

# STUDENT ENGAGEMENT

## Weekly Newsletter

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## YOUR First 8 Weeks

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your EIGHTH week!

## Week 8: My Future

### What's Next?

As you are hitting the half-way point of the semester, we hope you are starting to plan for what comes next. It might feel too early (you are *only* 8 weeks in), but the more proactive you are, the more you can create opportunities and experiences to help you achieve your future goals. Thinking about transferring? Start exploring your options now! Want to move up in your career? Make sure you are connecting with Career Services to explore your options, and update your résumé. No matter what or where your goals are, this is a good week for self-reflection!



## THIS WEEK YOU SHOULD FOCUS ON:

### Keep Developing Strong Study Skills & Habits

- Attend The Strong Foundation Series: Understanding Your Procrastination workshop
  - Join Professor Jeanie Tietjen to discuss why you may procrastinate and learn strategies for the future on Monday, October 21<sup>st</sup> from 1-2pm in the Coaching Commons (W 111)
- Don't miss out on any of the remaining Strong Foundation Series Workshops, Mondays 1-2pm in the Coaching Commons (W 111):
  - Nov 4: Managing Your Time Well
  - Nov 18: Finding the Right Career for You
  - Dec 9: Overcoming Math Anxiety
- Continue utilizing the resources in the AAC, Math Center and other resources on campus
- If you found study groups over midterms, keep them going! Plus, check out the Food for Thought Program in the AAC which can provide food for student study groups. Contact Leanne Lowell, llowell@massbay.edu for more information.

### Be proactive about transferring

- Start exploring schools you may want to transfer to, learn about the prerequisites, and start working on your transfer essays and applications!
- In honor of National Transfer Week, Academic and Transfer Advising is hosting a lot of college visits next week:
  - **Framingham State University:** Monday | 10am-2pm | W Café
  - **Fitchburg State University:** Tuesday | 10am-1pm | W Café
  - **UMass Boston:** Tuesday | 10am-1pm | F Café
  - **BC Woods College:** Wednesday | 9am-1pm | W Café
  - **VanLoan School at Endicott:** Wednesday | 10am-1pm | W Café
  - **Becker College:** Wednesday | 11am-2pm | W Café
  - **Merrimack College:** Thursday | 10am-1pm | W Café
  - **UMass Boston:** Thursday | 10am-1pm | W Café
  - **Northeastern University:** Friday | 9am-1pm | W Café
- Explore transfer options like Mass Transfer Pathways and the Commonwealth Commitment to keep all of your options open!
- Keep building your transfer résumé! Be engaged and involved on campus, and take advantage of resources and opportunities available to you!
- Meet with a Transfer Advisor in the Academic and Transfer Advising Center to talk about your transfer options and goals.

### Career Exploration

- Not sure what you want to do next? Career Services can offer a wide variety of services from career exploration and resume writing, to interviewing skills, internships, and much more! This week, check out their Business Academy Career Week Events:
  - Career Exploration Workshop: Tuesday, Oct. 22 11:00am-12:00pm, Wellesley Auditorium
  - Build Your Brand: Résumé/LinkedIn Drop-In Hours: Wednesday Oct. 23 12:00pm to 2:00pm, Wellesley Career Services Center, Room 132
  - Career Panel: Learn from and connect with professionals who have built business careers: Thursday, October 24 12:30-2pm, Wellesley Atrium

### Start up your Advising Appointment

- Meet with your advisor to create your academic plan and make sure you are taking the classes you need to reach your goals!
- If you have considered changing your major, talk with your advisor about how that might change your graduation timeline
- Registration for next semester opens soon: (November 4<sup>th</sup>). In preparation you should:
  - Review your course curriculum and remaining graduation requirements
  - Think about what courses you *want* to take

**Remember:**  
**#StartHereGoAnywhere**