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
### 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