



**NATIONAL UNIVERSITY ACADEMY**  
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## NUA HEALTH SCIENCES PARENT/STUDENT NEWSLETTER

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### IMPORTANT DATES

**March 17**  
NUA Board Meeting

**March 17-18**  
CAHSEE Testing

**March 27**  
End of 3<sup>rd</sup> Quarter

**March 30**  
Beginning of 4<sup>th</sup> Quarter

### Director's Message

This month, I am pleased to announce the following exciting news from National University Academy. National University Academy is pleased to welcome our new 9th-12<sup>th</sup> grade students from the Career Paths Program into our school. Our enrollment has grown significantly over the past three weeks and we can now begin to explore additional exciting opportunities for our students in terms of classes, activities and social events. Look for more information to follow.

National University Academy for Health Sciences is changing its name to National University Academy. We made this change to broaden our attraction to potential students by not limiting our focus to just one academic area. We will still have a Health Science program for interested students but we will also be expanding opportunities in other academic/career areas as well.

We have expanded the number and hours of our Learning Centers. Students in our program will now have sites available in the following locations:

• National City	• Hemet
• El Cajon	• Perris
• Chula Vista	• Carlsbad
• Oceanside (4 locations)	• Lakeside
• Vista	• Spectrum Center
• Murrieta	• Indio

Please visit our web site <http://ahs.nusystem.org/Courses.html> for more information

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### Communication is Key in Online Learning

Discussion Board postings are an important, integral part of the online learning environment. Please remember to post first responses to the Unit Discussion Board by Wednesday (midnight) each week. Responses to two student postings of your choice are due by Sunday (midnight) for that same Unit Discussion Board.

Please see or e-mail your teacher if you have questions about the Discussion Board topics or how to respond.

### Technology questions

Contact the Help Desk:

1-877-252-7715 or

[helpdesk@myonlinelogin.com](mailto:helpdesk@myonlinelogin.com)

### Student Concierge Services

Call 1-877-252-7786 for student support from 7am to 12 midnight every day

### Writing and Math Centers

Make an appointment by going to <http://tutor.nu.edu>

### E-Library

Visit <http://library.nu.edu>

### Helpful Hints for Managing Stress

It is common to feel stressed while studying for an exam or standardized test such as the CAHSEE or SAT.

Here are some helpful hints to manage this stress:

- Remember, stress can be motivating if you can fuel that energy into productive work
- Don't cram the night before a test—try to study in small doses for a few days before the exam
- Take practice tests if they are available
- Get plenty of rest the night before an exam
- Eat a healthy breakfast to fuel your body and brain
- Arrive early and be prepared with all necessary materials (pencils, calculator, etc.)
- Most importantly, stay positive. The most you can ask for is your own personal best!