Community Check-in Survey:
How often are you taking breaks as you work?
Do you unplug and take care of yourself? Do you feel balanced? What's your plan for rest, relaxation, and joy? Would you like support with this?
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.

"As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep."

-Akiroq Brost

Have an academic question you aren't sure who to ask?
Email UndergradStudies@wpi.edu or Virtual@wpi.edu.
Midterms & Recharging Checklist:
As we enter the midway point of the term, we want you to know that we think you're doing a great job. We also hear you; some of you are feeling stressed and/or worn out. Here are some tips we hope are helpful. We also hope you take this week's Community Check-in Survey.

- If halfway through B term looks busy, prep your weekly schedule now. Read more about time management tips here.
  - Block off time to study each day for midterms. Get rid of distractions, like texting. Multitasking drops our IQ.
  - Attend office hours, MASH, and/or tutoring to ask questions. Getting help early can lower stress.
  - Take breaks and recharge even as you get busier. Breaks make you more productive and are essential for your wellbeing.
  - Notice where you waste time and set goals for yourself. *Scheduled breaks are NOT time wasters.*

- If your plate feels full, reach out to your advisor for academic support.
  - They can help you think about what you can say no to, how to manage your time, and other resources that could support you.
  - If you're feeling high levels of stress or anxiety, reach out to the SDCC for additional support.

- Making sure you don't burn out with work can start with movement, connection, and finding joy. Write down these answers:
  - How can I move my body and get outside? (Walk around campus, go to the gym, walk to a new work spot)
  - How can I connect with friends, family, peers & professors? (Zoom, clubs, distanced/masked meetups, office hours, Study SMART)
  - What brings me joy? (Being creative, reading, writing, drawing, laughing)
  - Put your answers into your schedule along with classes and study/group work time. If you need support, reach out.
We are here; your advisor, the SDCC, a mentor, Undergrad Studies.
• Try studying or doing group work on campus to make sure you get out of your room as things get busy.
  o Alden Hall: drop in and work in Alden. Available most Saturdays and Sundays 7am-11pm, Monday, Tuesday, Thursday from 1-5pm and 9-11pm, Wednesdays 9-11pm, and Fridays 1-11pm.
  o Spaces listed on the WPI app and WPI map have drop-in spaces and spaces to reserve. This includes the library - you can check the occupancy #s here before heading over.
  o Dedicated commuter study spaces

• Join virtual Be Well Together events with the WPI community.

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 & Socially Distanced Learning

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

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

3. GET ORGANIZED
   - Check out Canvas Online Student Center
   - Watch the messages from professors
   - Download and review your syllabus
   - 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.