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. **Hear from previous transfers** about how 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](http://transfer.umn.edu) 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 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.

Are you coming back to classes after some time off? Consider a half-semester 1-credit course for a great, structured, academic refresher for success.

**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?**

Undergraduates who have children and are paying for childcare can receive up to $1,400 per term, per child, in Post-Secondary Child Care Grant funds. To be fully screened and learn more about additional student parent support, call the Student Parent HELP Center at 612-626-6015.
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.

Upcoming Transfer Events

Join the University Transfer Student Board (UTSB). General member meetings are every Monday, at 6:30 p.m. in Coffman Memorial Union, room 301. New members are always welcome!

Veterans Clay Object-Making Workshop

Hosted by visual artists and American war veterans Suzanna Asher and Matthew Krousey. No experience is required. Lunch will be provided. Please RSVP to wert0067@umn.edu.

March 20 from 9:00 a.m.-4:00 p.m.
Weisman Art Museum

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](http://transfer.umn.edu).

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