

N.U.in Program 2026 Academic Handbook:

N.U.in Greece at the American College of Thessaloniki

In this handbook, you will learn about important academic policies at your N.U.in institution for the fall. The handbook also includes advice for transitioning from high school to college that the Global Experience Office’s Academic Integration & Planning team has put together based on past N.U.in students’ experiences. By breaking out of the ordinary and choosing The N.U.in Program, you have set yourself up for a uniquely rewarding and challenging first semester! This guide will help you prepare for the academic adjustments and opportunities you will experience this fall.

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Welcome to Students and Families!

We are excited to be part of your academic journey this fall! We have prepared this guide to help you navigate academic expectations and policies at the American College of Thessaloniki and prepare you for your transition to studying at Northeastern in Boston this spring.

This is a reference document you should read this summer to prepare for The N.U.in Program and keep close during your program to consult when you need it: this guide includes recommendations for academic support services, details about where to view your grades, strategies for approaching your professors during their office hours, and much more. The details in this guide are what we have seen help Northeastern students embarking on global first-year programs understand academic policies and manage common challenges since we started sending cohorts of first-year students abroad on The N.U.in Program in 2007.

Review this N.U.in Greece Academic Handbook now, and you'll know where to find the guidance you need once the fall semester begins!

Studying abroad in your first semester of college is a unique and highly beneficial experience: please use this guide to help you prepare for it!

We look forward to seeing everything you accomplish in The N.U.in Program!

In scholarship,

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Courses and Curriculum

The [2026 N.U.in Program Curriculum](#) offers a tailored suite of courses available at each of our eight distinct locations. Each site's curriculum page displays the classes available to N.U.in students at that location this Fall 2026 semester. Each class listed includes a Northeastern equivalency, ensuring your academic progress is aligned with your degree requirements. Course descriptions, credits, and NUPath designations (where applicable) are also provided. Please be aware that course offerings are subject to change.

Please refer to the N.U.in Greece curriculum on the N.U.in website and your academic advising team to discuss your specific requirements and course plan. The full list of course offerings is available online; Culture course options for your location are highlighted below.

NUPath requirements refer to Northeastern's core curriculum. More information is available [here](#).

Culture Course

All students take one Culture course on The N.U.in Program. This place-based course is a signature feature of Northeastern's global experiential learning model designed to develop students' cognitive capacities in cultural agility and critical thinking. It is typically an immersive introduction to your city or location with out-of-classroom opportunities.

You choose one of the Culture course options as a required part of your N.U.in experience, and you can choose a second as an elective course. The options for Fall 2026 are:

Architecture in Greece through the Ages: Ancient to Contemporary

The Study will start chronologically from the ancient times, covering the basic and most essential examples of the Greek periods (Archaic, Classical, and Hellenistic). It continues with the Roman, Early Christian, Byzantine and Ottoman architecture. The course finishes with the study of the revival of Modern Greek architecture after 1830's, along with the establishment of the Modern Greek State and includes examples of Neoclassical, Eclectic, Modern and Contemporary styles.

NU Course Equivalent: ARCH 2370: Topics in Architectural History. NUPath: WI.

Greek Art Through the Ages: From Ancient to Modern

The course will be an introduction of a comprehensive and compact study of the arts of Greece from the Ancient to the Modern time. Through the examination and understanding of the arts, the complex political, social and religious life of the country through the years of its existence will be highlighted. The study will start chronologically from the ancient times, covering the basic and most essential examples of the most important period that set the base of the foundation of the Western civilization; continue with the Roman, Early Christian and Byzantine Eras; the arts during the period of the Ottoman Occupation; and finally end with the revival of Modern Greek art after the 1830's with the establishment of the Modern Greek State.

NU Course Equivalent: ARTH 1990: Art History Elective.

Thessaloniki: A City and Its Inhabitants

Throughout its history, Thessaloniki has been home to many different peoples and cultures. The purpose of this course is to review the history of the city and to focus on the different ethnic communities which have inhabited it, including principally Greeks, Turks, Jews, and Armenians, among others. The course will consider the establishment of the city in Hellenistic times, its Roman and Byzantine periods, the impact of the Ottoman occupation, the coming of the Sephardic Jews, the effects of the Balkan and the two World Wars as well as those of the Holocaust on the city. It will include visits to important cultural sites as the Archeological Museum, the Museum of Byzantine culture, the Jewish Museum of Thessaloniki, Roman antiquities, and Ottoman buildings.

NU Course Equivalent: HIST 1990, History Elective. NUpath: IC, SI.

Traditional and Contemporary Greek Music

This course will provide students with an introduction to the historically rich and varied traditions in Greek music. The principal focus will be on church music, folkloric song and dance, and contemporary variations of “lay” music. Discussion will also refer to the place of music in ancient Greek society. Knowledge of Greek is helpful but not required.

NU Course Equivalent: MUSC 1137: Topics in Diverse Musical Cultures. NUpath: IC, DD.

Understanding Greek Life and Culture

The course provides an understanding of contemporary Greek life and what it means to be Greek. It does so by examining the practices and creations of Greek culture, as well as by identifying and understanding the main figures of Greek life and the political scene through time. In addition, it develops students' intercultural and communicative competency so that they can interact both locally in Greece and in the global community.

NU Course Equivalent: LITR 1990, Literature Elective. NUpath: IC.

