

# Tech Talks with Dean Stein

John M. Stein  
AVP for Student Engagement & Well-Being  
and Brandt-Fritz Dean of Students Chair

# Welcome to the Spring Semester



## Happy New Year

- As we begin the spring semester, we're excited to have you join us for another chapter of growth, learning, and community.
- Whether you are returning to campus or starting fresh, this is a time for new opportunities, connections, and success.

Let's make this semester a remarkable one together!



# Spring Semester Snow Day Memories





# Differences Between Spring & Fall Semester



- The Spring semester does not have as many holidays as the fall.
- Unlike the fall semester, which includes shorter breaks like Thanksgiving, the spring semester has fewer days off.
- The lack of holidays in the spring can contribute to student burnout as they may feel as though there is less time to rest and recharge during the semester.

# Important Dates for Spring Semester 2025

- January 20 - MLK Holiday-No Classes
- February 24 - Progress Report Grades Due
- March 12 - Withdrawal Deadline
- March 17-21- Spring Break
- April 21-22 - Final Instruction Days
- April 24 -May 1 - Final Exams
- May 2-3 - Commencement
- May 5 - Grades Due



# Supporting Students: Spring Semester Tips

1. **Encourage Time Management:** Help your student create a study schedule that includes time for relaxation and self-care
2. **Check in Regularly:** Stay connected with your student through phone calls or messages but allow them the space to grow independently.
3. **Be Mindful of Spring Break Plans:** Help your student plan a productive and safe spring break, whether for travel, rest, or career prep.



# Supporting Students: Spring Semester Tips Con'td

4. **Support Physical Wellness:** Remind your student to prioritize physical health by eating nutritious meals, staying hydrated, exercising regularly, and getting adequate sleep.
5. **Encourage Stress Management Practices:** Suggest stress-reducing activities such as mindfulness, meditation, journaling, or engaging in hobbies they enjoy.
6. **Celebrate Small Wins:** Recognize their achievements, no matter how small, to keep their morale high.





# Student Engagement & Well Being Resources

The Wellness Empowerment Center offers additional self care tips on their website: <https://wellnesscenter.gatech.edu/well-being/mental-health/self-care>

The Center for Mental Health Care & Resources offers additional self-help resources on their website: <https://mentalhealth.gatech.edu/resources/students/self-help-resources>

UWILL & Headspace are other self-help resources available to Georgia Tech Students: <https://mentalhealth.gatech.edu/resources/students/self-help-resources>



Questions?