

ACADEMIC STRATEGIES

Navigating November:

Here is a quick week-by-week guide for November that may help you break down key tasks into more manageable pieces so that you can balance your current academics, spring course selection, and your travel home.

Week Of November 9:

- Make a “pre-advising” appointment with someone to help you plan for selecting your spring courses. Consider talking with a college advisor, FroCo, faculty member, peer liaison, big sib, or Academic Strategies mentor—anyone who you feel can help you create a framework for selecting your courses over the next few weeks.
- Make a study plan for any major assignments that will be due between now and November 20. Plan multiple study/work sessions for each major assignment to make steady progress without becoming overwhelmed.
- Continue exploring summer possibilities:
 - Imagining Your Summer: <https://funding.yale.edu/contact/fellowships-calendar>
 - Cultivating Faculty Mentors/Recommendations: https://yaleconnect.yale.edu/PoorvuAcademicStrategies/club_signup
 - Summer STEM Fellowships workshops: <https://science.yalecollege.yale.edu>

Week Of November 16:

- Make a priority list of what is essential to do now and what can wait until after November break; be realistic in what you can accomplish and remember that you will have time after to make progress on other goals.
- Identify a small period of time each day to spend on packing and preparation for travel. Don't leave everything to the last minute.
- Make plans with peers/classmates/friends to connect virtually after the break; you'll need their social support as you finish out the semester away from campus.
- Maintain your health by getting enough sleep, eating healthy meals, exercising and taking breaks as needed.

Week Of November 23:

- Take a genuine break. You will have time after the break to work towards your goals, and you will be more efficient and effective if you are physically and mentally rested.
- Sleep.
- Reconnect with friends and family, while maintaining social distance.
- Engage in activities that are for your own pleasure—reading, watching movies, taking long walks.

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Diving Into December:

Here is a quick week-by-week guide for December that may help you break down key tasks into more manageable pieces so that you can balance your current academics, spring course selection, and working away from campus.

Week Of November 30:

- Establish a place in your home where you can do your work. Talk with family/roommates about your time commitments during the last week of classes, reading week, and finals.
- When working away from campus, make a plan for the week and a plan for each day. In your daily plan, include breaks from Zoom, exercise, and time for connecting with others.
- Stay connected with your courses by attending office hours, review sessions, and tutoring sessions.
- Connect with your classmates and friends through online study groups.
- Plan a meeting with an advisor and keep in mind the following Spring Course Selection deadlines:
 - Wednesday, December 2: Applications for first-year seminars due
 - Wednesday, December 9: Applications for limited enrollment courses due

Week Of December 7: Reading Week

- Make and follow a plan for completing end of semester assignments and studying for finals.
- Make a plan for taking synchronous finals; find the best, quietest place you can and communicate with family/roommates about need for uninterrupted time.
- Apply for limited enrollment courses by Wednesday, December 9.
- Review options for summer plans/applications; contact faculty to request recommendations for opportunities with early spring deadlines.

Week Of December 14: Finals

- Rest and prepare for exams.
- Submit your *preliminary* Spring 2021 course schedule by December 21 at 5 pm. Keep in mind that you will have 2 weeks of add/drop starting January 25 to adjust and change your schedule.

Some Academic Strategies resources that can help:

- Time Management: <http://cglink.me/r761690>
- Exam Study Strategies: <http://cglink.me/r766401>
- Request a meeting with an Academic Strategies Mentor: academicstrategies@yale.edu