Course Equivalency

While the classes you take at your N.U.in location aren't *exactly* the same as the courses we offer in Boston, Northeastern faculty have evaluated the courses you are taking abroad as equivalent preparation for the next-level Northeastern course. Upon successfully completing a foundational course like MATH 1341 or ACCT 1201, you will fulfill all associated pre-requisite requirements. Northeastern faculty collaborate with our partner faculty to ensure your courses meet Northeastern standards and expectations. At the same time, you'll have a chance to learn from world-renowned faculty from across the globe and expand your academic mentorship network.

The N.U.in Program enables Northeastern University students to take first-semester coursework at a partner institution abroad and earn NU credit. The Academic Integration & Planning team works closely with NU academic Colleges and faculty as well as faculty and staff at N.U.in partner institutions to determine equivalencies between our courses. This means we are confident that students who successfully complete a course on an N.U.in program will have met the learning outcomes for that course at Northeastern, and they are prepared to move on to any Northeastern course that requires that class as a pre-requisite.

For example, any N.U.in location that offers the course CHEM1161/1162 General Chemistry with lab will prepare a student with the foundational skills and knowledge they need to continue on to CHEM 2311/2312 Organic Chemistry 1 with lab in their spring semester. A student who took this course at the American College of Thessaloniki in Greece has a unique experience to someone who took the class on the N.U.in Scotland program, and a student who took CHEM1161/1162 in Boston in their first semester has a distinct experience from both those students, too. When those three students sit together at a lab bench on the first day of Organic Chemistry in the spring, they are equally prepared from their fall Chemistry course in terms of knowledge, skill, and lab exposure. Each has gained the same foundation through a differentiated experience with local variance.

Course Registration Policies

Adding and Dropping Courses

Students will receive their final course schedule with course meeting times and locations during on-site orientation at the start of the program. At on-site orientation, you will learn the process to add and drop courses to make necessary course changes.

Students are strongly discouraged from adding or dropping courses once they arrive on site because Northeastern academic advising has already carefully reviewed, discussed, and confirmed your fall classes. Any changes that students make to their course registration after they arrive on site may negatively impact their academic progress, so making add/drop changes is not recommended.

The last day to add or drop a course at ACT this Fall 2026 semester is September 25.

Remember that taking fewer credits in a semester than you planned with your advisor may lengthen your time to degree completion. Please also keep in mind that requests are not guaranteed. Factors such as capacity, timetabling, and add/drop deadlines may not allow for a change to be made.

Withdrawing from a Course On-Site

Students are discouraged from withdrawing from courses unless absolutely necessary. Any changes that students make to their course registration after they arrive on site may negatively impact their academic progress, so it is not recommended.

Withdrawing from multiple classes can affect your visa eligibility. Please be sure to check in with on-site staff to discuss this if you are thinking about withdrawing from two classes. In addition, taking fewer credits in a semester than you planned with your advisor can lengthen your time to degree completion.

The last day to withdraw from a class this fall at ACT is November 6, 2026. Course withdrawal will result in a W letter grade on your transcript for that course. Students should secure approval from their Northeastern academic advisor and work with ACT academic support to follow ACT's course withdrawal process.

Auditing a Course

Students in the N.U.in Greece program are not permitted to audit a course this fall semester.

Taking a Course Pass/Fail

Students in the N.U.in Greece program are not permitted to take a course as "Pass/Fail." You will earn letter grades for your N.U.in courses.

Retaking a Class

Redundant Credit with Advanced Coursework

Some students choose to "retake" a course for which they have already earned transfer, AP, or IB credit. It is important to keep in mind that this is a risk!

The letter grades you earn during your N.U.in program will appear on your Northeastern transcript. So, if you decide to forego your, for example, AP Calculus AB credit and take MATH 1341 Calculus 1 for Science and Engineering, but you find yourself on track to earn a non-passing grade, you will need to withdraw in order to use your previously earned credit. Be sure to contact your academic advisor if you begin struggling in a class you are retaking!

Northeastern Course Repeat Policy

If you are on track to fail a course, you will want to consider both course withdrawal and retaking the course. If you have missed the course withdrawal deadline or if you are struggling in a required course, your best option may be to retake the course in a future semester at Northeastern to earn a better grade. Northeastern's course repeat policy dictates that when the appropriate course is available, courses may be retaken once to earn a better grade. In all cases, the most recent grade (not the best grade) earned in a course is the one used in calculating the overall GPA; however, previous grades remain on the transcript with a note that the grade is "excluded." This means that the course is excluded from the GPA and earned credit calculation. Students are required to pay normal tuition charges for all retaken coursework. You may view Northeastern's full [Retaking Courses policy](#) on the Undergraduate Catalog.

Academic Cultures

Academic cultures vary across N.U.in locations and in Boston. Learning and teaching styles are different in different contexts. This can impact the type and number of assessments in a course, the course staffing structure (whether you have multiple lecturers or TAs), absence policies, and grading procedures and timelines. There is diversity in pedagogical approaches among N.U.in locations, but students achieve equivalent learning outcomes regardless of where they study.

Navigating a different academic environment abroad—with the support of Northeastern and N.U.in partner institution colleagues—is one of the challenges that shape N.U.in students into the particularly resourceful and adaptable second-semester students we see come to Boston in the spring!

Academic Integrity and Generative AI

College-wide Policy on Academic Integrity

All academic divisions at ACT, both undergraduate and graduate, will apply the following policy on academic integrity:

“A student committing an act of Academic Dishonesty in a given course will receive an F (0 percentage points) in the assignment where the academic infraction took place. If a student commits an act of Academic Dishonesty for a second time in the same course, this student will receive a failing grade in that course. “

Policy on the Use of Artificial Intelligence

All assignments submitted, including examinations, must be the student’s own original work. Submissions are checked; if the use of AI is detected and confirmed after an oral defense, the assignment will be considered an act of Academic Dishonesty. If students fail to orally defend their work, they automatically agree to a case of Academic Dishonesty. Where a course allows AI use for learning purposes, the instructor will provide specific guidelines.

