VOLUME 1, ISSUE 2 - MAY 2020

SAS JUNIOR MONTHLY
WHAT YOU NEED TO KNOW, WHEN YOU NEED TO KNOW IT

Wrapping Up: Mindfulness in May

As Spring 2020 winds down...

...and summer 2020 begins, we encourage you to take the time to decompress, do the things that make you happy, and get lots of rest before the fall term. We know this semester wasn't easy, but you're almost there! Rutgers Health Services is offering virtual counseling sessions as well as free workshops and events, like yoga, meditations, as well as many other de-stress and wellness resources, entirely online. Whether you are completing summer courses or using this time to rest and reflect, be sure to use the time to take care of yourself and anyone near and dear to you. We'll see you again in the fall!

What's Happening?

OAAS is Open for You!
While you're on summer break, we're still here, ready to help. Whether you have a quick question or need advice, you can get in touch with an advisor Monday - Friday, 9 AM - 5 PM.

P/NC...How Does it Work?
The Pass/No Credit Option can be used for any or all of your classes. You can even wait until your Spring grades are posted to decide! Visit the "My Grades" widget on your MyRutgers Portal to submit your request. The deadline is May 22nd.

Get Ready for Senior Year!
It's never too early to start preparing for your next chapter at RU. Check out the SAS site for seniors, and contact us for a senior review.

What You Need to Know, When You Need to Know It

May 5 & 6
Reading Days

May 7 - 13
Final Exam Period

May 22
P/NC Deadline

May 26
Summer Session Begins