



The University Service Center's First Gen Connect Newsletter

January 2016

How to get back on track after winter break

For some of us, winter break consisted of an enormous consumption of mom's home cooking, long afternoons in PJ's, and a welcome absence of brain-stimulating activity. Others went back to work at our summer jobs, adding to our resumes and bank accounts. Fortunately for our stomachs and minds, the vacation ends and sends us back to reality – the trick is to gear up and quickly get ready to do the college thing again! It can take weeks to establish a new schedule, revamp your sleep cycle, and motivate yourself to crack open the textbooks.

Here are some tips to help start the term right.

1. **Eat right.** If you don't fill your car up with gas, it's not going to run. If you don't take care of your body, it's not going to run efficiently either. As you start the semester and are reunited with the dining hall food you've missed so dearly during break (or not!), make sure you're eating [healthy, balanced meals](#). Remember – you still have food [options](#) even if you can't make it to the dining hall.
2. **Exercise!** After the bustle of move in and the rush to buy books and find your classes, get back on track by reacquainting yourself with the [FitRec](#) and focusing on [Wellness](#).
3. **Establish a routine early on.** It may be difficult to adjust to a new class schedule, but try your best to keep your body balanced by waking up, eating, and exercising around the same time each day. This will ease your transition from vacation to campus life.
4. **Have a to-do list ready to go.** Coming back to campus with a to-do list is a great way to start off on the right foot - instead of drifting down Comm Ave, you'll hit the ground running!
5. **Establish long-term goals for the semester.** Even with a few simple goals for the semester, like [focusing on study skills](#) early or attempting to break your coffee addiction, you can establish healthy ways to motivate yourself into the New Year.

Dear USC and First Gen Connect,

This is just a quick note to thank you for having [me](#) as the graduate intern at the University Service Center's First Gen Connect program for the past year and a half.

Moving to Boston as a full time graduate student and juggling multiple responsibilities was a challenging endeavor. However, with the constant guidance from the USC staff, working in support of the First Gen Connect program to promote the mission and goals of the USC has been an enriching experience.

As a graduate intern, I was fortunate to meet many talented, passionate, socially conscious and proactive first generation students. One of my first tasks at the USC was to write-up a small piece of advice for first generation students. I now realize how much I had to learn. This past year and a half has shown me that through passionate, directed and honest work, my goals can be achieved. However, hard work does not always guarantee success. Continued learning and growth cannot be separated from flexibility, creativity and openness to opportunities – in both professional and personal domains.

I would like to thank the First Gen Volunteer Corps, USC staff, and First Gen Connect program for giving me the opportunity to help create a space for first generation students to learn, grow and succeed as scholars and future professionals.

Salome Kuchukhidze (MPH)
Graduate Intern
University Service Center
First Gen Connect Program



Spotlight

Check out our January Spotlight- Mahilet Assefa (SAR '16)

First Gen Connect Spring Social

Join us in celebrating the start of the new semester at our Welcome (Back!) Pizza Party and Social for new and returning first gen students. Chat with other first gen students and relax before the semester takes off. We will have pizza and snacks! [Please RSVP by January 20th](#). We can't wait to see you and hear all about your winter break!

Thursday, January 21 at 5:30 pm
100 Bay State Road, Room 101

Register now! FY 103 – First Gen at BU

This new course offered for Spring 2016 is open to the classes of 2018 & 2019 and focuses on the first gen experience.

Participants will connect with other first gen students and a trained facilitator, engaging in activities and outings designed to enhance their BU experience. This one credit course will be graded pass/fail and will meet weekly.

(Tuesdays, 3:30-5:00 pm)

January 18
MLK Jr. Day Holiday

January 19
Classes Begin

January 25
Official Registration Deadline for Continuing, New, and Transfer Students

Like our [Facebook page](#) to stay up-to-date on First Gen Connect news, information, and events.

Have a question or problem? Contact us!
University Service Center
881 Commonwealth Avenue (Lower Level) (617) 358-1818 usc@bu.edu

Visit our [website](#) for events and workshops happening this academic year!