**COMING BACK AFTER BEING SICK**

**BE PREPARED:**
Meet someone in each of your classes, so if you’re ever sick or miss a class you can get notes from them.

**TAKE CARE OF YOURSELF:**
Know your limits and find balance between work and rest.

**TRY TO STAY ON TOP OF ASSIGNMENTS:**
And reach out to professors early!

**REACH OUT TO PROFESSORS AND ASK FOR MISSING MATERIALS AND EXTENSIONS IF NEEDED:**
You can also reach out to anyone you know in your classes and ask for notes!

**GET INTO A ROUTINE:**
Get back into the habit of going to classes and make time to catch up on assignments and content.