EEE Newsletter
January 7, 2022

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Protect Purdue
All of the info and resources you may need can be found at https://protect.purdue.edu/

EEE Main Office - POTR 364 Hours of Operation
The EEE main office is located in POTR 364. Office hours are currently: M-F 8am-4pm.

EEE Social Media accounts*
Stay up to date with EEE events and info by following on social media. See attached flyer for links to all accounts.

POTR Building - Hours of Operation

- POTR building hours of operation are 6:00am - 10:30pm, 7 days a week.
- If doors are locked during these posted times, contact the Purdue Police non-emergency number at 49-48221.

EEE Computer Lab in POTR 360*

POTR 360, the EEE Computer Lab is now OPEN! It’s next door to the main EEE office. See attached agreement for student use of POTR 360.

- Key Pad Entry Code - PAYNEL, as in Prof. Lindsey Payne, who teaches EEE 29000 and EEE 49500M Urban Water Projects.
- EEE maintains this computer center for academic & social activities. Its use is a privilege reserved for EEE students and those enrolled in EEE courses to work, study, and access dedicated EEE computers. There are 12 desktop computers with internet access and a printer/scanner. The room contains additional tables, chairs, and whiteboards.
- Face masks are required. Hand sanitizer has been placed by each computer station.
- Please read the attached agreement sheet which details privileges and responsibilities of using this room. In general, be respectful to others and the property. Always log off of computers before leaving the room. Do not lock a computer for later use. Do not move or alter any of the computer systems.
- If you wish to place items on the wall, ask in the EEE Office for appropriate tacky putty. (No tape or staples.)
- Use discretion when determining if to print and how many copies to print.
How to Schedule an Appointment with EEE Advisors

EEE and other Engineering students can access the Environmental and Ecological Engineering appointment calendar via BoilerConnect. EEE currently has In Person and Virtual appointments, depending on the time and day.

There are training resources available to students in BoilerConnect on the login page. Click ‘Training & Resources.’ Advisors and service offices across campus use BoilerConnect for making appointments, so these instructions are generalized.

Items available:
- How to Schedule an Appointment (updated August 2021)
- How to Cancel an Appointment
- How to Reschedule an Appointment (updated August 2021)
- Responding to an Appointment Request (updated August 2021)
- Using the Kiosk

Purdue Calendars

- 2021-2022 Academic Calendar
- Various drop/add calendar with deadlines, and future academic calendars can be found at https://www.purdue.edu/registrar/calendars/index.html

Registration Troubleshooting

Having trouble registering, adding, or dropping? Need an override for a class? There are many resources on the EEE Registration Tools page, such as instruction links for Scheduling Assistant:
- Scheduling Assistant - How to ADD
- Scheduling Assistant - How to DROP
- Scheduling Assistant - How to Submit Registration Error Override Request
- Scheduling Assistant - How to Register using Scheduling Assistant
- Scheduling Assistant - How to Register a specific CRN

The Registrar page also has links for most common registration issues at https://www.purdue.edu/registrar/currentStudents/index.html

EEE Faculty Mentor Change Request Form - Due 1/24/22

If you wish to change your EEE Faculty Mentor, download and complete the EEE Faculty Mentor Change Request Form. Deadline is Monday, January 24- 8AM. No action is needed from students new to EEE this semester. Assignments for those students will be made by the EEE UG office.

Job Corner with Ms. Whelton, PE

Welcome back! It is almost career fair time again, so this is a great time to update your resume and LinkedIn profile. If you have questions, you can always make an appointment with me. Don’t forget that you can meet with me to look at your resume and LinkedIn profile, discuss career options, applying for jobs, and negotiating job offers.

Expo is Tuesday February 8th and 9th and will be hybrid (virtual and in person like IR was in the fall). I suspect they will be using the career fair plus app (like IR did in the fall). There is no company information at this time. I will let you know when that is posted.

Expo is the largest Purdue career fair in the spring semester. When company information is available, remember that usually there are some companies that have listed EEE as an option, but there are also good companies that don’t have EEE selected. To enhance your job search look for companies seeking Environmental Health Sciences and Civil Engineering and see if they do environmental work. Many do! I will send out an email closer to the event with more details.

