Know how much sleep you need. Some students need only seven hours, others need nine hours. Sleep without an alarm to determine your body’s natural sleep rhythm.

Keep a regular sleep schedule. Wake up at the same time every morning. On Saturday and Sunday mornings, get up at that time as well, even if you go back to bed after ten minutes or so.

Avoid caffeine and alcohol. For many students, caffeine interferes with their sleep. If it does, cut back or avoid it altogether in the hours before you go to bed. Alcohol, especially in moderate to large quantities, interferes with the sleep of most students.

Experiment with waking up early. Many students who complete homework in the morning or daytime hours find that they are more productive than they would be late at night. What is your most productive time of day? Use the break to experiment with daytime productivity.

Deal with worries before bedtime so you don’t spend the night thinking about them. Review and write out concerns; consider possible solutions.

Sleep struggles? There’s no getting around it—sleep matters. To be your best—academically, socially, athletically, physically—you need sleep. When students routinely have problems with sleep, learning and memory suffer. Resistance to illness drops, which is particularly important in a residential college environment, as many of you experienced this term.

Use the break from the academic term to practice some good sleep habits. We encourage you to use the break to try the following tips:

- What was challenging about this term? What was not?
- What changes do I need to make for improved academic success?
- After taking my fall term courses, what have I learned about my academic interests or passions? What do I want to explore further?
- What are the new friendships that I have developed that I would like to deepen?
- Have I taken advantage of all the opportunities and resources available?
- Once you start classes for Winter term, schedule a time to connect with your Undergraduate Dean to discuss these reflections and make plans to meet your goals.

**CONGRATULATIONS ON COMPLETING YOUR FIRST TERM!**

Hopefully your transition went smoothly and this term ended successfully. Make sure you think about your first term; your insights now (when you are not in the middle of a 10-week term) can serve as solid preparation and planning for academic improvement for the future.

**USE THIS WINTER INTERIM TO REFLECT**

Whew, you made it. It has probably been a whirlwind experience. While on break, take some time to reflect on your experiences thus far. Ask yourself these questions, and be honest and thoughtful. Then get ready for another term of exploring and engaging.

- **TAKING STOCK OF SLEEP ISSUES**

Sleep struggles? There’s no getting around it—sleep matters. To be your best—academically, socially, athletically, physically—you need sleep. When students routinely have problems with sleep, learning and memory suffer. Resistance to illness drops, which is particularly important in a residential college environment, as many of you experienced this term.

**RECOMMENDED! USE THESE TIPS WHEN PREPARING TO ASK FOR A LETTER OF RECOMMENDATION**

If you are looking ahead and may need a letter of recommendation. Take a moment and review these tips. Choose the right professor— one that knows you well and can speak to your work. Ask them early, and in person if possible. When you ask, be sure to share why you are applying for this opportunity.

Once your professor has agreed to write a letter, provide as much information as possible so that they may write a detailed and strong letter. Send a copy of your resume, some points on why you are applying for that particular program, what you hope to learn, or anything else they ask you to include.

- Send friendly reminders! Keep in touch with your recommenders. After submitting your application, send each recommender a thank you note expressing your appreciation.
- Update them on your progress and let them know whether you are selected for the opportunity. Should you need a recommendation in the future, this kind of follow-up communication will continue to foster a close, positive relationship with your professors.

Don’t panic if you don’t have a faculty member who you can ask for a recommendation. You can ask any member of the Dartmouth faculty and staff that knows you well. This is a great reminder: get to know your professors!!

**WHAT WAS CHALLENGING ABOUT THIS TERM? WHAT WAS NOT?**

- What was challenging about this term? What was not?
- What changes do I need to make for improved academic success?
- After taking my fall term courses, what have I learned about my academic interests or passions? What do I want to explore further?
- What are the new friendships that I have developed that I would like to deepen?
- Have I taken advantage of all the opportunities and resources available?
- Once you start classes for Winter term, schedule a time to connect with your Undergraduate Dean to discuss these reflections and make plans to meet your goals.

**WHAT WAS CHALLENGING ABOUT THIS TERM? WHAT WAS NOT?**

**WHEN YOU ARE NOT IN THE MIDDLE OF A 10-WEEK TERM**

**GET TO KNOW YOUR PROFESSORS!!**

**WHAT WAS CHALLENGING ABOUT THIS TERM? WHAT WAS NOT?**