Navigating the Semester: Student Perspective

- Establish a schedule
- Communication is key
  - Important to keep in contact with teachers and peers/classmates in class to ask questions or establish a relationship
- Take advantage of the resources offered to you
  - Counseling
  - Center for Student Learning (CSL)
  - Your professors
- Self-Care!!!
  - Take breaks and moments to relax
  - Exercise and get fresh air
  - Mindfulness/Meditation
  - Socialize