Feeling a little homesick? It’s completely normal!

- Join a Club: Make some new friends and occupy your time by getting involved

- Talk to someone: talk to your RSA, your roommate or maybe even your professor. We all have been there, and talking to other people can really help.

- Go on an adventure: Get off campus by taking the Shuttle to downtown Fairfield or the mall. It’s a great way to get away without actually going home

Hitting that mid-semester slump?

Now that the tests and papers are rolling in, you need to organize yourself even more than before.

- Keep track of assignments either with a planner or even the class syllabus

- Try to meet with professors the same day that you do not understand something in class. This way it is fresh in your mind and you won’t struggle to remember what exactly it was.

With all this stress, you may find yourself getting annoyed and emotional.

- Although that coffee might taste good now, water and tea will hydrate you and keep you moving throughout the day.

- Take a study break and walk around campus. The fresh air will help you think more clearly.

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Quote of the Month:

“We shall never know all the good that a simple smile can do.”

- Mother Teresa

App of the Month:

Ever feeling down on yourself and could use a compliment? Finally, an app that’s always ready to tell you how amazing you are! You can also submit your own compliment!!