Mid-Semester Tips
by Valeria Becker, Academic Coach/Tutor Coordinator

~ Avoid the Mind Melt ~
During the holiday break and during Spring Recess one needs to avoid the Mind Melt. Mind Melt is the loss of knowledge that one loses when not keeping up to date on their learning.

~ Take your Textbooks with You
When it comes to staying on top of your learning review your course work, textbooks, and notes from your courses. This is also a good time to review other sources of knowledge about the course subject. YouTube videos, Hoonoit, library journals, etc.

When it comes to math, science, and languages, if you don’t use it you lose it. If you don’t continue or review your learning from the semester, you may be starting the semester behind and playing catch up without even meaning to be behind.

If you would like assistance in developing an academic plan during the breaks, visit with an Academic Coach. One can make an appointment with an Academic Coach by using Starfish or by calling 701-777-2117. If you have any questions or concerns, please email: und.academicsupport@und.edu.
SPRING BREAK - Academic Tips

While you're in the middle of spring break or on vacation soon, keep in mind some tips to stay connected with your academic school work and not find yourself "behind" after the break.

Mix in relaxation with light studying. Studying during spring break when you're not stressed out because it's the night before a test may allow you to process information in a different light. Instead of trying to cram 100 biology textbook pages in two hours, you have the leisure of getting to understand concepts at a comfortable pace.

Since your brain is still in college mode, take advantage of it. To ensure you complete all of your homework, make a schedule that includes all of the work you need to get done. That way, you will study a little each day, particularly those days when you have nothing else to do. Making a plan now will prevent stress later and keep you from completely losing the rhythm of academic life.

Tell your family, friends, and roommates that you will have work to do over the break. Letting people know in advance that you must do some homework over the break will make it easier for you to get it done. This way you won't have to deal with others' disappointment when you can't do everything they'd planned with them. Also, they're more likely to help by reminding you of your plans and giving you space and time to stick to them.

Keep up on your sleep and nutrition, and avoid ill people if possible. First, who wants to get sick during spring break? More important, you don't want to have to make up for losing a week of classes after coming back from a week off and get that much further from your college work and world.

Use a coffee shop or city library if you need somewhere quiet to work. Working at home, or wherever you're spending break, may be difficult. Coffee shops offer quiet places to eat and work, online if necessary, and city libraries are almost everywhere.

Use time waiting in airports, on long car rides, or during bad weather days to study. Even intermittent studying will help your retention and processing and make returning to academic life easier. Use ear stoppers to block noise, or if you feel like you might need a disguise to avoid being forced to converse, wear ear buds and pretend you're listening to music when studying in a public place.

Make back-up copies of your materials. Carrying notes and computers entails the possibility that they may get lost or damaged. Make back-up travel drives, email work, photocopy or scan in notes, and, as always, save your work in at least two places.

If this is an appropriate time in your academic career to gain real world experience, consider alternate spring break trips that focus on volunteer work for well-known organizations. These may include working with local entities such as Habitat for Humanity or domestic violence shelters. Some trips could involve living on and working at a camp for the disabled, a Native American reservation, a nature reserve, or going out of the country. Regardless of where you go, volunteer work can broaden your perspective and shape your goals.

If you are lucky enough to have little to do for homework or studying, at least read something that interests you—even a magazine—or work crossword puzzles. Do something to keep your mind active!

Academic Support
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