



Healthy Tips for Each Week!

Write one thing you are grateful for each day

Concentrate on breathing - 4 seconds inhale, hold, and exhale

Drink 32+ ounces of water each day

Eat a fruit or vegetable each meal

Enjoy the sights and smell of nature

Write a word, phrase, or lyric that motivates you

Create a vision board - visualize your future

Set a bedtime routine

Practice little acts of kindness for yourself and others

Make a music playlist that makes you smile

Do a stretch every 30 minutes while studying

Express gratitude to someone in your life daily

Make laughter a part of your daily routine

Put your feelings into words, write down your emotions

Do micro stretches - wrist circles, shoulder rolls, etc.

Set aside 60 seconds each day to close your eyes and focus on breathing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
August 24 First Day of Class	25	26	27	28	29 30
31	September 1	2	3	4 Last day for 100% refund	5 6
7 Labor Day-Classes in session	8	9	10	11 Last day to drop/withdraw without a W	12 13
14	15	16	17	18 Last day for 50% refund	19 20
21 Start Credit/No credit	22	23	24	25	26 27
28	29	30	October 1	2	3 4
5	6	7	8	9	10 11
12	13	14	15	16	17 18
19	20	21	22	23	24 25
26	27	28	29	30	31 Nov. 1
2 Deadline for application for graduation	3	4	5	6	7 8
9	10	11	12	13	14 15
16	17	18	19	20	21 22
23	24 Last day for in person classes	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break	28 29
30 Study Week - Virtual	December 1 Study Week - Virtual	2 Study Week - Virtual	3 Study Week - Virtual	4 Study Week - Virtual	5 TRIO Super Sunday 6
7 Finals Week - Virtual	8 Finals Week - Virtual	9 Finals Week - Virtual	10 Finals Week - Virtual	11 Finals Week - Virtual	12 13



Fall 2020 Semester

Calendar *ATA GLANCE*

- August 24** First Day of Classes
- September 4** Last Day for 100% Refund
- September 7** Labor Day - Classes in Session
- September 11** Last Day to Withdraw/Drop Without a "W"
- September 18** Last Day for 50% Refund
- September 21** Start Credit/No Credit
- November 2** Deadline for Application for Graduation
- November 24** Last Day for In Person Classes
- November 25** Thanksgiving Break

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- Nov. 30 - Dec. 4** Study Week
 - December 6** TRIO Super Sunday
 - December 7 - 11** Finals Week

Please check registrar.ku.edu for course-specific deadlines for Fall 2020 short classes.



TRIO
SES & STEM

