To apply for federal, state and Purdue University student aid programs, you will fill out the FAFSA. Purdue’s priority deadline is March 1st. For tips on how to apply, go to: [https://www.purdue.edu/dfa/students/how-to-apply/fafsa.html](https://www.purdue.edu/dfa/students/how-to-apply/fafsa.html)

**Office Hours: Why You Should Go**

Going to a professor’s office hours might seem scary at first, but remember that they want to help you! Here are a few reasons why you should go to at least one of your professor’s office hours this semester:

1. Professors will work individually with you to help you understand difficult course material and make sense of how to apply it.
2. Speaking with your instructor can help you study more efficiently and understand how to prepare for their exams.
3. Meeting with professors can lead to research opportunities, as they are more likely to take a student under their wing if that student has shown genuine interest in their research.
4. Professors are far more likely to write you a letter of recommendation for graduate school if they know you.
5. Professors can offer significant insight into careers and opportunities related to their subject area and give you clarity about future possibilities.

To get the most out of your visit with an instructor, it’s important to be prepared. If you’re seeking help with course material, arrive with specific questions & a clear idea of what you need help with. If you’re primarily looking for research opportunities, familiarize yourself with your instructor’s current and past research. Put simply, visiting a professor during office hours provides students with invaluable benefits and requires a minimal time investment.

**Spring 2020 Deadlines for courses**

**Add**

*February 11th-March 13th:*
Need signature of advisor, instructor, & department. head to add a class

**Drop**

*February 11th-March 13th:* Need signature of advisor (and instructor if classification is 3 or higher); course is recorded with a 'W' or 'WF'
HOW TO FIGHT SEASONAL DEPRESSION

Seasonal Depression is linked with the weather, specifically when it's colder and cloudy. Some symptoms include lack of energy, sadness, sleep difficulties, and overeating. Luckily there are some easy ways to fight it!

**Exercise** - It is proven to boost your mental and physical well-being. Consider making an appointment with an ACE wellness coach! For more information email cchapin@purdue.edu or sign up for an appointment through Boiler Connect under Student Life and Wellness.

**Socialize** - Connecting with other will help lift your spirits and motivate you to be more active.

**Light Therapy** - The lack of sunlight has a large influence on those with seasonal depression. Participating in light therapy for around 30 mins a couple of times a week can help improve your mood! Stop by the Wellness Suite in the Co-Rec to set up a free appointment!

**Eat a balanced diet** - Don't overload on carbs, but rather balance your meals with healthy protein, fruits and vegetables.

**Seek Help** - If your depressed mood continues, reach out to a medical professional.