



## Upcoming Events

- **May 3-5 – Cruising Altitude: The First-Year Musical.** Written, produced, and performed by the Class of 2022, *Cruising Altitude*, a high-stakes musical comedy set 35,000 feet in the air, tackles the issues of losing yourself in relationships, living in the moment, and pursuing passions at all costs, all without resisting the urge to poke fun at airplanes, the dentist's office of transportation. For show times and \$5 tickets, visit the Harvard Box Office. Agassiz Theater. 



- **Friday, May 3, 8-9PM – A Sea Symphony.** Set sail with the Harvard Choruses! Witness a titanic performance of a rare masterwork with 150 singers, a full professional orchestra, text from Walt Whitman's *Leaves of Grass*, and a musical style that inspired modern-day giants like John Williams. Student tickets are free from Harvard Box Office. Sanders Theatre.

- **Saturday, May 4, 7:30PM – Mariachi Veritas de Harvard Spring Concert.** Join Mariachi Veritas de Harvard for free traditional Mexican music and dance that you won't have the chance to experience anywhere else! No tickets required, SOCH Event Hall. 

- **Sunday, May 5, 9AM – Harvard on the Move Sunday Run.** Run with President Bacow! Join Harvard on the Move for a morning run with the University President. All paces and distances welcome; rain/shine. Meet on MAC Gym Steps. 

- **Tuesday, May 7, 7-8PM – Doggie Study Break.** Don't let finals get you down. Destress with some dog playtime! Rain location is the Student Oasis on the lower level of the Memorial Church. Brought to you by the FYE and the Memorial Church of Harvard University. Canaday Courtyard. 

- **Wednesday, May 8, 7-11PM – Cram at the HAM.** The Harvard Art Museums Student Board presents our second annual Cram at the HAM study night! Enjoy free study snacks and coffee, extra tables and outlets, fun study breaks, a museum-inspired playlist, giveaways, and more. Free and open to all Harvard students; HUIDs at door. Harvard Art Museums. 

## Annenberg Announcements

Annenberg will close for the term after dinner on Saturday, May 18.

Lost anything in Annenberg this year? Ask a HUDS staff member to show you where the Lost & Found is.



## Message from the Dean

Dear Class of 2022,

It seems like just yesterday that we were welcoming you in August, and now the year is drawing to a close. As you prepare for Reading Period with its papers and final projects, and Exam Period with its blue books, we will be here to help and support you in the final phase of your first year at Harvard.

Be sure to rest, take care of yourself, and don't forget to leave time for connecting with friends and your community. We have enjoyed getting to know you, we wish you the best with your summer plans, and don't forget to stop and say hello next fall!

Sincerely,  
Lauren Brandt



## Resources for First-Years

Bureau of Study Counsel Offerings:

- **Study @ 5 Linden.** Stop by the BSC and check out our quiet, comfortable study space. Get some work done while



grabbing a snack and settling in! **Open Monday - Friday through Reading Period and Exams, 10AM-4:30PM, BSC, 5 Linden St.**

- **Harvard Course in Reading and Study Strategies Summer Session.** Feeling overwhelmed by the volume and complexity of your reading? This course helps readers to develop a repertoire of active reading strategies, to cultivate a questioning mindset, to approach a text with a sense of purpose, to consider a text from a writer's point of view, and to experience a sense of competence and confidence in their reading. For more information and to register, visit: [bsc.harvard.edu/reading-course](http://bsc.harvard.edu/reading-course). **June 26 - July 2, weekdays 3:30-5PM, (5 class sessions), Science Center E.**

**First-Year Restorative Yoga.** Learn yogic breathing, gain flexibility and strength, and find ways to be at ease in your body and mind. Drop-in; no need to sign up in advance.



**Thursdays, May 2 & 9, 6:30-7:45PM, Straus Common Room.**



**Center for Wellness and Health Promotion Open House.** Come take a break from studying with 10-minute massages, fresh fruit and berries, coloring, crafts, and more!

**Tuesday, May 7, 3:30-6PM** (doors open at 3:15PM for massage sign ups), **Center for Wellness and Health Promotion, Smith Campus Center, 2nd floor.**

**Journal Project Prompt #33:** What are some relationships, new or existing, that you hope to pay close attention to this summer? What will that look like over the course of the summer?