The Professional Practice Career Fair is on February 15th and is also a hybrid event. The in-person portion will run from 9am to 3pm in the CoRec. The virtual fair will be from noon to 8pm the same day. Although this career fair is primarily focused on
co-ops there are usually internship and permanent opportunities available. Have you thought about co-op? It is a great way to gain substantial experience as a student. For co-ops, only freshman and sophomores are applicable. Internship opportunities generally are open to all students. Some companies only put their internships on this site so it’s another way to find out about opportunities! I will provide you more information on the process as we get closer to the fair.

To prepare for the Professional Practice Career Fair, there is a co-op callout for all interested students on January 18th at 7pm and will be virtual. If interested, register here. I will host the EEE virtual session at 8pm. To obtain the link, you’ll need to register.

If you don’t have an account with the CCO online job postings—sign up! Set up your CCO account here: https://www.cco.purdue.edu/#myCCO

**COOP Callout**

The COOP callout will be held virtually on Tuesday, January 18th at 7PM. Jim Magro, from AMD, will be guest speaker sharing about his experience with co-op. Immediately following the virtual callout will be the individual breakout sessions. Links will be distributed in the chat (which will be moderated by PPA students).

Below is an image that is hyperlinked and can be shared, or the link to register for the callout can be found here:

[https://purdue-edu.zoom.us/webinar/register/WN_l0DwYk6ITROdkiSMvBFlzA](https://purdue-edu.zoom.us/webinar/register/WN_l0DwYk6ITROdkiSMvBFlzA)

There are a few seats still available in EAPS 320 for Spring 2022. The instructor has reached out stating he is able to take EEE students. See attached flyer. You can request the course during via Scheduling Assistant. In your request state your major, planned graduation date and that the course is EEE Selective in your plan of study.

FYI - Due to curriculum review in EAPS, EAPS 320 will likely not be offered in AY 2022-2023 or 2023-2024.

**SURF Nuts & Bolts sessions**

The Engineering Undergraduate Research Office will be organizing two workshops for students to learn about the 2022 Summer Undergraduate Research Fellowship (SURF) program. Workshops are held:

- January 13 from 2:30-3:30 PM in WALC 3121
- January 14, 2022 from 6:00-7:00 PM via Zoom at https://us06web.zoom.us/j/88043824467pwd=c2VBVFrQwQk1WS0JmcXxKUEMVSDFSZz09

Details about the SURF application process and program expectations will be shared at these workshops. See attached flyers.
Interested in pursuing research with EEE faculty? Students are welcome to reach out to individual faculty that they feel best matches with their interests. See the attached document for recommendations on how to start.

To review faculty research, go to https://engineering.purdue.edu/EEE/Research. On this page you will notice 2 blocks labeled ‘Classic Environmental Engineering’ and ‘Industrial Sustainability.’ Click on these to see further explanation of subareas. It may be best to first decide if your interests fall within ‘Classic’ or ‘Industrial’, then reach out accordingly. Names of the faculty who work in these areas are listed, and you can learn more about each of their specific areas of research, publications and contact info by clicking on each name. See the attached for more insights on how to gain UG research. If you are approved to work with someone, there are specific steps to take to enroll a course if you wish to establish course credit, or you can work for hire. The EEE independent research/project course number is EEE 49800.

What are REUs??? (NSF Research Experiences for Undergraduates)

NSF Research Experiences for Undergraduates (or REUs) are competitive summer research programs in the United States for undergraduates studying science, engineering, or mathematics. Such programs usually focus on targeting women and underrepresented minorities. The programs are sponsored by the National Science Foundation, and are hosted in various universities. They are among the most prestigious summer programs that an undergraduate can participate in. Individual REUs tend to be specialized in a particular field of science. There are REUs in many scientific fields such as mathematics, physics, chemistry, geology, biology, psychology, and computer science.

REU sites typically consist of ten undergraduates working in the research program of the host institution. As the program is funded by the NSF, undergraduates must be citizens or permanent residents of the US or its possessions to be eligible for funding. However, some REU sites accept "self-funder" international students. Applications are typically due between February and March. This is excellent opportunity for undergraduates to get further research experience, and REUs are especially recommended for students considering graduate coursework later on. Compensation for hours worked is provided.

A searchable engine and more info can be found at http://www.nsf.gov/crssprgm/reu/reu_search.jsp

These opportunities are competitive so having prior research experience makes you more competitive.

