Community Check-in Survey:

How are you adjusting your schedule now to start getting ready for finals?

Share your thoughts in our 30 second community check-in.

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

"Every day is a new slate, paint yours anew."

-Unknown

Have an academic question you aren't sure who to ask?

Email UndergradStudies@wpi.edu or Virtual@wpi.edu.
Last Two Weeks Checklist:

We hope you had a good little break this past week and took some time to rest and relax. Here are a few tips to make preparing for finals and final presentations just a bit gentler:

- **Study safely. Studying on campus is allowed if needed.**
  - **Masks on and 6 feet apart** will be enforced. No eating or drinking. Work individually (meetings happen on Zoom). Safety is critical. **Check out:**
    - Dedicated Commuter Spaces
    - Alden Hall
    - Other campus study spaces on the [Map & App](#) (see individual and open study options)
    - Library Tech Suites*
  - **Academic Advising’s Study SMART Zoom sessions**; study with others on Zoom. While not the same as the campus center, it is a creative way to see others while getting your work done.

*Please note the library now closes at 9pm for the rest of the term due to heightened restrictions & staffing requirements.*

- **Try some tips for success from peers:**
  (gathered from the mid B term feedback survey)
  - **Move around to different study spaces** so you don’t burn out as easily.
  - Find a healthy and safe stress reliever like safely exercising.
  - Make or join online study groups (or make online "tech suites"). Try Discord, Zoom, Slack, or the rooms offered by [Academic Advising](#).
    You can also talk to your professor about setting one up for your course.
  - Use office hours, MASH, and tutoring.

- **Try some additional tips from Undergraduate Studies:**
  - **Make a schedule.** If you’re having trouble, try using paper and pen instead of online formats. Color code different activities and cross them out when you’re done.
- Include breaks in your schedule and use them. Make sure you're also eating and sleeping.
- Figure out how much study time or practice presentation time you'll need and include it in this week's schedule. It will make the work feel more manageable.
- Reward yourself for accomplishments both big and small.

Share in this week's Community Check-in survey how you plan to adjust your schedule to prepare for finals.

- **We know it can feel stressful and/or overwhelming right now.** We heard many of you in the survey. Here are a couple of tips to manage stress:
  - Take a look at the library's Mindfulness & Destress resource guide.
  - Take part in Be Well Together.
  - Color.
  - Get outside daily.
  - Take breaks and do things that make you happy, even if you have a lot of work. Set a timer so you know how long you've scheduled.
  - Reach out for support to the SDCC, classmates, friends, family, mentors, professors - anyone who cheers you on.

**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
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.