

*There are 79 days
left in 2020.*

BIOBEAT

Oct 13, 2020

*Oct 13th is the
International Day
of Disaster
Reduction...seems
like good timing.*

Welcome to Fall Reading Break

You've made it six weeks into the semester, congratulations! Now it's time for a breather. What should you do on your Reading Break?



- Take a break.
- Go outside.
- If you're behind in any classes, catch up.
- If you can work ahead in a class, do it. If you've read ahead in your textbook, you will be so much more prepared when you're back next week.
- If you have midterms coming up, spend a little time each day on the material. Don't try to cram for them because it doesn't work. Short, focused periods of work is a better way to go. Remember the Study Advice from an earlier edition of Bio-Beat.
- Go outside. Go for a walk. Get some exercise.
- Make a list of ten things you've learned so far this semester and you'll see that you've already come a long way in a short time.
- Reach out to your instructors if there's something you don't understand. Don't wait until the day before (or the day of...) the exam before doing this. Your instructors want you to ask them questions so you aren't bothering them - just ask!
- Go outside. Don't sit at your computer all day. If you're trying to study all day, you're not being effective anyway.
- If you don't understand something, there are plenty of others who don't too. Try to work it out with your fellow students.
- And finally, go outside. There's a theme here somewhere...

INTERESTED IN GETTING INVOLVED IN RESEARCH
AND SCHOLARSHIP AT MRU? NEXT WEEK, WE'LL TALK
ABOUT HOW YOU CAN DO JUST THAT.

Enjoy the break.