SEPTEMBER CHECK IN

Be sure to check your emails for instructions from your advisor regarding your September Check-in!

DISCORD

Collaborating and studying with others in your class help you better understand course materials. We encourage you to form study groups, join a groupme, and join the Exploratory Studies Discord to collaborate with others in your classes. The Discord contains channels for several classes, each of which can be used like a course groupme. If you've already joined, be sure to regularly check course channels to ask for help and to help others. If you haven't joined yet, here's the invite link: https://discord.gg/9bHmtYS

PREPARING FOR EXAMS

With the first round of midterms nearing, it’s a good time to make sure you’re effectively preparing for exams. Test prep shouldn’t happen the night before an exam. Rather, it starts with adopting the 5-step study cycle.

- Preview information before class. Skim material you'll cover in class. Note headings, subheadings, and key words. Read summaries and conclusions.
- Attend class. Take meaningful notes using a method that works for you.
- Review after class. Look at your notes within 24 hours of the class. Highlight anything you don't understand. This shouldn't take more than 10 - 15 minutes.
- Study the material. Repetition is key. Focus on "why," "how," and "what if" questions. College exams go beyond memorizing facts by asking you to apply and synthesize material.
- Assess your learning. Are you actually "getting it?" Are you studying effectively? If not, what do you need to do differently?

The Academic Success Center also has numerous guides on test-taking and studying, offering strategies on how to take multiple choice exams, preparing for essays, and general test-taking tips. These guides can be found here: https://www.purdue.edu/asc/resources/allHandouts.html
ADJUSTING TO THE NEW NORMAL

Purdue’s CAPS has created a list of tips and resources for everyone as we all adjust to the effects COVID-19 has had on our daily lives. Here are some tips to keep in mind:

- Focus on what is within your control. With things being uncertain, it helps to remember what you can control and to keep in mind that this is temporary.
- Stay informed, but also take breaks from COVID-19 news and conversations. This may mean you need to limit your social media exposure if your news feed is filled with virus-related information.
- Set a routine that includes not only schoolwork but also time for you to socially connect and to focus on your physical and emotional health.
- It is okay to seek help and support if you need it. You can contact CAPS Monday through Friday from 8:00 am to 5:00pm by phone at 765-494-6995.
- To access more tips and resources from CAPS, visit https://www.purdue.edu/caps/covid-19/adjusting-to-new-normal.html.

Safe Study Spaces on Campus

If you are looking for a safe place to study in between classes or to log online quickly for a synchronous course, Stewart has designated spaces. The below spaces are open from 6:00 AM to Midnight.

- 214 A, B, C, D and 306 have “synchronous study” signage
  - This room has priority for students who will connect live with a course and will be interacting with instructors and/or students. Please use headphones in this space and recognize that students may be talking online. Please utilize the space with appropriate social distancing and courtesy.

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