Attendance Expectations

Class attendance is crucial to the ACT educational experience. Students can miss up to 25% of class time: there are no excused/unexcused absences. After missing more than 25% of class time, the student fails the course. Extraordinary circumstances can be brought to the Academic Committee.

Assessments and Final Exams

Students get notified about their course assessments through the syllabi they get on the first day of classes and are expected to submit their assessments before the given deadlines. The Final Exam Schedule will be published a month before the Exams take place.

Language Exposure

Classes are offered in the English language.

For students interested in the Greek language, the following resources are available:

1. SOS Greek: 45 min Basic Greek lesson that is provided online by ACT prior to the students' arrival.
2. Within the hotels, hotel staff speak Greek and students often practice greetings and basic sentences with them.
3. Within Thessaloniki, students hear Greek all around them and can practice using the phrases they learn.
4. With the ACT Program Assistants, students can practice speaking in Greek.
5. On campus, students can hear / practice Greek with local students.
6. Culture course Understanding Greek Life and Culture (HUM 120) includes basic language instruction.

Disability Accommodations

If you require accommodations during your time in N.U.in Greece, you must apply through [Disability Access Services](#) at Northeastern University. The Disability Access Services will then work with the partner institution on accommodation requests. Students should also speak to their professors individually to alert them of any approved accommodations.

If you have any specific questions about the accommodations process overall, please reach out to the Disability Access Services Office.

Textbooks

ACT offers many of its textbooks digitally, as well as limited hard copies on reserve in the Bissell library. We recommend waiting until you are on-site to purchase any textbooks so that you can review requirements as listed in your course syllabi.

ACT uses electronic books in many of their courses. E-books that are published by McGraw-Hill, Cengage, Norton, and Wiley are provided to all ACT students with no additional charge. E-books are accessed through ACT's Learning Management System. This covers the majority of ACT's courses, however if a print book or an E-book from another publisher is required, then students will need to buy them electronically or locally in Greece. Instructions will be provided during the first day of class.

It is generally a good idea to review the syllabus for a class prior to buying any materials, with one important exception: if you will need a calculator for a course at ACT, you should bring this with you in your luggage, as the TI models are not common in Greece.

Libraries and Research

The Bissell Library at the American College of Thessaloniki is one of the largest private learning resource centers in Southeast Europe. The Library building is Wi-Fi enabled and network ports are available for laptops. Three study zones contain 250 seats and computers, as well as the Learning Hub on the upper level.

View the Bissell Library's online resources [here](#). Highlights include dedicated Reference Librarians, an extensive online and print collection and study space for individual and group studying. The Bissell Library is also home to the [Learning Hub](#) tutoring center where students can walk-in or book an appointment with academic tutors or for writing support. Scheduling ahead of time is encouraged for staffing coverage.

Students also have access to the electronic resources provided by Northeastern, via the NU Libraries website [here](#). For help with research, please view the [subject guides](#) created by Northeastern librarians. If you have a question for the librarians, you can [contact them](#) through live chat or a web form.

Changing Your Major

N.U.in students can submit changes to their home College and major through the Application Status Check portal within specified Major Change Windows during the program.

Major Change Windows

August 24, 2026: Summer Major Change Window closes. You can request a change to your major and/or home College through your Application Status Check portal until the close of this window. You will only be able to request a change to another major if your new intended major is compatible with your selected N.U.in program location. Your location cannot be changed to accommodate a major change.

You will have finalized your fall courses with academic advising by this point, so any change to your major now that affects your fall courses will require you to make changes during the add/drop period with help from your on-site academic advisor.

October 1 to November 2, 2026: Fall Major Change Window. During this window, you can submit a major/home College change request through your Application Status Check portal to declare or change your major to any major at Northeastern. You cannot change your fall course registrations to match your new major at this point. Changes will be effective for the Spring 2027 semester.

The Fall Major Change Window is the last opportunity for N.U.in students to change their major and/or home College through the Application Status Check portal. The next time N.U.in students can request a change of major is via the college-based change of major processes upon spring semester matriculation.

Explore Program

Students in the Explore Program can meet with their Explore advisor to discuss the major change process. Please reach out to your Explore advisor as soon as you make this decision to discuss the major change process! As a reminder, once fall classes begin and the add/drop period ends, fall class selections are not able to be changed.

If you declared a major but become undecided, you can switch into the Explore Program for individualized guidance from an Explore academic advisor and access to a peer mentor while you explore your various interests. Please email your assigned advisor to discuss your situation and the steps you will take to move to the Explore Program. Major changes into the Explore Program must happen during the Major Change Windows outlined above.

Grades and Transcripts

Letter Grades and GPA

All N.U.in participants earn a full semester of credits on their Northeastern transcript, provided they achieve a passing grade in each class. Your N.U.in program courses and letter grades will appear on your Northeastern University transcript and will be included in your Northeastern GPA. Non-credit-bearing grades like F or W will also appear on your Northeastern University transcript.

How to View Grades

During the Semester

Your professors will explain how to keep up with your grades for assignments and exams during the semester. Faculty also include important grade information in their course syllabi.

Final Grades

You can view your final grades on your ACT portal, ACTivity, which you continue to have access to after fall classes end. You will also be able to view your grades in your Northeastern degree audit following the completion of your N.U.in program.

