The newsletter includes information like important academic deadlines as well as relevant postings on how you can explore, engage, experience and excel as a University and College of Health Sciences' student.

**Important Dates to Keep in Mind:**

Check out our Google calendar on the Undergraduate Student Services website that includes up-to-date information about important academic deadlines, college events, walk-in hours, and office closures.

**Monday, November 5:** Spring 2019 registration begins

**Tuesday, November 6:** Election Day (University closed; no classes) – **Don’t forget to vote!**

**Monday-Wednesday, November 19-21:** Thanksgiving Break (University open; no classes)

**Thursday-Friday, November 22-23:** Thanksgiving Holiday (University closed; no classes)

**ACADEMICS (definition: the scholarly activities of a school or university):**

- **Fall 2018 Academic Success Workshops, Center for Academic Success; corner of South College & Amstel, 3:30-4:30 PM**
  The Office of Academic Enrichment offers an in-person workshop series in collaboration with University Studies, which is offered in the fall and spring semesters on the following topics. Learn about the strategies that lead to success in free workshops; no pre-registration necessary. Click here for workshop schedule.
  - Time Management: Tools for making your workload manageable, rather than letting it overwhelm you.
  - Note-Taking: Strategies for recording class information in ways that prepare you for success on exams.
  - Reading Strategies: Making the most of your textbook reading.
  - Test-Taking: Maximizing your success on exams.
  - Preparing for Finals: Managing time and focusing study strategies for success.
  - Academic Planning for “Major” Decisions: Strategies for choosing and declaring a major.
  - Academic Management: Understanding UD’s policies and how they impact your grades (facilitated by University Studies Advisors).
  - Navigating the UD Curriculum: Helpful information on the registration process (navigating the online catalog, using other resources; facilitated by University Studies Advisors).

**EXPLORE & ENGAGE (definition: to look into closely; scrutinize; examine; to occupy oneself; become involved):**

- **November Study Abroad Interest Meetings, Institute for Global Studies**
  UD offers a variety of travel study programs throughout the academic year. By definition, “travel study” involves enrolling in courses for academic credit. Scholarships are available for full-time UD undergraduate students accepted to UD travel study programs. Check out study abroad interest meetings for Summer and Fall 2019 programs (click here).

- **Prospective Graduate Student Open House, Friday, November 9, 8:30 AM-3:30 PM, STAR Health Sciences Complex Atrium**
  The Department of Kinesiology and Applied Physiology invites prospective graduate students to a special showcase on November 9th. Throughout the recruitment day, you’ll enjoy breakfast, graduate student panels, faculty
presentations and tours of UD’s fantastic Science, Technology and Advanced Research (STAR) Campus. Meet with faculty members and current UD graduate students at one of nation’s top universities to study the health sciences.

✓ **2018 Nursing Fair, Tuesday, November 27, 5:00-7:00 PM, Trabant University Center, Multi-Purpose Rooms**
The Nursing Fair is designed for UD nursing students and alumni to interact with employers, and to help identify full-time, part-time, and internship opportunities. Students can network with employers from the field and learn more about their hiring needs.

SERVICES (*definition: an act of assistance*):

✓ **UD Health Conversations in Healthcare, Wellbeing and Prevention: Sleep & Mental Health, Wednesday, November 14, 5:00-6:30 PM, STAR Health Sciences Complex Atrium**
This session will examine the impact of sleep on mental health and wellbeing. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. Come learn how to increase your quality of sleep and promote your best sleep hygiene. All are welcome to attend. Registration is required through the Employee Health & Wellbeing website ([click here](#)).

✓ **GRE Free Online Strategy Workshop, Thursday, November 15, 7:00-8:00 PM**
Free one-hour online interactive workshop covering GRE strategy, exam topics and sample questions, featuring real-time Q&A with expert GRE test prep instructor. [Online RSVP required](#).

✓ **Morris Library Hours ([November 2018](#))**

✓ **Morris Library Workshops ([click here](#))**

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**UD Helpline – 302.831.1001**
Offered through the University of Delaware's Division of Student Life, this number will provide live counseling assistance over the phone. Mental health professionals are available at this number 24 hours per day, seven days per week, 365 days per year. Students are encouraged to call for help when in distress, feeling overwhelmed, or needing the assistance of a mental health professional.

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**CONNECT:**
*Get social with @UDCHS! Follow the College of Health Sciences on Instagram, Twitter, and Facebook.*

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University of Delaware
College of Health Sciences
Dean’s Office - Undergraduate Student Services
The Tower at STAR
100 Discovery Boulevard, 7th Floor
302.831.8073 (office); 302.831.3490 (fax)
[chs-advice@udel.edu](mailto:chs-advice@udel.edu) (email);
Office Hours: Mondays, Tuesdays, Thursdays, and Fridays 8:00 AM-5:00 PM
Walk-in Hours (no appointment needed): Wednesdays, 1:00-4:00 PM
McDowell Hall Room 345