OMD Best Practice

HOW TO PREPARE FOR A SUCCESSFUL SPRING SEMESTER

The new year brings new resolutions, goals, and plans for students. As classes begin, we encourage students to review this guide for tips on mapping their path to achieving their goals this school year. From registration to meditation, this guide includes tips and links to encourage total self-care.

SCHOOL TIPS

ADVISING

Campus advisors are available to help.

• Meeting with your on-campus advisor can help decrease stress and offer academic support. These visits help you determine what courses you need to graduate, the best approach to navigate academic challenges, and how to find new opportunities to grow. Advising appointments fill up quickly, so secure a meeting with your advisor as soon as possible.

REGISTRATION

What courses are you taking for the spring semester?

• Don’t wait to complete your class registration! Set up time to meet with your advisor to see if a class you need is available and how to incorporate it into a schedule that works best for you. This is the best way to avoid schedule conflicts with obligations outside of school.

TEXTBOOKS

Do your courses have required readings?

• After securing your classes for the semester, check to see if any of your courses require textbooks. Consider purchasing or renting through alternative book carriers (e.g., Chegg, etc.), be sure to purchase the correct edition, and determine whether you need a special code. Not sure how to find this information? Email the professor for your class for additional information.
SELF-CARE TIPS

• **READ**

Pick up a new book or rent one from your local library to read for fun.
  - Download Libby to create or connect your Chicago Public Library card. Access thousands of eBooks and audiobooks on your mobile device.

• **STAY CONNECTED**

Call or videocall friends and family you miss.
  - Facebook Messenger, Snapchat groups, and Zoom Mobile are quick ways to catch up with the ones you love.

• **MOVE**

Create an exercise schedule that works for you.
  - Consider activities such as yoga, walking, running, or dancing to stay physically active. This helps a lot with relieving stress and helping your mind re-focus.

• **JOURNALING**

Reflect, put your thoughts and dreams on paper, or draw.
  - Recommended meditation app: Passion Planner weekly reflection

• **BREATHE**

Try the Breathe For Change self-care action plan.
  - This self-care action plan template helps you check in with yourself to see what regimens in your life are currently working and how to improve others.

• **MEDITATION**

Try quiet meditations to ease stress.
  - Recommended meditation apps such as Calm, Headspace, and Liberate provide different meditation techniques and sounds.

And finally, the self-care act you can do for yourself is:

**SLEEP!**