## First-Year Experience Office

Morton Prince House  
6 Prescott St.  
Cambridge, MA 02138

Phone: 617-495-1574  
Fax: 617-496-1624

Email: [firstyear@fas.harvard.edu](mailto:firstyear@fas.harvard.edu)  
Hours: Mon. - Fri., 9AM-5PM

### Submissions

Please send submissions by  
Tuesday at 9:00AM to:  
[yardnews@fas.harvard.edu](mailto:yardnews@fas.harvard.edu)  
Published Fridays.

### Safety Notice

To contact an FYE representative in the event of a serious, non-academic emergency, please call your proctor, or the Harvard University Police at (617) 495-1212. Safety and other emergency messages are displayed on the Harvard Emergency web page: [harvard.edu/emergency](http://harvard.edu/emergency). Sign up for MessageMe to receive the most up-to-date emergency information: [messagem.me.harvard.edu](http://messagem.me.harvard.edu).

## PAF Tips on Reading Period and Final Exams

**Make and Keep a Schedule.** Create a schedule, including study time, review sessions, project deadlines, and exam dates. Get on a regular work and sleep schedule. Make a schedule that works for you; don't be too influenced by how others are approaching their exams. Be awake during the day. Waking up for a 9AM exam is more difficult if your body is used to going to sleep at 4AM! Set personal deadlines that are earlier than the official deadlines. Leave time for possible error. Study when it is time to study, and relax when it's time to relax. Double-check the exam schedule. Better yet, have a friend re-check the exam schedule for you!

**Balance.** Balance is the key to productive reading and exam periods. Do one fun thing every day. Do some physical activity at least every other day. Build in down time away from your study space. Go into Boston, or take a walk around Cambridge. Go easy on the late nights. Not having class may make it feel like you can stay up till sunrise with no repercussions, but you will end up paying the price. Realize it won't be effective to try to study for more than four hours at a time.



**Study Strategies.** Study actively. Simply re-reading notes might not be the best way to absorb material. Consider copying your notes to engage with them. Make sure study groups are useful. Think about using less crowded study areas. Studying with your best friends may sound like fun, but make sure it will be productive. Keep all your courses in mind. Prioritize your courses as appropriate, but don't over-focus on one exam if you have several. If you have back-to-back exams, study for the second before the first is over. Your classes may have extra office hours and review sessions. Use them!

**Exam Eve and Taking Exams.** Arrange for a wake-up call from a friend as a backup to two alarms. Cramming the night before isn't helpful. Schedule time to relax the evening before an exam. Remember to bring all important materials – pens, pencils, calculator, water, snacks. Don't forget any allowed course material. Eat breakfast on exam day.

## Important Move-out Information



**All first-years must vacate their rooms by 12PM on Sunday, May 19.** Use the check list below to help you stay on track with move-out responsibilities. For more information on Yard access for vehicles and other helpful move-out information, visit: [yardops.fas.harvard.edu](http://yardops.fas.harvard.edu).

### Before Vacating Your Suite:

- ✓ Remove all personal furniture and belongings. Any furniture you wish to donate to Habitat for Humanity should be taken to the closest trash/recycling room.
- ✓ Bag all trash, recycling, and compost, and take it to the closest trash/recycling room. Do not leave trash/recycling in your room, the hall, or outside the building. (Each roommate will be term billed for leaving trash or discarded personal items in the suite.)
- ✓ Sweep the floors, and remove all posters, as well as poster gum, from the walls.
- ✓ Return any borrowed dishes and/or silverware to Annenberg.
- ✓ Report anything in your room (lights out, plumbing issues, shade repairs, lock issues, broken furniture, etc.) to Yard Ops: [yardops.fas.harvard.edu/maintenance-requests](http://yardops.fas.harvard.edu/maintenance-requests).

### Before Leaving the Yard:

- ✓ Check out in person at Yard Operations in the basement of Weld during business hours (Monday-Friday, 8AM-4:30PM). Longer office hours will run Thursday, May 16 through Saturday, May 18 (8AM-8PM), and Sunday, May 19 (8AM-noon). Your HUID is needed.
- ✓ Return your room key to Harvard Yard Operations. The key should be placed in the envelope provided in your HYMC mailbox. If you have lost your envelope, use one supplied at the key drop off box. Write your name and suite number on the envelope, and seal it. There is a \$50 term bill charge for keys not returned, for the return of copied keys, and for the return of a loose key if we cannot determine to whom it was issued.
- ✓ Fill out the student mail forwarding form at: [hums.harvard.edu/mail-delivery/student-mail-forwarding](http://hums.harvard.edu/mail-delivery/student-mail-forwarding).

## A Look Back...