How to Request Transcript

Your N.U.in program courses and letter grades will appear on your Northeastern University transcript and will be included in your Northeastern GPA. If you need a transcript of your N.U.in coursework and grades for a co-op or scholarship application, please [request your Northeastern transcript](#) be sent through Parchment by our NU Registrar.

Due to differing academic timelines at N.U.in partner institutions, your fall N.U.in program grades will not appear in your NU student records until after the start of the spring semester. Once your N.U.in program grades appear in your Northeastern degree audit (expected March 2027), you will be able to request an official transcript that includes your N.U.in program grades through our NU Registrar.

Grading System

ACT uses the American grading system, meaning that letter grades will be earned similarly to in the US. The syllabus for each course outlines the assessments and grading scale to ensure consistency and offer a guide from the beginning of the class.

Grade Description	Percentage	US Letter Grade	US Point Grade
Excellent	95-100	A	4.0
Very Good (high)	90-94	A-	3.67
Very Good (low)	85-89	B+	3.33
Good (high)	80-84	B	3.0
Good (low)	75-79	B-	2.67
Satisfactory (high)	70-74	C+	2.33
Satisfactory (low)	65-69	C	2.0
Fail	0-64	F	0
Incomplete		I	
Withdrawal		W	

Grade Appeals

Students may appeal a final grade within two weeks of the grade announcement by emailing actreg@act.edu. Appeals are considered only for Academic Dishonesty cases and Final Grade Calculation errors, not for revisions to individual assessment grades.

Grade Conversions

There are differences in grading systems between universities or institutions in different countries. These differences can arise due to various factors such as educational philosophies, assessment methods, and cultural norms. Our NU Registrar and Global Experience Office use grade conversion tables to determine the final letter grades that appear on students' Northeastern transcripts based on the grades awarded by the N.U.in partner institution.

Grade scales and conversion tables serve as valuable tools in facilitating academic mobility and ensuring fairness and consistency in evaluating students' academic performance across different educational systems. These conversions provide a standardized way to compare and evaluate academic performance across different systems to help ensure that the grades earned by students from one institution can be properly understood and recognized at NU.

In some cases, if the grading systems are similar or if there is a well-established understanding between the institutions regarding the equivalency of grades, a conversion table may not be necessary. This is the case for ACT: you can expect the letter grades you earn at ACT to be reflected with the same letter grades on your Northeastern transcript.

Your On-Site Academic Resources

Office Hours

You can visit your professor during their office hours, which are listed in each course syllabus, and chat about an assessment, your concerns about the course, and your professor's recommendations for extra support. They might recommend a library resource or website with extra practice questions or ask if you are taking advantage of various tutoring services. Talking with your professor will give you a better idea of where you stand in the course to help now. Stepping out of your comfort zone to attend office hours also helps you gain comfort engaging with faculty and practice forming meaningful mentorship relationships with professors, something you'll want to do throughout your time in college.

Tutoring Services

ACT has its own tutoring services open to you as a student in The N.U.in Program. The Learning Hub is situated within the Bissell Library on the upper level, providing support to students in math, science, computer science, reading, writing or refining their digital or study skills. You can view more information about the Learning Hub [here](#). Setting an appointment to meet with a tutor early in the fall, even just to discuss study skills and adapting to college and your new environment, is a proactive step we recommend you take at the start of every semester!

On-Campus and Educational Events

ACT offers a variety of on-campus events, workshops, guest lectures and seminars throughout the year. This takes learning beyond the classroom and offers insights into careers, the research of ACT professors, and local resources. All students are encouraged to participate in on-campus events! Stay informed through the ACT email and announcements on campus.

Cross-Cultural Learning

During your N.U.in semester, you will identify cultural experiences that differ from those of your own cultural background and reflect both on the cultural experiences you encounter and on how you learn to decode and decipher them through living in Greece. Of course, you will also identify cultural issues that resemble those in your own cultural background. We ask students in The N.U.in Program to observe and critically assess how different groups or communities are affected by specific local or global issues you live through and how you respond to depending on different sociocultural framings. Our hope is that value system will be enriched and personal growth will be enhanced through the experiences you have this fall in Greece!

Support for Multilingual Learners

The majority of ACT students are multilingual learners. Students utilize the following resources:

- Professor Office Hours
- Student led study groups
- Learning Hub Tutoring
- Accessing class materials online via ACTivity

The ACT Student Government Academic Liaison can and has assisted students by accompanying them to talk with a professor or to go to the Learning Hub. They can also identify a student with similar language knowledge if necessary.

Virtual Resources from Northeastern

[Northeastern Peer Tutoring](#)

Northeastern offers free peer tutoring to all undergraduate students across its global network. All Northeastern peer tutors are successful current upper-class undergraduate students, and a number of them are N.U.in alumni.

You can request a peer tutor for your courses through Northeastern's peer tutoring platform by searching for the NU equivalent course title and/or course code. This is important to note, as nothing will appear if you search for the ACT course title/code. You can find the NU equivalent course code on the [N.U.in Program Curriculum website](#). For questions about Northeastern Peer Tutoring, please reach out at peertutoring@northeastern.edu.

[The Writing Center](#)

The Northeastern Writing Center is open to students, staff, faculty, and alumni of Northeastern and exists to help writers at any level, and from any academic discipline, in their written communication. Virtual appointments are available; the most current hours are posted on The Writing Center's [website](#).