See your EEE Mentor for more insights on the advantages of REUs, or with help in narrowing your choices.

Professional Licensure & FE exam-What is it? When to take it? How to prepare?

The Fundamentals of Engineering (FE) exam is typically the first step in the process leading to the P.E. license. It is designed for students close to finishing their engineering degree or recent graduates. The FE is a computer-based exam that is administered year-round at NCEES (National Council of Examiners for engineering and Surveying) approved Pearson VUE test centers. FYI - Purdue has an approved test site. The FE contains 110 multiple-choice questions. The exam appointment time is 6 hours long, which includes a nondisclosure agreement, tutorial (8 minutes), the exam (5 hours and 20 minutes), a scheduled break (25 minutes), and a brief survey.

What is professional licensure all about and why is it important? Learn more at https://www.nspe.org/sites/default/files/resources/pdfs/GR/2017handouts/2017%20-%20What%20is%20a%20P.E.%20document.pdf

The EEE website has an information and resource page. Go to EEE > Current Students > click on Fundamentals of Engineering (FE) Exam under ‘Useful Resources’ This page highlights the Environmental Exam, NCEES itself, links to
various sites to register for the FE, what study sessions are offered on campus (not all apply to EEE, though), how to purchase study guides, and other resources to consider.

- More info about resources for the FE exam... Prof. Nies has very graciously purchased a “loaner” copy of the FE Environmental Engineering Review Manual (all 754 pages!) that will be housed in the EEE office. Seniors are welcome to “check out” this manual for a 72hr period to review/study. This will at least allow you time to see what types of problems are on the exam, and solutions are provided. See Tammi Thayer to check out the manual.

**Scholarship Opportunities Available!**

It is always scholarship season! If you are looking for scholarships for next semester or year, the EEE web page has a listing of private scholarships offered by organizations outside of EEE and/or Purdue. There are a number of opportunities listed there currently and the page is continually updated with more information as it is shared with our office. Get in the habit of checking this page frequently.

You may access this page by taking this path - EEE -> Current Students -> Useful Resources -> Scholarships and Financial Aid -> Outside Scholarship Opportunities

**Summer 2022 Schedule of Classes Available**

The initial Summer 2022 schedule of classes is available in your myPurdue portal as of Monday, December 6. Summer scheduling is done manually by students in Scheduling Assistant- not PreReg/Batch- and your summer PIN is the same as your Spring PIN. See time ticket weeks at https://www.purdue.edu/registrar/currentStudents/students/registrationFaq.html. Students’ can find their specific time ticket after 12/22/21 in myPurdue > Registration tab > Registration Status.

**Summer Scholarship Opportunities at Purdue**

Purdue offers a variety of summer scholarships. Information about each opportunity is detailed below.

- **Summer Stay Scholars** (up to $2,500) — This program combines a research or internship experience with summer courses. The opportunity is available to current students with a GPA of at least 2.00.
- **Summer Internship Plus** (up to $1,000) — This opportunity is available to students who are completing credits alongside a summer internship experience.
- **Summer Finish** (up to $500) — This opportunity is open to seniors who graduate during August rather than wait until December.

**Advisor-Initiated Scholarship** - Advisors can nominate three students who would benefit from online or on-campus summer courses. Preference is given to first-year and second-year students needing to catch up on degree requirements. Let Tammi Thayer (thayert@purdue.edu) know if you would like to be nominated.

**Housing Scholarships**

A limited number of housing scholarships are available to homeless students and students who have experienced foster care. If you would like to apply for one of these opportunities, please email.

**Other Financial Aid**

A student may receive up to the equivalent of six full-time years of Federal Pell Grants. Visit the Federal Pell Grant website to learn more.

Subsidized loans are determined by "years," not "terms," and eligible students get six years of federally subsidized direct loans. Students may receive unsubsidized federal loans until they borrow their federal aggregate loan limit or until they reach the satisfactory academic progress maximum time frame.

Any questions can be directed to the Division of Financial Aid at Purdue. You can visit the Office of the Bursar for current tuition and fee rates.

