



Welcome from BU Orientation!

1839

Your journey starts here
18 weeks to arrival. 39 days to thrive.

Volume 7: It's About Balance: Putting your Wellbeing First



Health First 🧘♀️

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. 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 **January 31!**
- Appointments at SHS are free for students, but certain services, supplies, or equipment may have a cost associated. Learn more here.

Get Excited.

With your Fitrec Membership, you get access to drop in classes all semester, free of charge! Check out the fall offerings here, and be on the look out for the Spring lineup!

Get Ready.

Check out the Sargent Choice Nutrition Center for all of your pre-college nutrition questions. With your BU-approved health insurance plan you can meet with a nutritionist free of charge.

Get Connected.

The mission of BU Student Wellbeing is to provide resources to help the entire BU community support all facets their wellbeing holistically. Check them out here!

Orientation Leader Spotlight:

Meet Austin, Business Administration with a Dual Concentration in Marketing and Real Estate, QST'27

Q: What's one piece of advice you would give to an incoming first-year?

A: Don't be afraid to put yourself out there! Your future self will thank you.



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



Connect with us!

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Academic Exploration

Your wellbeing is key to your academic and personal success here. Once classes start on **Tuesday, January 20**, 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 should 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.



Inside Orientation Week

Orientation Wellness Tips 🥗😌

We know Orientation and the first few weeks of classes can be a wild ride! Here are our favorite tips to help you feel your best during your experience.

- Wear comfortable shoes. BU is a big campus, and you'll be doing a lot of walking.
- Eat well. Our dining halls have lots of options to choose from, and a filling meal will help you stay energized.
- Take breaks! Part of exploring campus is finding the perfect place to relax.

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!

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