Online appointments take place in the platform WOnline, where you can text chat with a consultant and work interactively on a piece of writing. Some (but not all) consultants are available for voice/video consultations. More information about virtual appointments is available [here](#).

[College of Engineering Tutoring Services](#)

The College of Engineering Tutoring Program offers virtual tutoring services to meet the academic needs of Northeastern undergraduate students taking engineering coursework. COE Peer Tutoring supports Engineering courses not offered by Northeastern Peer Tutoring. Free tutoring in Physics 1/2, Chemistry, Differential Equations, and Calculus 1-3 is offered through their [first year tutoring center](#).

Your Academic Student Success Team

Academic Advising

You began working with your home College academic advising office this summer to select and confirm your fall courses. Your home College academic advisor will continue to support you this fall, especially around spring course registration, since you will be registering for Northeastern courses through our Banner system for the first time!

Please keep your academic advisor in mind as a resource for your questions about how to manage academic challenges. Advising from your Northeastern academic College is available to you virtually throughout your N.U.in program!

Academic advising will reach out to you via email with important information: be sure you are regularly monitoring your Northeastern email address! Please use the email addresses below to contact your College’s academic advising office for questions about courses, majors, and other academic topics.

Bouvé College of Health Sciences	Bouvé Advising: bouvestudentservices@northeastern.edu
College of Arts, Media and Design	CAMD Advising: camdadvising@northeastern.edu
Khoury College of Computer Sciences	Khoury Advising: khoury-advising@northeastern.edu
College of Engineering	COE Advising: COEAdvising@northeastern.edu
College of Science	COS Advising: COSAdvising@northeastern.edu
College of Social Sciences and Humanities	CSSH Advising: csshadvising@northeastern.edu
D’Amore-McKim School of Business	DMSB Advising: ugbs@northeastern.edu
Explore Program for Undeclared Students	Explore Advising: explore@northeastern.edu

Communicating with Professors

The best way to get in touch with your professors outside the classroom is the method they designate in their syllabus, the course outline you receive on the first day of class. If you have a question related to an assignment, your grade, or the course content, your instructor will include their contact information in this document and specify whether they would prefer you email, call, or stop by their office hours. If you are unsure of how to contact your professor, sending your message from your student email account to their institutional email account is a good method.

Before reaching out to your professor with a question, please double check your syllabus to make sure it isn't answered there! The syllabus contains important information about attendance and grading policies, major assignments and deadlines, and the structure of the course. If you receive an email back from a professor asking you to refer to the syllabus, don't be discouraged—this is an email almost everyone gets at some point in their first semester of college! The syllabus is an excellent resource that most U.S. high school teachers do not use or do not use the same way, so make sure you take time to become familiar with the syllabus you receive from each class during your first week to avoid asking your professors anything answered in this document.

We encourage you to utilize your professors' office hours for discussion about your grade and performance in the course! You are discouraged from appealing grades for any reason other than administrative error. Your professor can help you understand your grades and recommend resources.

If you feel your professor's teaching style is a mismatch for you, utilizing tutoring services is a good way to bridge the gap by reviewing the material with another person in a different way. Forming study groups with classmates is another good strategy to adapt to this situation. For example, if your professor spends the class time lecturing when you prefer to learn through group discussion, you can adapt by focusing on taking the best notes you can during lectures, then reinforcing what you learned by having a designated time to debrief with your study group. Expressing to your professor that you are struggling with the class format can help you work together to find support so you can succeed in the course, but keep in mind that cultural differences mean your professors' teaching styles are unlikely to perfectly resemble the learning experiences you may have had at a U.S. high school.

Transitioning to Boston

Northeastern's campus is transitional by nature, meaning that students are constantly coming and going for domestic or global co-ops, study abroad, or other experiential learning opportunities. The N.U.in Program fits in perfectly with this culture, and you are *not* at a disadvantage arriving in Boston in January.

Due to this constant movement on campus, there is always a Spring New Student Orientation, Winter Involvement Fair, and Welcome Week activities offered each January for all incoming students. The N.U.in Program and Student Affairs also hold welcome events for N.U.in students. Arriving on campus has been likened to a reunion, as students are excited to see each other after forming such close friendships while participating in N.U.in.

N.U.in alumni have recommended getting involved in clubs and organizations, whether related to your major or to personal interests, at the start of the spring semester to widen your circle and take advantage of the large Northeastern community in Boston. You will meet others in your major in your spring classes, and attending your College-sponsored or departmental events is another easy way to participate in your academic community!

Spring Course Registration

Your academic advisor will be in touch via your Northeastern email account this fall regarding spring registration. As you did this summer when you selected your fall classes, you will again have the opportunity to work with your home College advising office to work through the course registration process for spring.

There will also be a spring orientation in January where you will have another chance to review your courses with your home College advising office and hear more information about your academic transition.

Long-Term Academic Planning

Like all Northeastern students, N.U.in students create their own unique academic path, including co-op experiences, with most graduating in either four or five years. When you start your college career with The N.U.in Program, you will still have all the same options as students beginning in Boston in the fall and will be able to tailor your journey to graduation.

N.U.in students are on track to follow Northeastern University's standard degree completion timelines. As with all students, the timeline to graduation may be altered if a student changes their major and also depends on the number of co-ops and other experiential learning opportunities the student pursues.

You should work closely with your academic advisor to determine the best progression track based upon your interests and graduation goals. We urge you to think carefully about where your primary academic interests lie before selecting an N.U.in location. This will ensure that you begin with a strong base of prerequisites before progressing to Northeastern in the spring.