**Foreign Language Placement Testing**

The Language department has a fully-online SLC Language Placement Test. For details you can visit their page here. Once at the page, students will be able to download a manual with step-by-step instructions. The test is up and running continuously. It may take a few business days for tests to be reviewed and placement results to be validated. The official name of the test has been changed from “Foreign Language Placement Test (FLPT)” to “SLC Language Placement Test (SLCLPT)”. Questions about placement test related issues can be sent to: slcplace@purdue.edu.
**PLaCE Short Courses - Spring 2022**

PLaCE courses are short courses geared towards international students and focused on improving communication and English language skills. Registration is open for Spring 2022 Session 1 of PLaCE Short Courses at [https://purdue-place.gosignmeup.com/Public/Course/Browse](https://purdue-place.gosignmeup.com/Public/Course/Browse). Enrollment is limited to one class. There is not a limit on the standalone Workshops. Classes are non-credit bearing and free to enrolled international students. We do ask, if you are not able to attend the entire 6 week session to not enroll, so another student may have the space. More details about classes may be found on the PLaCE website: [https://www.purdue.edu/place/courses/shortCourses.html](https://www.purdue.edu/place/courses/shortCourses.html)

**Make the Most of College: Gallup-Purdue Index**

- Purdue has so much to offer! Wondering how to prioritize what will make the most impact on your future? The Gallup-Purdue Index (GPI) was formed from a survey of more than 30,000 U.S. college graduates.
- Refer to the Student Guide to Creating a Successful College Experience: This guide was designed to help college students get the most out of the college experience based on the GPI results.

**Academic Success Center (ASC) * **

The ASC offers a collection of services and programs designed to help students be successful in the classroom. Be proactive and review available resources now. Don’t wait till things get difficult to manage. See ASC’s offerings at [https://www.purdue.edu/asc/](https://www.purdue.edu/asc/).

ASC provides: Academic Consultations, Peer Coaching, Supplemental Instruction (SI), Workshops, and much more. **Accountability Groups:** These groups offer students an ongoing support in a group setting to help them strengthen their study skills and stay motivated to achieve their goals. One group will partner with the Disability Resource Center to provide intentionally tailored support for students with ADHD, depression, PTSD, autism, and other disabilities impacting their executive functioning. Accountability groups will have:

- Consistent, Dedicated Time: Groups will meet one time per week for 1.5 hours in the ASC
- Peer Connection and Support: Groups will have 6-8 assigned students
- Facilitated Strategy Development: Groups will be led by an ASC graduate assistant

Students who are interested in learning more about the Accountability Groups can apply at the above link.

**Level Up:** A four part workshop (see attached flyer) for Spring 2022 designed for students on academic grade probation or students looking to overcome academic setbacks. The workshop will focus on goal setting, personal responsibility, self-management, and positive affirmations. Registration is required. For more info and to register go to the link above.

Workshops: **Plan your Successful Semester (see attached flyer)** will be held on January 13th at 4:30pm. Additional workshop offerings will be added throughout the semester. Click here to view upcoming workshops.

QUESTIONS? For more specific information about each service, be sure to check out their homepages, or Email academicsuccess@purdue.edu, call 765-494-4700, or visit Wiley C215.

**Well Track***

CAPS is offering a FREE self-help resources library that help address mental health challenges and life stressors. Well track’s topics include anxiety and stress, depression, public speaking, resilience skills, healthy sleep, mindfulness, as well as tools to track mood, a thought diary, and much more.

**TaskHuman**

The Health and wellness of our students, staff, and faculty is important to the College of Engineering. So in addition to the suite of [Purdue wellness programs](https://www.purdue.edu/academic-success/health-wellness/) already available to campus members, the College of Engineering has partnered with TaskHuman to provide unlimited, FREE access to live 1-on-1 wellness providers and support systems. This program was piloted in ECE throughout the Fall 2020 semester and was so successful, the College wants to make it available college-wide at NO COST to students, staff, and faculty. This resource requires a special promo code to use when setting up the app.

Instructions for TaskHuman access

- Download TaskHuman from the App Store or Google Play Store
- Create an account
Go to Settings and tap on "Check for discounts"
Enter discount code: purdue63

TaskHuman is a mobile app that offers 1-on-1 live support from wellness coaches in all areas of your daily life, such as:
  - Time & Study Management
  - Life Transitions
  - Mindfulness
  - Clean Eating
  - Managing Stress
  - Personal Relationships
  - And Hundreds More!

