

As the semester wraps up and summer break approaches, take a few minutes to clear out your backpack, locker, and workspace before you leave campus. It might seem small, but forgotten food, drinks, and random items can quickly turn into unpleasant surprises over the break. No one wants to come back in the fall and discover a full-blown ecosystem that used to be a granola bar. If your backpack crunches when it shouldn't, this is your sign. Removing valuables, chargers, and important documents also helps ensure nothing gets lost while you are away. Think of it as a reset. Future you will be walking into the fall semester feeling organized and refreshed.

Between finals and the transition into summer, it is important to take care of your mental health. During finals week, try to build in short breaks, stay hydrated, eat real meals, and prioritize sleep. Your brain deserves more than caffeine, vibes, and last-minute panic. As summer begins, your routine may shift, and that adjustment can feel both exciting and overwhelming. Give yourself time to reset, stay connected with your support systems, and remember that it is okay to slow down. You have worked hard all semester. Finish strong, take care of yourself, and enjoy a well-deserved break.