MINICOURSES: What they are, where to find them, & how to add one

Want to explore a new subject without committing to a 3-credit course? Need to drop a course but can’t go below 12 credits? Catching up on credits? Second half minicourses are great options to consider. "Minis" are 1, 1.5 or 2-credit courses that start at the beginning or halfway through the semester.

You can find them on the Schedule of Classes, just like other courses, but we’ve developed a comprehensive list of SAS minis for easy browsing. To add a mini to your schedule, just chat with an advisor weekdays, 9 AM - 5 PM.

RU Health Services Resources:

Free virtual workshops & events for all students!

View Spring 2021 offerings, like mastering time management & coping during the COVID-19 crisis.

They also have an extensive Video Library on self-care, how to deal with crisis, improving mindfulness, managing anxiety & more!

Virtual counseling & therapy options are just a click away.

Get the latest information on COVID-19 testing.

Tips for Staying Healthy & Connected:

Reach out to friends & family. Video chat with loved ones regularly as a way of maintaining your connections while social distancing.

Do fun, distracting things! Many streaming apps now have a feature to watch videos with others. Have a virtual movie night! Bonus - you don’t have to share the popcorn!

Replicate the in-class experience virtually by creating study groups and review sessions with your classmates.

Volunteer. Did you know self-care also comes in the form of helping others? Find a safe way to give back to your local community.

Interested in taking courses this summer? Registration begins Feb 15. Go to Summer Session’s website for more information on cost & deadlines.