Hello Advisees!

I hope your break thus far has been restful as you rejuvenate from a hectic term. I invite you to take this opportunity to enjoy the feeling of having finished your first term at Dartmouth. I also encourage you to take time to REFLECT on fall term so that you can identify what worked well and where you might improve. This is also a great time to absorb some terrific information from your Undergraduate Dean. Thoroughly read this newsletter, and act upon the suggestions and ideas shared. You will find tips for improvement, questions for reflection, and a few things you can do over the break to prepare you for a strong start to Winter term in January.

Dartmouth College is closed for the Winter Break from Wednesday, December 21, 2022 at 4:30 PM and will resume business on Tuesday, January 3, 2023 at 8:00 AM. During the break a Dean on Call and Counselor on Call are available 24/7. If you need immediate attention, please call Safety & Security at 603-646-4000 to speak to the Dean or Counselor on Call or call 911. There is always a resource for support. You also have access to unlimited free online counseling through the Uwill service: https://uwill.com/.

FIRST OF ALL – IN THE ATTACHED NEWSLETTER:

- Congratulations!
- Use This Time to Reflect
- Taking Stock of Sleep Issues
- How to Ask for a Letter of Recommendation (if you need one for an opportunity)

AND NEXT:

Start thinking about the logistics of your aspirations and goals! As you plan for the year ahead, we encourage you to consider these next steps during the break:

1. RENEW AND RESTORE! The last few months were a whirlwind of change, excitement, challenge, and hopefully growth! We invite you to look into some of the Self-Paced Challenges out of the Student Wellness Center. You could learn how to manage stress, practice yoga, master mindfulness, or manage your sleep. You can see these Self-Paced opportunities here: Self-Paced Challenges | Student Wellness Center (dartmouth.edu)

2. COURSE SEQUENCING: If you are following a particular academic plan (such as math, science, engineering, or pre-health), be sure to look at COURSE SEQUENCING – and seek advising from the faculty in your intended program, your Undergraduate Dean, and/or the Health Professions Program.

For students interested in STEM majors or minors:

- Have you registered for Chem 5? Check out this guide to material that you should know before the first day of class.

  If you want to review the skills that you may need to rehearse or refresh before the term begins. This pre-calculus review is very helpful: https://math.dartmouth.edu/undergraduate/first-year-students/placement-info/pre-calculus/
• **Looking for other ways to make use of your break?** You can use the Winter break to get a **jump start on the reading** for ANY of your upcoming courses. Or you can review the tips for success from the Academic Skills Center: [https://students.dartmouth.edu/academic-skills/learning-resources/digital-resources/strategic-learning-videos-and-books](https://students.dartmouth.edu/academic-skills/learning-resources/digital-resources/strategic-learning-videos-and-books).

2. **INTERNSHIPS** or **RESEARCH**: Are either or both of these in your future?
   - See the Center for Professional Development website: [http://sites.dartmouth.edu/cpd/jobs-internships/](http://sites.dartmouth.edu/cpd/jobs-internships/).
   - See the Undergraduate Advising and Research canvas page for information on research: [https://canvas.dartmouth.edu/courses/30088/pages/resources-for-undergraduate-researchers](https://canvas.dartmouth.edu/courses/30088/pages/resources-for-undergraduate-researchers)

3. **MAJOR**: Are you starting to imagine a **MAJOR**?
   - If so, visit this page on the Registrar’s website: [http://dartmouth.smartcatalogiq.com/en/current/orc/Departments-Programs-Undergraduate](http://dartmouth.smartcatalogiq.com/en/current/orc/Departments-Programs-Undergraduate) – and visit department websites.
   - It’s okay if you haven’t yet imagined a major – let’s talk about what interests you, what patterns you see in your course choices, and then look at sequences in different departments of interest.

4. **STUDY AWAY – OFF-CAMPUS PROGRAMS (FSP, DSP, LSA, LSA+, EXCHANGE, or TRANSFER)**:
   - Pay attention to the important **DEADLINES** for Off-Campus Program applications: [https://guarini.dartmouth.edu/programs](https://guarini.dartmouth.edu/programs).
   - **February 1**: deadline for applying to off-campus programs that are offered in Summer 2023, Fall 2023, Winter 2024, and Spring 2024 terms.
   - **PRE-REQUISITE courses**: If you are considering a study abroad opportunity, look ahead at the **PRE-REQUISITE** courses that are required. **IMPORTANT**: You do not need to have completed the program pre-requisites at the time of application; these pre-requisites must be completed before the term abroad.

5. **RESOURCES … are everywhere!** Continue to take advantage of them.

**In conclusion**: consider what you learned about yourself, your interests, and your habits during Fall term; and prepare to connect with us in the Winter term for the next phase of your journey!

We wish you a wonderful holiday season and a break from college. We look forward to seeing you in January!