March 10, 2016

We are Halfway There: It’s March!

The energy that comes at the beginning of the semester is starting to wind down while the demands of coursework have picked up. Hear from previous transfers about how to manage this part of the transition.

The Shift

At this point in the transition many students are balancing the excitement left over from the start of the semester with a longer to-do list. Lean on your support system and the resources around you to help reduce the common stressors that come during mid-term exams.

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 the free yoga, tai chi, or Pilates classes offered through Boynton Health Services.

The stress of preparing for your first round of exams and transitioning to a new school may also be catching up with you. Know that there are many resources on
Manage the Costs of College: Live Like a Student

One Stop Student Services has excellent resources related to money management, including the Live Like a Student campaign. These helpful tools and info can help you manage the costs of college.

#UMNCareerChat: Leveraging Social Media for Your Job Search

Learn tips and join the Twitter conversation about how to strategically position yourself on social media to be successful in your job search and networking.

Follow the conversation using #UMNCareerChat on Wednesday, March 23, 2016 from 12:00 p.m. - 1:00 p.m.

Goldy’s Reminders

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 be sure to sign up for TXT-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.

Transfer Student Events

University Transfer Student Board (UTSB) Meetings

Upcoming UTSB Meeting Date:
Thursday, March 24 at 7:00 p.m. in 512A Bruininks Hall
(Meetings every other Thursday)

Volunteer with the University Transfer Student Board (UTSB):

UTSB has set up volunteer opportunities with the organization People Serving People on various Saturday afternoons this semester. Contact UTSB by emailing utsb@umn.edu if you are interested in helping.

To see more information about UTSB and UTSB events, click here.

Pause & Plan: A Workshop for Transfer Students

On your résumé, “Education” only comprises the top third of the page. What experiences are you going to gain as a U of M student to fill in the other two-thirds?

From student group involvement to research opportunities, learn how you can take advantage of all the U of M has to offer beyond the classroom. A workshop just for new transfer students will be held on will be held Friday, April 1 from 12:00–2:00 p.m. in Folwell. Lunch will be provided. Register now!
Campus Events

Be sure to check your myU portal and read the Undergrad Update for important news and updates and visit the Student Unions and 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. To view previous mailings, click here. More resources and information is available at transfer.umn.edu.

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