

# THE 13 WEEKS OF A TYPICAL SEMESTER

The Ups, downs & everything in between:  
what to expect (or avoid) during a semester.

## Week before

Time to start planning and do some back to school shopping. Start waking up early so your body gets used to early mornings again.

## September

## Week 1

This is a great time to meet new friends and reconnect with old ones. Stay organized by using post-its, highlighters, and an agenda. Don't forget to pick up a student ID card and participate in orientation events.

## Week 2



## Week 3

Introductions are now over. Work harder than you ever have worked before to stay on top of those assignments and readings. Maintain a balance of activity and sleep too!

You just completed a huge assignment and feel like rewarding yourself by binge watching Netflix all day. Don't become too relaxed, those other projects are due soon.

## Week 4

## October

## Week 5

Get in the habit of communicating with professors. Ask questions, don't be afraid. Your professors are human and were once students too. They want to help you succeed.

Midterms, assignments, and presentations are piling up. Energy drinks and coffee can only take you so far. Take a deep breath, turn up some upbeat tunes, and take it one step at a time.

## Week 6



## Week 7

Find a new place to study. Whether it is a coffee shop, the library or a local park, new places help open up the mind.

So tired! Midterm, after midterm, after midterm. Review those notes, form a peer study group or buddy up to the smart kid in class.

## Week 8

## November

## Week 9

Past the half way mark... Yay! You deserve a pat on the back. Check out different events TRU is hosting, get involved on campus or catch up on some much needed sleep.

Teach someone material from class. Not only does helping others feel good, but it also is a great way to gain a stronger understanding.

## Week 10



## Week 11

It has been a hard semester and about time for a reward. Exercise, hang with friends, and eating healthy may be the perfect way to get back on track.

Ah Sleep! Classes are becoming a little more interesting. Get a good nights sleep after reading a few pages of your textbook. Remember that old agenda? Might want to review any upcoming deadlines.

## Week 12

## December

## Week 13

You're almost done, hurry up and get those last projects in. Late marks are better than no marks. Study hard and ask your professors any lingering questions before it is too late.

Congratulations the semester is over. You made it! Be proud of yourself. Celebrate and enjoy some well deserved time off.