Have questions or don't see a service you want/need? Visit the College’s TaskHuman information page

**Safety- All Hazards Training**

View Key Emergency Preparedness Resources at Emergency Preparedness website. All-Hazards Awareness Training is offered to the Purdue community through in-person sessions and online. This training provides reminders on what constitutes an all-hazards emergency event and how faculty, staff and students in the classroom or elsewhere on campus should react in such a situation. Emergency preparedness officials explain how the campus community receives emergency notifications through the multi-layered Purdue Alert system, what "shelter in place" means and how to respond when they see the phrase in alerts sent out; evacuation procedures; what they can do to prepare; and available tools and resources.
CONNECT WITH US!

WANT TO KNOW WHAT’S GOING ON IN EEE? CHECK OUT OUR SOCIAL ACCOUNTS FOR UPDATES AND HELPFUL INFO.

PurdueUniversityEEE
PurdueEEE
PurdueEEE
Purdue-EEE
EEE Computer Lab/Student Room (Potter 360) Agreement

The EEE Student Room in Potter 360 (hereafter referred to as 360) is a place set aside for EEE students and students in EEE courses to work, study, and access dedicated EEE computers.

Use of 360 is a privilege and students are expected to treat the room and other students in the room with respect.

Use
360 is restricted to EEE students and students in EEE courses. It is NOT a general-purpose room for Purdue students.

While it does not have the atmosphere of a library, students should be considerate of others attempting to work and keep noise to a minimum.

EEE students can invite other Purdue engineering students to work with them in 360 for the purpose of group work or projects. EEE students who host non-EEE students are responsible for their guests.

IMPORTANT:
360 is secured by a keypad whose code will change every semester and should NEVER be distributed to anyone except at the discretion of EEE faculty and staff. Students who give out the key code may have their 360 access privileges revoked. DO NOT prop open the 360 door.

Books
The books are for student use, however, please do not remove from POTR 360.

Computers
The eleven computers (PC01-08 are running Windows 10, PC 09-11 are running Windows 7) are available for general use by EEE students. However, school work or EEE-related business takes priority and students using the computers for general purposes (web browsing, email) should log off if there is not another computer free. This is not a general use computer lab – we do monitor the computers and only EEE students and those in EEE classes should be using the computers.

Printing
The use of 360 printer is limited to school work and EEE-related business. It is currently a free resource offered by EEE. Please respect this free resource (and the environment) by printing only what is necessary. We will monitor print use; excessive use or use by students who are not EEE students or in EEE courses may result in page charges.

SEEE Office Space
The desk and file cabinet labeled for SEEE is for SEEE officer use only. The microwave and refrigerator are for use by all EEE students, but provided and managed by SEEE.
EAPS 320: Physics of Climate

What breakthrough of Climate Science earns the Nobel Prize in Physics 2021?

How did dinos thrive at both poles during warm climates?

Want to play with kitchen-counter experiments to understand the effects of sea ice melting?

Physics of Climate is a large, wide reaching topic. We are here to learn together.

See you Tu & Thu 1:30-2:45pm
Prof. Wang (he/him) will tell you!
Contact leiwang@purdue.edu to register for the class!

CURE-PURDUE
Expanding Undergraduate Research through CUREs

IMPACT
Data Science Education
NUTS AND BOLTS OF THE SURF PROGRAM
OPEN TO ALL UNDERGRADUATES

Date: Thursday, January 13th 2022
Time: 2:30 - 3:30 PM
Location: WALC Rm. 3121

At the WORKSHOP, you will: Learn all about the process, strategies, and documents required to secure a SURF undergraduate researcher position
At the WORKSHOP, you will: Learn all about the process, strategies, and documents required to secure a SURF undergraduate researcher position.
How to get Undergraduate Research in EEE

Preparation:
1. Figure out what your objective is: To prepare for graduate school, gain technical skills, network, publish, exposure to entrepreneurship, etc.
2. Review the faculty webpages to find a few who are doing research that interests you
   a. [https://engineering.purdue.edu/EEE/Research](https://engineering.purdue.edu/EEE/Research) - summary
   c. Industrial Sustainability - [https://engineering.purdue.edu/EEE/Research/industrial-sustainability](https://engineering.purdue.edu/EEE/Research/industrial-sustainability)
3. Go to the online journals to find a few recent publications by the professor you wish to approach. Research Journals - [https://guides.lib.purdue.edu/az.php](https://guides.lib.purdue.edu/az.php)
4. Read two of the most recent journal articles published by the professor (as a first author). You will not understand everything, but take notes on the questions that you have while reading them. Doing this will familiarize you with their current research.