Getting Ready for Co-Ops

N.U.in students are on track to participate in co-op. All Northeastern students, regardless of starting program, must take their Northeastern major's co-op preparation course in their second year and can complete their first co-op as early as the fall semester of their third year at Northeastern. The perspective and maturity built during your N.U.in experience provide a unique advantage and skillset that makes you competitive in the job market.

What can I do this summer to prepare for The N.U.in Program?

Complete Required Pre-Departure Canvas Modules

You will receive information in July about required pre-departure materials for you to review in your Northeastern Canvas. These modules include important information about various aspects of The N.U.in Program, including College-specific academic details. After completing the Pre-Departure Canvas modules and reading this academic handbook, you will have a good sense of what to expect this fall; once you start the semester, you'll be able to reference back to these materials to navigate your semester abroad and transition to Boston this spring.

Ramp Up Preparatory Summer Courses – College of Science

Northeastern's College of Science offers important preparatory online summer courses to get you prepared for first-year biology, chemistry, physics, and calculus courses. These are called Ramp Up courses, and they are available to any students enrolled in these courses regardless of what home college you are based in.

We highly recommend that you complete these courses before departing, as data shows that students who participate in these courses earn higher final grades in their corresponding fall coursework. These online non-credit modules cover high school content that will get you ready to succeed in introductory STEM classes. They may cover important foundational content that you did not receive in high school or review concepts that you will be expected to know coming in to introductory science classes.

If you are enrolled in biology, chemistry, physics, and/or calculus courses this fall, please check your NU Canvas for the relevant Ramp Up preparatory courses this July and August! You can read more about Ramp Up at <https://cos.northeastern.edu/ramp-up-courses/>. If you have not been auto-enrolled in the Ramp Up course(s) corresponding with your initial fall course selections by August 1, or if you have other questions, please contact the program administrator at COSRampUp@northeastern.edu for assistance.

Establish Good Student Habits

Check your email at least once a day to stay up to date with communications from Northeastern, your host institution, and your professors. All N.U.in Greece students are provided with ACT email accounts, and all communication coming from ACT arrives in that account. You will need to check both accounts regularly! Monitor your Northeastern email closely this summer to start this habit now.

Take care of yourself! Identify strategies you have used to help manage your stress and regulate your emotions when you are uncomfortable. If you don't have go-to strategies already, make it a goal this summer and fall semester to find something—like a breathing exercise, physical exercise, personal reminder or mantra, piece of comforting art, or something else effective for you—that you can rely on to ground you in moments of stress.

Make a time management plan. Decide now on a time management strategy you will use to keep track of deadlines this fall. Think about how you organized your time in high school: did you use a planner, a time management app, or rely on your teachers to remind you about assignments and important dates? If you have a method that works for you already, make sure you bring any supplies you need (purchase a new planner, double check that the app you are used to will work on the phone you plan to use abroad and at your host location). If you have not used a planner or time management app before—or haven't used either successfully or long-term—we recommend exploring some options on your own this summer and using one to keep track of personal goals and your preparation for the fall for at least two weeks. Hopefully, this experimentation will show you whether a virtual or written planner works best for you!

Here are some of the best tips for time management we have collected from students' experiences and research on academic success.

- **Find a calendar system that works.** Some prefer using their cell phone. Others use built-in computer software and even the old standbys, paper planners or calendars. The method is less important than making sure whatever you choose works for you so you will consistently use your system. Choose a calendar or project management system that is reliable and easy to update. Then, populate it with every detail and deadline you need to keep yourself on track. Start by adding your course deadlines from your syllabi, then fill it out with any family, social, or other obligations.
- **Keep your class syllabi close.** Your syllabus for each class contains important information about attendance and grading policies, major assignments and deadlines, and the structure of the course. Your syllabi are your guides to success in each of your courses: keep them close!
- **Eliminate social distractions.** When studying or writing, consider turning your phone to silent or Do Not Disturb, or, better yet, put it out of reach so that you don't check for missed calls and texts. Even that brief look at a friend's text message or scroll through social media interrupts your thought processes and slows you down.
- **Schedule study time.** Treat your study time like a job: schedule it in your calendar and show up to do it, just as you would for a job or important appointment.
- **Use to-do lists.** Make a habit of writing down at the end of your workday (whether on paper in your planner or a note on your phone) a list of tasks you plan to accomplish the next day. List them in order of importance. Consult that list first each morning to help yourself stay focused on your daily goals.

At the start of the fall semester, you will receive a syllabus for each of your classes. Review your syllabi right away and enter all important dates and deadlines into your planner or app for time management! This will keep you on track all semester. You can start now by putting the add/drop course change deadline and course withdrawal deadline shared earlier in this handbook into your planner or app today.

We have seen careful time management make a huge difference for students, both setting those students up for academic success and equipping them with mastery over their own time that allows them to pursue travel and other priorities without sacrificing that academic success or their wellbeing.

Start this summer: plan your time intentionally, check your email regularly, and be mindful of your stress level and know where to find help when you need it, and you will be more than ready for your N.U.in experience this fall!

Expect Common Challenges

Read and think through the following scenarios, reflective questions, and strategies for navigating some common academic challenges we have seen past first-year students tackle. Northeastern students are generally those for whom academics have long been a focus and area of success. The transition from high school to college might not seem daunting because you know you can handle the academic work, but there are differences in the ways classes are structured and your work is evaluated in college. The below scenarios will help you think about how you might respond to these challenges and give you an idea of what to expect.

