On April 6, 2022, the U.S. Department of Education (ED) extended the student loan payment pause through Aug. 31, 2022.

The pause includes the following relief measures for eligible loans:

- suspension of loan payments
- 0% interest rate
- stopped collections on defaulted loans

Are you wondering what your payment amount and due date will be? Once the payment pause ends, you’ll receive your billing statement or other notice at least 21 days before your payment is due. This notice will include your payment amount and due date.

In the meantime, you can get an estimate of your payment amount and due date through your loan servicer. Contact your loan servicer online or by phone and can find more information at studentaid.gov.
Replace Regis Resources Bookmarks with SPIKE

SPIKE (Student Portal for Information, Knowledge and Education) is the new portal for students that replaced Regis Resources and can be found at home.regiscollege.edu.

Bookmark this link as Regis Resources is no longer active. Please delete all bookmarks that direct you there.

Microsoft Word Help for your Thesis/Dissertation

Are you manually typing and updating the Table of Contents in your thesis or dissertation? Save time and aggravation by letting Word create and update it for you.

Whether you are about to embark on writing your thesis or dissertation or have already started, take a little time to learn how to efficiently work in Word. Understanding the tools that Word has that can reduce the time you spend formatting a document and help reduce your stress.

Word – 10 Things to Know is being offered via Zoom on Mon., Aug. 1, from 10 a.m. – 12 p.m. eastern time. This class and all software training at Regis is free.

In Word – 10 Things to Know some of the functionality you will learn is how to:

- add an automatic table of contents
- insert section breaks
- create headers and footers that are different from one section to another
- customize Word options
- easily reorganize a document
- add columns to a page

To sign up for Word – 10 Things to Know, or any of the free training classes offered to students, staff, and faculty, click here: Sign up for Regis Software Training Classes

GRADUATE STUDENT SERVICES & ADVISING
Hello Students!

Please see below for some friendly reminders, important dates, deadlines, and resources.

**Online Eight-Week and 16-Week Term:**
- Add/Drop for Summer Term B: 22PBS2 (8 weeks): Mon., June 27 – Fri., July 1

**Graduate On-Campus/Hybrid:**
- Last Day of Course Add/Drop for Summer Session II 2022 (6 weeks): Fri., July 1
- Last day of Course Add/Drop for Fall 2022: Tues., Sept. 13

For more important dates, academic calendars may be found [here](#).

As always, we are here to help. If you have any questions, we recommend that you connect with your academic advisor. If you are unsure who your academic advisor is, you can look them up under the "My Success Network" tab in Starfish.

Finally, you are encouraged to meet with online professional tutors as needed. Tutors are available 24 hours a day, 7 days a week by accessing Smarthinking. Please see your course faculty for instructions on gaining Smarthinking access in Moodle. These tutoring services are offered to all Regis students at no additional cost.

Sincerely,

Joanne Cardolaccia
Assistant Dean of Graduate Advising & Student Affairs

Hello Graduate Students!

Graduate Career Planning offers assistance throughout the summer months. Thanks to all who attended the RN/NP Employer Expo on June 14!

**Some exciting news from Graduate Career Planning**
We are introducing a new career platform, Handshake, enabling you to have 1:1 conversations with employers, search for jobs, attend virtual career fairs and
workshops, and upload your resume/CV while creating your candidate profile. Stay tuned for more information on our summer launch.

You are welcome to schedule an appointment via Zoom to:

- brush-up your resume and cover letter
- perform a mock interview
- spruce-up your LinkedIn profile
- search for a job
- perfect your “30-second commercial”
- learn about discipline-specific networking opportunities

Here’s some great articles you can read as you prepare for your next opportunity:

The 5 Questions You Must Ask During Your Job Interview
Does Your LinkedIn Profile Prove Your Credibility?
Virtual Interviews Are Here to Stay: HireVue Conducts Millions of One-Way Videos to Help Quickly Connect Candidates With Companies That Are Hiring

Kaitlynn Arvidson
Director, Graduate & Professional Career Planning

Are you working on a research assignment and feel stuck and don't know where to start? Or do you need a reminder of how to use a particular feature of the databases?

Try taking a look at the library's research guides. Our guides cover a variety of different subjects and even some specific classes. These guides can help you navigate the research process, from defining your PICO or research question to citing your sources and formatting your paper. Whether you're studying Education, Nursing, Public Health, Social Work, or another discipline, there are guides relevant to your program. Our guides include information about search techniques, recommend databases, or journals relevant to specific subject areas and provide reminders of how to evaluate and cite your sources.
Please feel free to reach out to the library if you have any questions or would like suggestions on which guides might help. You can reach us by e-mail at reference@regiscollege.edu or schedule an appointment to meet with a librarian one-on-one by filling out our Research Consultation Request form. Our updated library hours for the summer can be found on the library's website or on our “Contact Us” page.

Each month we share a tip from one of your peers who has had success with managing their time. The tip for this edition of GradWire comes from Samantha Ormond, MS in Nursing (Adult Geriatric NP) who writes:

“Even though you may feel overwhelmed, take time at the end of one week to plan out the next. Schedule time to study, spend with your family, work, exercise, run errands, sleep, or get done whatever else you must get to. There is time to get what you have to done. Learn to find joy in the process of learning!”

Thank you, Samantha! Now, it’s your turn to share your sage wisdom. If you have a tip you’d like to share in an upcoming issue of GradWire, please submit it here.