

FEBRUARY 2026

# COMPASS NEWSLETTER

## EXPLORATORY STUDIES

### ASC Study Workshop:

Do you have issues with procrastination or focusing on your studies? Do you want to learn more about the Pomodoro Technique for time management? Could your study skills be improved? The Academic Success Center is hosting four workshops this spring to support students in these areas:

PASS Your Exams – Tues. Mar. 3 at 6:00 PM

“Mini” Practice Your POMO – Wed. Apr. 1 at 7:00 PM

Create Your Finals Game Plan – Tues. Apr. 21 at 6:30 PM

Practice Your POMO #2 – Wed. Apr. 29 at 7:00PM

Visit the ASC workshops website to learn more about the workshops and register to attend.

Website: <https://www.purdue.edu/asc/workshops.html>



### FAFSA:

Students who submit a FAFSA prior to Purdue's priority filing date of April 15th will receive maximum consideration for all types of financial aid that they may be eligible for.

### Mental Health Action Week events to promote student well-being:

The annual Mental Health Action Week (MHAW) will be held March 2-6 in West Lafayette, Indianapolis and Purdue Online. The Purdue community is invited to attend events promoting mental health, well-being and a community of care throughout the week.

MHAW is co-sponsored by the Mental Health Action Week student organization, the Office of the Vice Provost for Student Life, Purdue Student Government (PSG) and Purdue Graduate Student Government (PGSG). More than 200 organizations will participate in MHAW this year.

Featured events include:

- Monday, March 2: Purdue Student Government kickoff  
Krach Lawn, 11 a.m.-4 p.m.  
Hosted by PSG, this event includes inflatables, cotton candy, popcorn and various activities to celebrate the start of MHAW.
- Monday, March 2: Purdue Graduate Student Government kickoff  
Purdue Graduate Student Center, 11 a.m.-1 p.m.  
Enjoy lunch and celebrate the beginning of MHAW.
- Wednesday, March 4: Well-Being Wednesday – West Lafayette  
France A. Córdoba Recreational Sports Center Feature Gym, 11 a.m.-4 p.m.  
Enjoy opportunities for hands-on activities, crafts, conversation, fun experiences and connections with the well-being community on campus.
- Friday, March 6: MHAW Unity Day – West Lafayette  
Memorial Mall lawn, 5:30-8 p.m.  
Food, games, performances and more to celebrate creativity, connection and shared spaces.

## Summer 2026 Term Dates

Week of	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug
	Mod: 1-First 4-Weeks May 18-June 12				Mod: 2-Second 4-Weeks June 15-July 10				Mod: 3-Third 4-Weeks July 13-August 7			
	First 6-Weeks May 18-June 26						Second 6-Weeks June 29-August 7					
	Mod: M1+2-First 8-Weeks May 18-July 10											
					Mod: M2+3-Second 8-Weeks June 15-August 7							
	Full-Term: May 18-August 7											

### Summer Registration:

As a reminder, registration for summer classes is still open to all students. Some things to consider:

- Use your Spring PIN to register for summer courses. (You can find this in BoilerConnect under "Reports", click on your spring registration meeting notes, and download the attached copy of your spring Course Request Form (CRF). Your PIN is found on the top right -hand corner of your CRF.)
- It is CRITICAL you pay close attention to dates that summer courses are offered. There are many options for start dates and course length. We recommend not taking two 4-week courses at the same time because these are 16-week courses smashed into 4 weeks. It can be intense. See the module infographic above for more information on summer course module dates.
- If there is currently a major restriction on a class, please make sure to [request an override](#).
- Retaking a class over the summer through Purdue either in person or online will replace the previous attempt in your GPA. Do not retake a class at another institution because transfer credits will not replace your former grade. Contact your advisor to learn more.
- [View the list of all online summer courses offered by Purdue in 2026.](#)
- Use the [Transfer Credit Course Equivalency Guide](#) if you want to take classes elsewhere over the summer. Make sure the course you take will transfer to Purdue as the specific course you want to take (e.g. MA 16010 instead of MA 1XXXX)

### Self-Care Ideas

Take care of yourself by engaging in these activities



**Unplug Sleep**

Take breaks from screens to reduce digital fatigue. Prioritize sleep (7-9 hours) to boost immunity.



**Make connections**

Relax and make those social connections. Dedicate time to hobbies.



**Self Love**

Practice gratitude by noting something you are thankful for daily. Engage in 30 minutes of moderate activity 5 days a week to boost mood.



**Playlist Update**

Update your playlist for a refresh! Take advantage of the sunny days- get outside or sit in front of a window.

### Counseling and Psychological Services (CAPS)

CAPS enhances students' psychological health and effectiveness by addressing developmental, situational, and remedial concerns in the academic environment. Visit the CAPS website to learn more about the numerous programs, services, and resources available to Boilermakers.

Website: <https://www.purdue.edu/caps/>

### Tunnel Maps:

Did you know that parts of Purdue's campus are accessible by underground tunnels? Beat the cold and rain by checking out the complete map of campus sub-walks and sky-ways by [clicking on the full map here](#). Please keep in mind that campus construction may impact some of these walkways.

## Major of the Month: Film and Video /Degree Plus

Whether you are a film lover interested in directing and storytelling or an aspiring producer of live sports, consider majoring in [Film and Video](#) in Purdue's College of Liberal Arts! Students in Film and Video have the opportunity to gain hands-on experience through one of seven concentrations: Cinema Studies, Cinematography, Directing, Editing, International Cinema, Live Production, and Screenwriting. Not ready to commit to majoring in Film and Video as your sole major? No problem! Students can add Film and Video as a secondary major through Purdue's [Degree Plus program](#), which streamlines the process of adding a major from the College of Liberal Arts as a secondary major.

## Fall Registration Reminder:

Registration for Fall 2026 is just around the corner. Be on the lookout for a BoilerConnect email from your advisor to schedule your registration appointment. It is important that you come to your appointment prepared to talk about what majors you're considering and have an idea of which classes you may want to take. After you've scheduled your appointment, mark your calendar and set a reminder on your phone so you do not miss your meeting! If you miss your appointment, you might not be able to reschedule before the course request form submission deadline.

## Name: Elyse Straka

## Hometown: Carmel, Indiana

Where is your favorite place to go on campus and why?

*The gardens behind the horticulture building! They are so beautiful in the fall and spring and are a great place to take a break and get some fresh air.*

What was your biggest takeaway from your time in Exploratory Studies?

*My biggest takeaway from my time in Exploratory Studies is that it's okay to not have everything figured out all at once. You have all the time in the world to figure out what you're going to do with your life and there's no point in trying to plan out every detail of your life when circumstances are inevitably going to change during your time in college.*

What are some rewarding, enlightening, or just plain cool experiences you've had during your time at Purdue? (Consider internships, study abroad, organizations, research opportunities, volunteer opportunities, etc.)

*This semester (Spring 2025), I am studying abroad in Madrid, Spain! It has been a truly eye-opening experience being able to observe how other people live their daily lives. I would encourage everyone to do at least one study abroad during their time at Purdue, whether it's for a full year or just a few weeks.*

What piece of advice do you have for students currently in Exploratory Studies?

*Live in the moment. Your time at Purdue will go so quickly – don't take for granted the opportunities you have here to make new friends, connect with professors, and expand your mind. Don't spend so much time looking to the future that you miss out on the present.*