1. You aren't sure how to approach long-term assignments like research papers or studying for exams.

- What kind of experiences did you have with major projects in high school? What strategies were successful, and how did roadblocks like procrastination affect your work before?
- How will you break up writing a paper and studying for an exam into smaller, weekly tasks to avoid last-minute studying and writing crunches?

The best first steps you can take to plan for long-term assignments are to carefully read your syllabus when you receive it and enter all deadlines into your time management app or planner.

For a research paper, you can create smaller goals and deadlines for yourself to make sure you are staying on track. For example, if you have a paper due at the beginning of December, you can set a deadline for yourself to decide on your topic by October 1, find and read your initial sources by October 31, outline your paper the following week, and complete your paper by November 30 so you have enough time to take your work to your professor's office hours to review or to a writing center appointment.

You will want to be sure you are taking good notes in class so you have a foundation to study from later. You can speak with your on-site staff about study skill advice and good notetaking practices. One notetaking tip is to use one method, like handwriting notes in sentence or phrase form during lectures, and then to use a different method, like typing up those notes and organizing them into an outline or chart form, soon after to review. This helps solidify the knowledge in your mind and, again, gives you great materials to study from when the midterm and final exams are approaching. As with a long-term paper, you should set aside specific blocks of time in your app or planner to study for an exam. Leave enough time to email any questions to your professor and receive their response before the exam, utilize tutoring services, or work with classmates as a study group.

It can be difficult to keep long-term assignments and end-of-term exams at the front of your mind with so much else going on, which is why it's so important to plan ahead for these deadlines at the beginning of the semester! Your syllabi are your guides to success in each of your courses.

2. You want to drop a class.

What is it about the class that made you change your mind? Since you and your advisor decided on these classes as the best path forward for your academic plan, we discourage changing your schedule after arriving on site in most circumstances.

Consider the consequences of dropping versus staying in the course.

- Is the class necessary for your major or other plans, meaning you will need to take it in a future semester if you drop it now?
- Is the class a pre-requisite, meaning you can't move forward onto the next course in a series without completing this one first?
- If you stay in the course, do you think you could earn the D- minimum grade you need to earn credit?
- Are there alternative classes available that would contribute toward your degree progress? (And is it during your site's add/drop period, meaning you have time to add another class? After the add/drop period ends, the only way to leave a class is to withdraw from it, resulting in a W on your transcript, and you cannot add another course to your schedule at this point.)

Try organizing your thoughts in a pro and con list to see if dropping the class makes sense for your situation. Again, it is usually best to stick with the schedule you determined over the summer with your academic advisor! Sharing your pro and con list with your academic advisor will help you both make the best decision for your academic plans.

3. You didn't really need to study in high school as long as you paid attention in class. This semester, you're attending every class and paying attention, but you still struggled with your midterms.

- How are you feeling about how your midterms and semester overall have gone so far? It can be shocking and disheartening to get lower grades than usual or to have more difficulty than you expected with your coursework. This is a reflection of the difference between college-level and high school-level work, not an indication your abilities have changed!
- What can you do differently to prepare for your finals?

If you are confused about a grade or want to review content, you should stop by your professor's office hours (time and location will be listed in your course syllabus). If you understand what happened with the exam and feel you could have done better had you prepared more, your academic advisor and virtual peer tutors from Northeastern can help with time management and study skills.

Success in college-level work does tend to require more active participation and time outside the classroom than success in high school. You were accepted to Northeastern because you have proven you're up for the challenge! The transition from high school to college is difficult for most first-year college students, even high-achieving students. Regardless of how many college credits you may have accumulated in high school, this transition involves much more than your classes.

Beyond the usual adjustments of starting college, you are in a uniquely new situation with so many changes to your day-to-day life in these summer and fall months, making this transition even more layered and complicated! Congratulate yourself on how many areas you are succeeding in, then ask what the main struggles you have been having are. Your academic difficulties may be due more to homesickness or something else besides the course material itself. Connecting with mental health resources, your site staff, and your academic advisor about these challenges can help you work out strategies that address your individual needs to better position you for the rest of the semester.

4. You receive a grade you disagree with on an assignment.

- Which emotions are you dealing with? You might be angry with your professor, disappointed in yourself, checked out from the course, or motivated to ask for additional support. It's important to take stock of your feelings and give yourself time to cool down before taking action.
- Reread the assignment if you have access to it. Again, wait until your initial reaction to the grade passes to do this. Can you follow your professor's thinking based on their feedback and any marks and comments on the assignment?

If the grade makes some sense to you but you have questions, or you want to discuss your performance in the course and how to move forward more generally, this is a good time to utilize your professor's office hours. Approach your professor with the intent to understand your grade and make a plan to finish the course successfully. Please note that you should not challenge grades based on your professor's academic judgment, but you and your professor can work together to correct any administrative error with your grade. (These are thankfully rare!)

When you discuss your grade with your professor, differences in academic standards between institutions and cultures may become evident. It is important that you listen to your professor's perspective and respect their expertise in the subject you are learning. You can talk more about cultural differences between U.S. classes and expectations at your host institution with site staff. Based on what you learned from your professor, you will also have a good idea of the kinds of clarifying questions you should ask professors when you receive assignment rubrics! This is a skill that will help you in your coursework in Boston, too.

