gen Facebook page](#) to stay up-to-date on USC news, information, and events.

Improve your study skills

- **Don't cram:** Setting aside study time, reviewing notes from class, and planning early will help you feel prepared.
- **Attend review sessions, study groups:** You may be tempted to skip out on that review session or a study group being held by your TA. Most of the time these study sessions cover the main exam topics and TAs usually let more than a few exam questions slip during these meetings.
- **Disconnect:** Facebook, Twitter and email are all unnecessary distractions, so while studying, disconnect for an hour or so. You may be surprised at how much you can accomplish when technology doesn't get in the way.
- **Meet with your professor:** Stop by office hours to discuss difficult concepts, ask questions about lecture material, or just to find out what types of topics the midterm will cover.
- **Stay healthy:** During midterms, it's easy to overindulge on junk food, up your caffeine intake, and basically suspend personal hygiene (you won't be interacting with anyone anyway). Don't fall into this rut!

And remember the three principles of studying smart
Relaxation, preparation, and time management!

Feeling down about the November rain?

Shorter days and November gloom got you down? Don't forget your favorite things about the fall: the smell of a fresh bowl of candy corn – It's a mixture of cake and happiness; comfy knit sweaters you've been missing, crisp morning air, crunch of leaves underfoot, warm apple cider, hot chocolate with cinnamon in your favorite mug and of course – pumpkin flavored EVERYTHING! Head to a nearby open market and enjoy the harvest season or go apple picking at a local farm – fall has so much to offer!