Welcome to B Term!

It's going to be a great term!

Community Check-in Survey:
What's on your mind about B term?
What are ways you commit to taking care of you this term?

Share your thoughts in our 30 second community check-in so we can support you.

In the survey, we hope you also let us know how you are and ask questions.

"You are braver than you believe, stronger than you seem, and smarter than you think."

Christopher Robin, Winnie the Pooh

Have an academic question you aren't sure who to ask?
Email UndergradStudies@wpi.edu or Virtual@wpi.edu.
Organize into B Term Checklist:

- **Reflect and learn from A term.** What strategies worked well for you? What was challenging? Is there something new you could try to help the term go smoothly? Make a list. Here's an example of [how to productively reflect](#).

- **Read course syllabi and go through course materials.** Ask your professors questions now about anything that isn't clear to you. Put their office hours into your calendar.

- **Write down at least 3 ways you will commit to taking care of yourself this term.** Will you try mindfulness strategies like meditation? Exercise a few times per week? Have a weekly dinner date or video game date with a friend (even on zoom)? [Share what you will try in the Community Check-in](#).

- **Use your resources early and often.** You are not alone - the whole campus is here to support you. Ask for help if you don't know where to find resources. You can [email Undergrad Studies](#) any time.
  - **The library heard you:** Saturday hours now end at 9pm B, C, & D terms.
  - **MASH and Tutoring** - drop in or sign up for extra course help
  - **The Writing Center** is open for appointments
  - **Accessibility Services** - set up an accommodation now. Email for a meeting or stop by virtual walk-in hours, 2-3pm Eastern Mon-Fri.
  - **Make a schedule that includes all parts of your day:** classes, studying, breaks, food and more. Try our scheduling tools ([weekly](#) & [quarterly](#)) or Outlook calendar. Try [color coding your calendar](#).
  - **Studying with peers can help to hold you accountable and make studying fun.** If you're on campus, check out [drop-in study space](#). If you would like help connecting with peers, talk to your professor or [email Undergrad Studies](#) and we can point you in the right direction.
  - **The SDCC** - [make an appointment](#), try [group therapy](#) on a range of topics, or explore more of their [resources](#).
Resources

Virtual Learning Support -- WPI Canvas (including Online Student Center)
WPI Zoom -- IT Services & Support -- WPI Hub -- Academic Advising
Office of the Registrar -- Office of Accessibility Services -- Library
Writing Center -- SWEET Center -- Office of Multicultural Affairs
Student Development & Counseling Center -- Career Development Center
Dean of Students Office -- Student Activities -- WeAreWPI

Tips for Online Learning

1. CREATE YOUR SPACE
   - Find a comfortable chair
   - Set up near good lighting
   - Gather necessary supplies
   - Cut down on clutter
   - Minimize distractions

2. MAKE A PLAN
   - Establish a daily routine
   - Enjoy healthy snacks
   - Schedule blocks of study time
   - Exercise regularly
   - Practice time management

3. GET ORGANIZED
   - Check out Canvas' Online Student Center
   - Watch for messages from professors
   - Download and review your syllabi
   - Add due dates to your calendar
   - Refer to Tips for Online Learning

4. REACH OUT
   - Contact professors as needed
   - Connect with PAs for help
   - Create online study groups
   - Stay connected with friends
   - Don't be afraid to ask questions

Each week, you'll receive this email to support and guide you through the process of virtual learning. In the meantime, if you have a question related to academics and are having trouble finding the answer, look at our FAQ page or email us at UndergradStudies@wpi.edu or Virtual@wpi.edu.

Copyright © 2020 WPI, All rights reserved.