There’s an App for That
Taasky
Never forget to do your homework again!! Write down everything you have to do in this app! You can schedule appointments and check them off as you go!! And don’t forget: most phones come with a calendar already on them! This is another great way to stay organized.

Feeling Homesick?
1. Give yourself **time to adjust**: you don’t have to get everything right straight away. **Build new relationships** or connections with people and places.
2. Keep yourself busy by being active. **Joining a club** means you’ll soon be seeing familiar faces!
3. **Be positive** about where you are. Being positive opens you up to see all things in a new light!
4. Lastly, remember **you are not alone**. 70.83 % of freshmen experience feelings of homesickness.

Trying to handle the stress of the new semester?
1. Use a **planner**. Write down important dates and use sticky notes as reminders!
2. **Reach out** to campus services such as RSAs, CLAs, s.w.e.e.t peer educators, and professors. **We are here for you!**
3. Take care of yourself and make time to **do something you love**. The most important thing is to stay healthy.

Want to join the S.W.E.E.T life?
Join us for an info session on how to become a s.w.e.e.t. peer educator!
* **Tues Sep. 9**: Merton Great Room 10pm
* **Wed Sep. 17**: UC 109 2pm

Who are we? We are students like you. We eat. We sleep (sometimes). We study. We spend too much time on Twitter and Facebook. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, and staying well on campus.

“Safety is the seam that joins the fabric of life. Don’t let a loose thread bring it all undone.”