


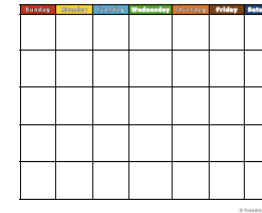



Faculty of Community Services

Academic Support & Resource Centre

How to Prepare for a New Semester

Week 1	
	<p>Adapt to a New Sleep Schedule – Summer often gives us freedom or a different schedule than we’re used to keeping during the academic year. Especially if your school schedule includes classes early in the morning, don’t wait until the last minute to adapt to a new sleep routine. Try to wake earlier and earlier more gradually. Set an earlier alarm a few weeks in advance of the start of the term, and continue to set it back until you reach the desired hour. Your body will thank you later.</p>
Week 2	
	<p>Prepare in Advance – There’s nothing worse than rushing to get everything done in the last few days before school. The three golden rules are: know your teachers and classrooms in advance; know what textbooks or materials you are going to need for each class; create a wise schedule and choose interesting classes. You can get advice from other students, helpful professors and your friends!</p>
Week 3	
	<p>Getting New Stationary and Supplies – Now that you know what you will need for your future classes, search for the best deals on binders, notebooks, backpacks and pencil cases. Try to re-use any old supplies you have that are still in good shape and revamp them with a few decorations. Look out for student discounts!</p>
Week 4	
	<p>Plan Your First Week – A good way to get inspired for the first school week is to prepare in advance. Since the first week is very light on studying, try to schedule something with your friends and take a trip to the movies or get some ice cream. Also, try to incorporate your first classes into your planner and save time for planning classes in advance for the first week.</p>
Week 5	
	<p>Relax and Indulge – To start a new academic year feeling refreshed, do indulge in a day of relaxation and indulgence. Whether that means taking a bubble bath, reading a book, going for a bike ride, playing a video game you love, or just hanging out on the couch watching TV, it’s important to enter the school year with a minimal amount of stress.</p>