

Tech Talks with Dean Stein

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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!

Looking Back: Fall Semester Memories (2025)



Freshman Cake Race



Ramblin' Wreck Parade



Family Weekend



Bid Day

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.



Snow Day - Spring 2025

Important Dates for Spring Semester 2026

- February 6 – 1st Half Term Withdrawal Deadline
- March 2 - Progress Report Grades Due
- March 18 – 2nd Half Term Withdrawal Deadline
- March 23-27- Spring Break
- April 27-28 - Final Instruction Days
- April 30 -May 7 - Final Exams
- May 7-9 - Commencement
- May 11 - Grades Due



Family Weekend – Fall 2025

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, messages, or a fun care package – just remember to give 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.



Safe Spring Break - Spring 2025

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.



Heart Happy Yoga at Campus Recreation

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>



“A friend is a gift you
give yourself.”

-Robert Louis Stevenson



Center for
Student Engagement



According to the
National College
Health
Assessment, 80%
of college
students report
feeling lonely.

75% of firstyear students say making friends is their number one priority even over academics.



Just one good
friend can
relieve
loneliness.





119- the number of hours it takes to
make a close friend





Arthur Aron, a faculty researcher at SUNY Stonybrook, found strangers could become friends in just one hour with intentional guided conversations.

Project Connect Friendship Formula

Sharing
+
Caring
+
Repairing
=
Friendship



5 Weeks, 5 Meetings, 5+ Friends



Typical Facilitated Session



- 1 Welcome and Introductions
- 2 Large group icebreaker
- 3 Share picture/questions/item
- 4 Small Group Discussion using Conversation Cards
- 5 Check Out Activity and Reminder for Next Session

Spring 2026 Experience

Tuesdays, 11 a.m. – 12 p.m.
Wednesdays, 2 p.m. – 3 p.m.

Signups on Engage
engage.gatech.edu



Questions?