

MINICOURSES:

**What they are,
where to find them,
& how to add one**

Want to explore a new subject without committing to a 3-credit course? Need to drop a course but can't go below 12 credits?

Catching up on credits? Second half minicourses are great options to consider. "Minis" are 1, 1.5 or 2-credit courses

that start at the beginning or halfway through the semester.

You can find them on the Schedule of Classes, just like other courses, but we've developed a comprehensive list of SAS minis for easy browsing.

To add a mini to your schedule, just chat with an advisor weekdays, 9 AM - 5 PM.



**Summer
Session
Registration
Begins**

Interested in taking courses this summer? Registration begins Feb 15. Go to Summer Session's website for more information on cost & deadlines.

SPECIAL EDITION: SELF-CARE & WELLNESS

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SAS JUNIOR MONTHLY

WHAT YOU NEED TO KNOW, WHEN YOU NEED TO KNOW IT



RU Health Services Resources:

**Free virtual workshops & events
for all students!**

**View Spring 2021 offerings, like
mastering time management &
coping during the COVID-19 crisis.**

**They also have an extensive Video
Library on self-care, how to deal
with crisis, improving mindfulness,
managing anxiety & more!**

**Virtual counseling & therapy
options are just a click away.**

**Get the latest information on
COVID-19 testing.**

Tips for Staying Healthy & Connected:



Reach out to friends & family. Video chat with loved ones regularly as a way of maintaining your connections while social distancing.



Do fun, distracting things! Many streaming apps now have a feature to watch videos with others. Have a virtual movie night! Bonus - you don't have to share the popcorn!



Replicate the in-class experience virtually by creating study groups and review sessions with your classmates.



Volunteer. Did you know self-care also comes in the form of helping others? Find a safe way to give back to your local community.