



1839

Your journey starts here

18 weeks to arrival. 39 days to thrive.

Volume 7: Wellbeing First: Mind, Body, and Balance



Student Health Services (SHS) is here to support your physical & mental health so you can make the most of your experience at BU. Here's what you need to know to get started!

- Check out Patient Connect, your tool for making appointments, sending messages, and uploading your required health information.
- BU students are required to have health insurance. That's why students are automatically enrolled in the Aetna Student Health Insurance Plan (SHIP) but can opt to use another insurance plan instead. Learn more about SHIP to decide if the plan works best for you. The deadline to waive SHIP is September 20th!
- Appointments at SHS are free for students, but certain services, supplies, or equipment may have a cost associated. Learn more here.

Get Excited.

Want to relax with a view? Every month, the Computing & Data Sciences program offers a FREE yoga class at the top of our beautiful CDS building, open to all students! Check out CDS.

Get Ready.

Complete your incoming health requirements before the semester starts! Follow this step-by-step guide, so you're all set to start your life on campus this fall!

Get Connected.

Feeling the nerves start to settle in? Check out BU Student Wellbeing for programs, resources, and ways to build community. Stay connected @bu_wellbeing.

New Student Spotlight

Meet Ananyah Amarachi Amaram, QST & ENG, 2029!

Q: Where do you call home?

A: Virginia.

Q: What is your prospective major(s)?

A: Business management and computer engineering.

Q: What are you looking forward to most at BU?

A: Hockey games and exploring in Boston!



Scan the QR code to shape future newsletter content or apply to be featured in an upcoming New Student Spotlight!





Welcome from BU Orientation!

June 17, 2025

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Academic Exploration

Your wellbeing is key to your academic and personal success here. Once classes start on Tuesday, September 2, you may find that your life gets busy very quickly. There can be a lot to balance between classes, assignments, and other responsibilities. Student leaders report that eating well and getting a decent amount of sleep can minimize stress and keep you healthy. But if you get sick, and cannot attend class, you must email your professors to explain why you missed class and how you'll stay on track with your coursework. **Helpful hint!** Be sure to carefully read the syllabus for each class so that you know your professors' policies and expectations.

How You Feel Matters

BU offers hundreds of programs, services, events, and learning opportunities to support all dimensions of your wellbeing. BU Student Wellbeing has compiled an easy to navigate guide to help you connect with these resources.



Inside Orientation Week

On 8/27 & 8/28, personalize your schedule by choosing sessions based on your interests. Check out this one on 8/27!

Your BU Backpack: Unpacking Who You Are in College

Come meet the staff of BU's identity centers and learn about the resources and programs available. We'll also talk about what identity development looks like during your time in college.

Hosted By: LGBTQIA+ Student Resource Center, Howard Thurman Center for Common Ground, and the Newbury Center

2-3pm or 3:30-4:30pm

Visit MyBU student portal to add it to your schedule!



Student Tip of the Week

Need some fresh air? The BU campus borders the iconic Esplanade and is a short walk from Hall's Pond Sanctuary in Amory Park. Meet up with friends or take a solo hike to enjoy the green spaces tucked away in the city!

Connect with us!

@BUorientation

bu.edu/undergradorientation