

# **ELECOMP Capstone Design Program**

## **Fall 2024 Semester Roadmap**

### **December 5<sup>th</sup> onwards, 2024**

#### **Dec 5<sup>th</sup> to 8th:**

Compile Poster from templates provided on the website, and only using material from Homework #10; for ELECOMP Fall Symposium Program on December 19<sup>th</sup>. Upload to link provided below.

Compile the Rocket Slide Presentation, keeping in mind Homework #11 submitted previously. Get feedback from your Consulting Technical Director/s, for improvement. Email to your TD, to get approval so that there are no NDA violations.

Dec 6<sup>th</sup> (F): 25<sup>th</sup> Capstone Meeting: Last Formal Meeting with TDs.

Logbooks checked: schedule sent previously via email. (Mike Smith will check some of the groups he missed on the 3<sup>rd</sup>; see him in FCAE150 after 2pm. He will complete all teams on the 10<sup>th</sup>)

FINAL LOGBOOK grade given for these groups.

Dec. 8<sup>th</sup> (Sunday): DRAFT of Major Progress Report MPR#2 due; 8-9pm; Send e-copy to your TDs, for their feedback and evaluation, and Dr. Sunak. See the format on the website.

**FINAL Posters must be uploaded to this google folder between 8 and 9 pm.**

## **Posters Folder**

(you will have permission to upload to this folder)

**IMPORTANT:** poster submissions **must** be submitted in a format that is **editable**. Use one of the following formats:

- Google Slides
- Microsoft PowerPoint
- Microsoft Publisher
- LibreOffice (It is preferred that you save the document in Microsoft format; an option available in the menu)

The following formats are NOT editable, and must NOT be used:

- PDF
- Image Formats (JPG/PNG/etc.)

**CHW:** This is also the cut-off date, Dec. 8<sup>th</sup>, 8pm, to report on the TOTAL Hours, CHW, worked for the Fall Semester. Mubariz has sent the google form yesterday.

*(After this date, you should keep tracking Winter Break hours in your logbook, before the start of the Spring Semester, for inclusion in the total number of hours for the whole year)*

**Dec. 10<sup>th</sup> (Tuesday): last capstone meeting for Fall Semester**

Compilation of the Final slides for the presentations.

**TPS#10** to be compiled after 8pm; send after 8.30pm; Use the format on the website. Mubariz will check all posters to see if any need editing.

Dec. 11<sup>th</sup> (Wednesday): Mubariz will send the posters for printing to the Engineering Computer Center: [ecc-help-group@uri.edu](mailto:ecc-help-group@uri.edu)

Dec. 12<sup>th</sup> (Thursday): 1pm onwards: FCAE150, capstone lab. will be rearranged for the Symposium Demos/Posters session on Thursday, the 19<sup>th</sup>, after the Rocket Presentations. **Volunteers are needed.**

Dec. 11<sup>th</sup> thru Dec. 13<sup>th</sup>: If your TDs would like to see your Final Oral Presentation, schedule a time with them. Confirm: No violations of the NDA.

Dec. 14<sup>th</sup>: **ALL TEAM VIDEO PRESENTATIONS MUST BE UPLOADED BY 5PM, MUBARIZ WILL THEN POST THESE ON THE WEBSITE.**

**THESE CAN BE A BIT LONGER THAN THE ROCKET PRESENTATIONS FOR THE SYMPOSIUM. Upload Presentations to this link:**

 Video Submissions

**Video**

**(Important Note:** While the university generally supports Microsoft logins through single sign on, you will likely need to login via a personal email (Microsoft account). If you do not have one, you can create an account for free.)

Dec. 15<sup>th</sup> (Sunday): FINAL Major Progress Report MPR#2 due; 8-9pm; Send e-copy to your TD and Professor Sunak.

**(Submit ONLY if changes were made to the DRAFT)**

Dec. 19<sup>th</sup> (Thursday): SYMPOSIUM PRESENTATIONS.

**SCHEDULE AND LOCATION ARE POSTED ON THE WEBSITE:**

<https://web.uri.edu/elecomp-capstone/2024-fall-symposium/>

### Wellness Tips During Times of Stress:

Taking care of yourself is important during times of stress to help keep your immune system strong and prevent illness or burnout.

- *Sleep.* Aim for 8-9 hours of sleep a night. Keep the temperature cool, the room dark and use a fan or sound machine for noise prevention.
- *Nutrition.* Eat nutritious foods such as fruits, vegetables, low-fat dairy products, whole grains and lean proteins. Try not to skip meals and keep healthy snacks on hand for when you're studying. Avoid drinking too much caffeine a day (more than 400mg) and avoid caffeine within 6 hours of bedtime.
- *Exercise.* Being physically active during the day can help you sleep at night, burn off extra energy and help you feel more rested. Try to get outside in the fresh air each day.
- *Stress.* Try to prevent stress from building up by staying organized, not procrastinating and recognizing when you need a break. If stress builds, release it in healthy ways such as meditation, deep breathing or going for a walk.

### Mental Health and Wellness Resources:

- **Counseling Center:** Located in Roosevelt Hall, 401-874-2288
- **TELUS 24/7 Support Line:** 844-584-1027
- **Suicide Prevention 24/7 Crisis Line:** Dial "988"
- **Psychological Consultation Center:** Located in Chafee, 401-874-4263
- **Health Services:** Located in the Potter Building, 401-874-2246
- **Student Support Services:** Located in the Memorial Union Room 302, 401-874-2098
- **Campus Recreation:** <https://web.uri.edu/campusrec/>
- **Guided Meditations:** <https://web.uri.edu/career/mindful/>

Sincerely,

Jessica Greene, M.P.H., C.H.E.S.

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