

FIRST YEAR CHECKLIST

MCAE
2021

WEEK ONE

- Grab a friend and explore campus: visit Dinkytown or Stadium Village!
- Download the GopherTrip App and ride some of the campus buses
- Familiarize yourself with your courses by:
 - Read over syllabi and mark important dates (exams, due dates, etc.) in your calendar
 - Navigate Canvas platform
 - Email professors and introduce yourself
- Know the deadline to make your tuition payments
Contact OneStop Student Services for assistance!

WEEK TWO

- Attend a campus event!
- Explore different student groups
- Schedule time to reconnect with friends and family at home
- Make note of the add/drop deadline and make any changes to your schedule before then!
- Attend MCAE's 2 Week Check-In!



WEEK THREE

- Answer these 3 questions:
 - Am I happy thus far in my college experience?
Why/why not?
 - What have I learned about myself in my time here at the U?
 - In what ways have I been embodying legacy and resilience?
- Get familiar with the lightrail: take it to Minneapolis or St. Paul and explore the areas!
- Attend a professor's office hours for study tips and relationship building
- Make an appointment with an MCAE Academic Consultant

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WEEK FOUR

- Start preparing for midterm exams
 - Start early! Know your exam dates and section out study time in your calendar at least 4-5 days in advance
 - Try different study methods and find the ones that work best for you!
 - Vary the locations you study: MCAE, Student Union, Walter Library, the Mall, etc.
- Practice mindfulness and self care
 - Go for a walk, check in with MCAE staff, connect with family and friends, unplug from social media
- Attend MCAE's 4 Week Check-In

WEEK FIVE

- If your midterms are over, take a moment to acknowledge and celebrate this achievement!
- Go out to eat in the Twin Cities with friends
- Keep attending office hours and ask questions: your professors and TA's want to help you!

WEEK SIX

- Schedule an appointment with your Academic or College advisor
 - Registration for next semester's schedule will open in the next few weeks- get ahead of the curve and plan your classes!
- Attend MCAE's 6 Week Check-In



UNIVERSITY OF MINNESOTA