

ADVISING BRIEF

Summer Edition Newsletter from Undergraduate Academic Services

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Summer Drop-In Hours

Monday-Friday

9:30am-11am ET

Monday-Thursday

1:30pm-3pm ET

Zoom Meeting ID: 210 770 506

Schedule an Appointment

Looking to meet with an advisor this summer? In addition to drop-ins (see blue box at left), you can schedule a 30-minute Zoom appointment via the Academics section of Workday.

Long-Range Academic Planning

Has the summer 2021 trimester accelerated your intended degree completion timeline? If so, we encourage you to schedule a long-range planning appointment with an advisor, as mentioned above. This planning session will provide you with an opportunity to determine which courses you should be taking in each term while also considering prerequisites, academic workload, your academic goals, etc.

We suggest you review our guide to [Preparing a Long-Range Academic Plan](#) and make your best attempt at a plan to bring to the appointment.

Summer Programs

Check out our **Summer Programs & Events** lineup. Additional events will be added throughout the summer.

Past Issues of Advising Brief

Advising Brief contains information you need to know about academic planning, important dates and deadlines, upcoming programs and events, and much more. Browse [past issues](#) for helpful advising details!

Subsequent summer editions will be published on June 16th, July 7th, and August 4th.

Summer I Deadlines

Add/Swap: Friday, May 21

Drop: Friday, May 28

Declare Pass/Fail: Friday, May 28

Withdrawal: Wednesday, June 23



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Trivia

PRIZE WILL BE GIVEN

answer can be found in [prior newsletter issues](#)



What are course focus requirements?

Submit your answer to Academic_Services@bentley.edu by May 26, 2021.

Prize winner will be selected from those students who correctly answer the question.

Summer 2021 Self-Care Suggestions

FROM ACADEMIC ADVISORS



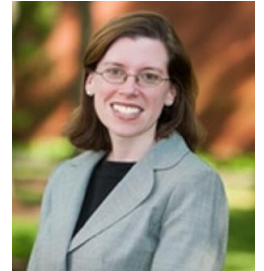
The summer classes are fast-paced and chock full of information to learn. Not understanding a concept or idea creates a level of anxiety and stress which will impede your ability to learn. Always ask questions and reach out for help often.

-Melissa Jenkins

Identify which forms of self-care work best for you. What are the activities that enable you to relax and recharge? As you read through the tips here and consider others' self-care practices, consider which activities are truly replenishing for you.

Consider different types of self-care, including physical, mental, emotional, social, and spiritual activities. Try to tend to your whole self when practicing self-care.

-Valerie Como



Plan ahead - At the start of each summer term, plot out deliverables from each course onto a calendar. This will help you to see right away if there is a particular day or week that multiple important items are due or exams are scheduled. Being prepared can help to mitigate stress during crunch times!

-Meghan Charbonneau

Aim to go for a walk every day, but especially when you've been sitting in front of your computer for a while.

-Karina Ovalles



It's not always easy to stay calm, cool and collected, especially when you're juggling multiple obligations and/or commitments. If you can, take a minute or two to express gratitude. Expressing gratitude can help you stay grounded.

-Catalina Ocampo

Sometimes a change of scenery helps me when I am feeling stressed. Take a drive to the beach or peaceful spot and disconnect. Maybe even bring a book.

-Amy Player-Smith



- Taking a walk outside every day, even if it's only 5 minutes - just for a change of scene.
- Setting reminders on your phone to eat, hydrate, get up and move around, etc. to get into consistent habits
- Carving out some period of time each day to take a screen time break - get off phone, laptop, etc.

-Amy Weber