March 2018

We Are Halfway There: It's March!

Although you may be settling into your new routine and are now feeling comfortable on campus, you may find that the demands of your classes are increasing. Continue reading for tips and resources to manage this part of the transition.

The Shift

At this point you have probably made it through your first round of exams. Congratulations! Are you looking for some additional academic support? Feeling ready to get involved on campus or in your community? It is never too early to begin mapping out the rest of your degree requirements and exploring careers. Take advantage of the resources outlined below to stay on track and make the most of your time at the U of M.

Keep an Eye on Your Health and Wellness

- Wellness in both body and mind is important. Check out group fitness classes or exercise on your own at any of the University's recreation and wellness facilities. You can also attend free yoga, tai chi, and Pilates offered through Boynton Health Service and the Weisman Art Museum.
The stress of transitioning to a new school may also be catching up with you. Know that there are many resources on campus to help you manage your stress and mental health.

**Study Smarter, Not Harder**

- The University offers a variety of academic support resources. The **SMART Learning Commons** offers individual and group tutoring. You can also schedule an individual meeting with an **Academic Coach** to make sure you're getting the most out of your time spent studying.
- **Effective U** has great online tools to help you manage your academic and personal well-being.

**It’s Never Too Early to Start Planning for Your Future**

It is never too early to start thinking about your future career and post-graduation plans. Your **college’s career services office** can help you no matter where you are in the career planning process; from exploring your career options to helping you get ready to apply for a summer job or internship.

If you haven’t set up a **GoldPASS** account yet, now is the time to do it. GoldPASS connects students with employment, volunteer, and internship opportunities throughout the world.

**Make Your Learning Come to Life Through Volunteering**

- Make a difference in the world and get to know the Twin Cities community. Connect with the U of M **Center for Community-Engaged Learning** as a great first step to explore volunteering. Check out **Seven Ways to Engage** for other ways to apply your knowledge in meaningful ways.

**Manage the Costs of College**

- Need some help managing your finances? Schedule a **financial wellness appointment** with a One Stop counselor. They can help you create a spending plan, set financial goals, and manage debt.

**Are You a Student Parent?**

- If you have children and are paying for childcare you can receive up to $1,500 per term, per child. To be fully screened and learn more about other student parent supports, call Na King Xiong of the **Student Parent HELP Center** at 612-626-0824.
**Goldy’s Reminders**

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**Class Registration is Just Around the Corner**

Yes, it’s time to start thinking about Fall and Summer registration. Consider scheduling a meeting with your Academic Advisor now to stay on track for graduation. Once you know the classes you need, use the Schedule Builder to find various course schedules based on open courses.

**Stay Safe**

Many students stay on campus later to study. Stay safe: Follow some helpful tips from SAFE U. Visit the website and sign up for SAFE-U alerts.

**Academic Dates and Deadlines**

Remember to check the U of M academic calendar for important dates and deadlines related to course registration, tuition payments, and more.

**Explore and Understand Global Grand Challenges**

Interested in helping to address the world’s social and environmental problems? Check out Acara. Acara provides students with courses, coaches, funding (up to $5500 per student!), and international experiences to better understand the challenges communities face in developing scalable, viable solutions. E-mail acara@umn.edu with questions or to learn about our free coffee hours.

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**Upcoming Transfer Events**

Join the University Transfer Student Board (UTSB). General member meetings are every Thursday, at 7:00 p.m. in Vincent Hall, room 209. New members are always welcome!

**Campus Events**

Be sure to check your myU portal and read the Undergrad Update for important news and updates and visit the Student Unions & Activities website and...
U of M calendar for information on upcoming campus events.

This Transfer Student Monthly is sent by the Office of Undergraduate Education and the Transfer Student Experience in an effort to educate and support transfer students during their transition at the U of M. To view previous mailings, click here. More resources and information is available at transfer.umn.edu.

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