Set Goals for Global Learning

Advancing your global and intercultural adaptation skills is one of the key goals of Northeastern's global mobility programs, including The N.U.in Program. Simply experiencing other cultures is not enough to advance these skills; rather, active knowledge of self and others is necessary to learning cross-cultural adaptation. You can think about/write about the following self-assessment questions in a journal or notebook:

Global and Intercultural Self-Assessment

Think about two or more ways that you identify. Some dimensions to keep in mind are gender, religion, socioeconomic class, education level, sexual orientation, race and ethnicity. It is important to note that the way that you identify may be different from the way that you are perceived, but for the purpose of this activity, we want you to define yourself.

Now, reflect on a moment in your life that made your identity very salient to you.

Did something happen that marked when you started thinking about an aspect of your identity? Examples include a disruption in a parental relationship, moving to a new place, changing a style of dress, a new friendship or relationship...

When did you become conscious that this identity is an important part of who you are?

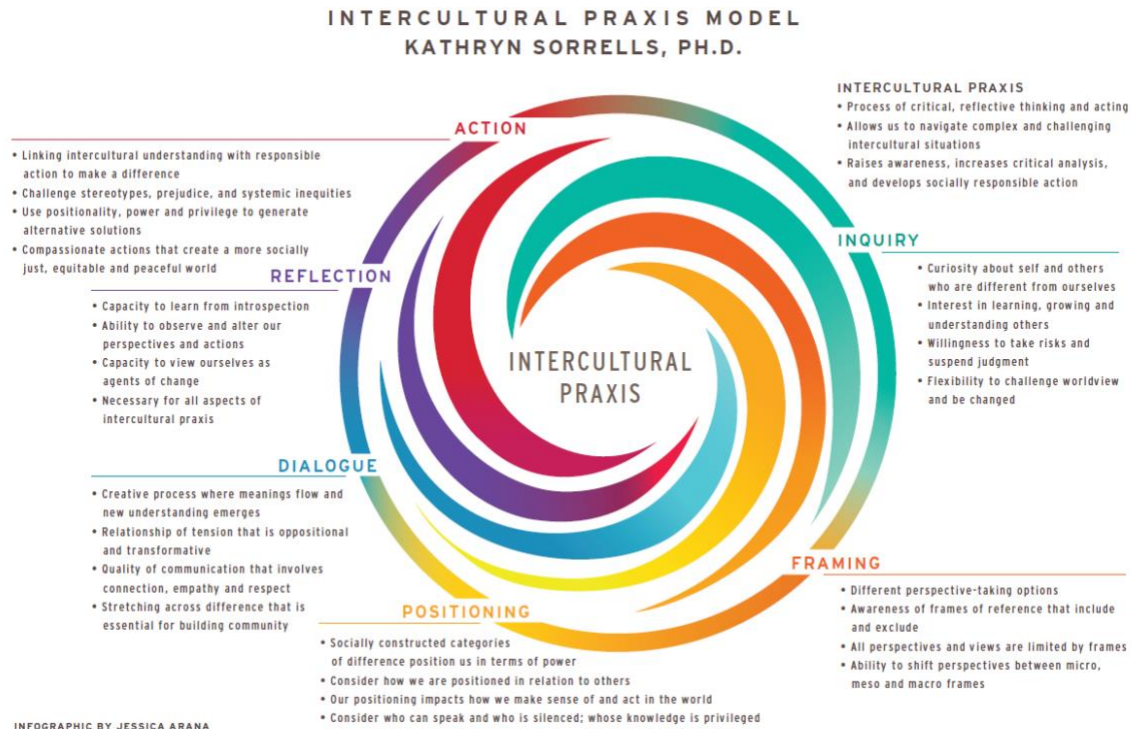
Was there an event or experience that later solidified this identity? What was it about this event or experience that cemented this identity as an important part of who you are?

Intercultural Praxis Model

Familiarize yourself with the Intercultural Praxis Model, developed by Dr. Kathryn Sorrells. This model proposes a non-linear, dynamic, interactive process of intercultural communication featuring the following components:

- **Inquiry:** In the Inquiry phase, you express curiosity and openness to dialogue with other cultures and ways of knowing and understanding. You practice active listening and turn off your judgement or critical lens to truly understand another's perspective and "walk in their shoes."
- **Framing:** In the Framing phase, you understand that your and others' perspectives are limited by frames of knowing and understanding. You seek to understand and appreciate these frames (such as a person's socioeconomic background, worldview, gender, sexual orientation, etc.) as valid for that person and the culture or society they belong to.
- **Positioning:** In the Positioning phase, you reflect upon the nature of power, who is silenced and why (including yourself), and how societies position people and classes to enact certain roles (such as vocations or menial tasks). You consider how you might act to help advocate and collaborate for change.
- **Dialogue:** In the Dialogue phase, you engage in conversation, listening, and dialogue with those who are different than you, aiming to further understanding and mutual empathy.
- **Reflection:** In the Reflection phase, you take time to step back and process your thinking and interactions around difference. You also assess your capacity to be an agent of change and reflect upon any experiential learning you may have encountered.
- **Action:** In the Action phase, you consider how you can be an agent of change and what is ethical and responsible versus what might be considered "saviorism". How can you partner *with* another person or organization of people/community to enact incremental and meaningful change?

Adapted from Sorrells & Sekimoto, 2016



Jessica Arana's Infographic Overview of Kathryn Sorrell's Intercultural Praxis Model

Global and Intercultural Communication Module/Digital Badge

To dive deeper into these topics, consider enrolling in our [Global and Intercultural Communication Module/Digital Badge](#). This module is fully asynchronous, self-paced, and can be completed over the fall semester online. Learners who complete the module will earn a Digital Badge in Global and Intercultural Communication (Level 2: Intermediate) through Credly, which can be imported into LinkedIn profiles and digital resumes.