



Southern
New Hampshire
University

This week's asks and a few workarounds based on your feedback

Hello,

You're entering Week 3 of the Matter and Space pilot. Thank you for continuing to participate, and for your feedback so far.

This Week's Asks

1. Aim for 4 to 6 hours in the app this week, at whatever pace works for you.
2. Watch for this week's survey on insights and self-awareness and a scheduling link for the next round of user interviews, both arriving later this week.

Updates & Fixes

Nothing to report this week.

Support & Reminders

- **What we heard in feedback:** We've noted both of the following for future fixes. In the meantime, here's how to work around them for now:
 - **Wind down and breathing exercises:** These show up too frequently. You're welcome to skip them if you'd like, though we'd ask that you complete at least one of each per day to get the most out of them. When in Wind Down mode, you can tell L.E. "skip please". To move on from a breathing exercise, just tap the "Skip" button.
 - **Progression guide:** It's not always clear what's remaining in your program, or what to expect for your learning. Here's a [What to Expect syllabus-style guide](#) to cross-reference and help orient you to where you are in the curriculum.
- **Wearable connection:** If you haven't already, double-check that your wearable is fully connected in Apple Health with permissions enabled. See [Connecting Your Wearable: Check Your Wearable Connection](#) on the Learner Support hub for step-by-step instructions.
- **Feedback and bug reports:** Keep sharing what you notice as you go by filling out the [Report a Bug / Feedback form](#).

Thank you for being part of this pilot. For help, reach out to support@matterandspace.com or stop by our Tuesday office hours.

Sincerely,
The Matter and Space pilot team



SNHU

2500 North River Road
Manchester, NH 03106

© Southern New Hampshire University 2026