Reaching Out:
5. Email the professor:
   a. Make sure to state your name, year in EEE (sophomore), which articles you have read, and ask for 15 minutes of their time to meet to discuss their research since it interests you.
   b. Provide several time options in the coming two weeks that you are available to meet them at their office during regular business hours. (Don’t forget to ask where their office is or if they wish to correspond differently.)
6. Meeting with the professor:
   a. Ask probing questions about their research, such as:
      i. Do you have a research project that needs an undergraduate student’s help?
      ii. What are typical responsibilities for undergraduate students engaged in your research, and what are your expectations of them?
      iii. How did you get involved with this area of research?
      iv. Where does the funding come from for your research?”
      v. Also, don’t forget the questions you wrote down about the articles you read!
   b. As you are talking, ask yourself whether this professor is someone you would want to work for.
      i. **If so**: at the end of the discussion, ask if they are taking students into their lab.
      ii. **If not**: politely thank them for their time and state that you hope to see them in classes in the future.
   c. If you get no response:
      i. Wait a minimum of two weeks before re-emailing the professor (to avoid being a pest)
ii. Forward your previous email to the professor, politely stating that you tried to email them two weeks ago, but it must not have reached them, so you are trying again. Provide a new batch of times you are available in the next two weeks to meet.

d. If you still get no response:
   i. Look up their graduate students, if possible (you can ask Cresta Cates, catesc@purdue.edu), to ask them how best to arrange a meeting with the professor.

Details:

7. To legally be in a professor’s research lab, you must either be doing research for credit or pay.
   a. For credit: In EEE, undergraduate research is most commonly started via EEE 49800. Follow the directions at Individual Research Proposal form (for EEE 49800) - https://engineering.purdue.edu/EEE/InfoFor/CurrentStudents/ResearchProposalForm/Undergraduate
   b. For pay: You must negotiate this with the professor depending on the availability of grant money; arranged through their business office. Paid research positions are most commonly found through SURF or OUR (see links below). Competitive scholarships and financial awards for undergraduate research are also available via EURO and OUR (links below).

Other Resources:

- Engineering Undergraduate Research Office (EURO) – https://engineering.purdue.edu/Engr/Research/EURO
- Summer Undergraduate Research Fellowship (SURF) - https://engineering.purdue.edu/Engr/Research/EURO/students/about-SURF
- Office of Undergraduate Research (OUR) - https://www.purdue.edu/undergrad-research/
- Discovery Park’s Undergraduate Research Internship (DURI) – https://www.purdue.edu/discoverypark/duri/
- Vertically Integrated Projects (VIP) – https://engineering.purdue.edu/VIP
LEVEL UP YOUR ACADEMIC SUCCESS

A 4 part workshop series presented by the Academic Success Center.

It's a new semester - let's plan your comeback.

4:30pm in the Academic Success Center

TUESDAY, JAN. 18
THURSDAY, JAN. 20
TUESDAY, JAN. 25
THURSDAY, JAN. 27

Academics not working out as you planned? Do you recognize previous mistakes made and challenges you faced? Are you looking to take your success a level up?

REGISTER TODAY!

Level Up is recommended for students on academic grade probation or students looking to overcome academic setbacks.
PLAN YOUR SUCCESSFUL SEMESTER

THURSDAY, JANUARY 13 AT 4:30PM IN WILEY HALL C215

TIME MANAGEMENT - MOTIVATION - BALANCE

PRESENTED BY
THE ACADEMIC SUCCESS CENTER

The start of a new semester can be overwhelming!

That’s why we created this workshop to help you get organized, set semester goals, and plan ahead. We ask that you bring printed copies of your syllabi or have them available on a laptop.

Our goal is to help you achieve yours! Learn more at purdue.edu/asc
CAPS is pleased to offer **FREE** self-help resources online to students. WellTrack is an evidence-based online library of engaging, interactive resources that address mental health challenges and life stressors. Topics include:

- Anxiety & Stress
- Depression
- Public Speaking
- Resilience Skills
- Your Guide to Healthier Sleep
- Finding Your Inner Calm Through Mindfulness
- Journey to Purpose and Meaning

Tools including a MoodCheck, thought diary, and Zen Room