them to submit them for consideration by Wednesday at 8 a.m. by emailing

If you have items you would like to see appear in What's New BU,

Baylor journey.

freshmen at Baylor, check out our

Handshake for up-to-date information on each session

through the summer to keep your career goals on target.

For upperclassmen: The Career Center continues hosting virtual

Career Center Virtual Events

Counseling Center's website

health. This week's resource is dedicated to

provide you with essential skills to help you maintain mental and emotional

The Counseling Center at Baylor University has gathered resources to

Self Care

Maintaining Mental and Emotional Health:

"Mastering Your Material." Click

Having trouble keeping your coursework organized? Try these 7 steps for

7 Steps to Mastery of Material

What other changes do I need to make?

professor?

actively participating in the class?

even if they are not

time working with the course material?

direction help you learn better?

https://www.surfdogricochet.com/

charities, etc.?

helping vets with PTSD, children with disabilities, to raising funds for

be a service dog to a

• How did Ricochet “change her strategy” (so to speak!) from preparing to

direction?

• How did Patrick Iveson, the wheelchair bound teenager, choose a new

out the right dog” to “Here’s what we can do now!”

• How did Ricochet’s trainer rebound from discouragement and a sense of

failure?

3.

2.

1.

Surf-ice Dog.”

are some thoughts to help you consider an academic ricochet!

schedule, trying new learning strategies, working with your lecture notes

become more resilient…and successful!

important part of college academics.

Thinking about what is working for you and what needs to change is an

in a different direction.

What is a

Creating a Ricochet Plan

HERE

Join the Department of Wellness on YouTube for weekly activtities. Click

choose from workout sessions, delicious food tutorials, and fun interviews.

The Department of Wellness offers virtual activities every week. You can

HERE

For inspiration, watch the

PDF of this newsletter is available at

HERE

June 22, 2020

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Am I completing assignments,

Do I need to spend more

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