March 5, 2019

Congratulations! You Are Halfway Through Your First Semester as a Gopher!

Although you have probably settled into your new routine and are feeling more comfortable navigating 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.

Sign Up for a Coffee Chat Today!

Coffee Chats are a great opportunity to talk with a Transfer Insider (a current transfer student) to answer your questions, give advice, and/or point you to a campus resource. Connect with them while enjoying a free beverage from
Starbucks. Fill out this form to sign up for a coffee chat.

Keep an Eye on Your Health and Wellness

Wellness in 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 be catching up with you. Know that there are many resources on campus to help you manage your stress and mental health.

Let’s Talk

Let’s Talk provides informal drop-in consultations about a variety of topics at locations around campus for U of M students. No appointment is necessary, just drop in during the scheduled times. Let’s Talk counselors will listen to concerns, provide support, help explore solutions, and connect you with on- and off-campus resources.

Please note: Let’s Talk is not designed to be a crisis service. If you need to speak to someone more urgently please access campus and community resources listed at mentalhealth.umn.edu.

Study Smarter, Not Harder

The University offers a variety of academic support resources. The SMART Learning Commons offers individual and group tutoring and support for media projects. 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 also 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](http://engage.umn.edu) as a first step to explore volunteering. Check out [engage.umn.edu](http://engage.umn.edu) for other ways to get involved and apply your knowledge in meaningful ways.

### Are You a Student Parent?

Undergraduates who have children and are paying for childcare may be eligible for additional financial support. To be fully screened and learn more about the resources available for student parents, call the [Student Parent HELP Center](tel:612-626-6015) at 612-626-6015.

### Goldy’s Reminders

#### Class Registration is Just Around the Corner

Yes, it’s already time to start thinking about [fall and summer registration](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...). Consider scheduling a meeting with your [Academic Advisor](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...) now to stay on track for graduation. Once you know the classes you need, use the [Schedule Builder](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...) 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](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...). Visit the website and sign up for [SAFE-U alerts](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...).

#### Academic Dates and Deadlines

Remember to check the U of M academic calendar for [important dates and deadlines](http://www.transfer.umn.edu/programs/tsemonthly/2018-2019/03-05...) related to course registration, tuition payments, and
more.

**Health Professional School Expo**

Thinking about a career in the health sciences? Attend the Health Professional School Expo and network with admissions representatives from health professional schools from across the country. April 10, 10:00 a.m. to 3:00 p.m., Coffman Union, Great Hall.

**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 207. 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.

University mass email privacy statement

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