October 12, 2015

Celebration the Milestone

One month finished - It’s October!

It’s time to settle in. The energy of the start of the semester is coming down along with the temperatures, while the demands of classes are starting to pick up. [Hear from previous transfers](http://transfer.umn.edu/programs/tsemonthly/10-12.html) 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 as mid-term exams approach.

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/programs/tsemonthly/10-12.html) or exercise on your own at any of the [University’s recreation and wellness facilities](http://transfer.umn.edu/programs/tsemonthly/10-12.html). You can also attend the free [yoga, tai chi, or Pilates](http://transfer.umn.edu/programs/tsemonthly/10-12.html) classes offered through Boynton Health Services. Finally, don’t forget Boynton also offers [Free Flu Shots](http://transfer.umn.edu/programs/tsemonthly/10-12.html) at various locations around campus.

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 campus to help you manage your stress and mental health.

**Study Smarter, Not Harder**

The University offers a variety of academic support and tutoring resources. You can also schedule an individual meeting with an Academic Coach to make sure you're getting the most out of the time you're putting into your work.

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.

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

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

**Manage the Costs of College: Live like a Student**

One Stop Student Services has great 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.

**Join an Honors Society**

**Tau Sigma** - National Honors Society for Transfers Students has a U of M chapter! Some perks to being a member: Be recognized for outstanding academic achievement, meet other transfer students, and apply for national scholarships.

**Claim Your Free Ticket to a Northrop 2015/2016 Dance Season Event**

Northrop invites all first year students to attend a 2015/16 Dance Season event by providing you with one free ticket! Click here for more details and information regarding how to claim your ticket.

**Goldy's Reminders**
Class Registration is Just Around the Corner

Yes, it’s time to start thinking about Spring 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

It’s getting darker earlier and many students stay on campus later to study for midterm exams. 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

University Transfer Student Board (UTSB) Meeting

October 15 at 7 p.m.
512B Bruininks Hall

See more information about UTSB and UTSB events, click here.

Upcoming Campus Events

Health Career Fair

October 14 from 1 - 4 p.m.
Coffman Memorial Union, Great Hall

Trivia Night

October 14 at 8 p.m.
Coffman Union, Goldy’s Gameroom
Webinar: Say No to Networking and Yes to Growing Your Network: A User’s Guide to Intentional Connecting

October 15 from 12 - 1 p.m.

Concert: St. Paul Slim

October 16 at 8 p.m.
Coffman Memorial Union, Whole Music Club

UMN Gophers vs. Nebraska

October 17 at 2:30 p.m.
TCF Bank Stadium

Government & Non-Profit Career Fair

October 23 from 10 a.m. - 3 p.m.
Coffman Memorial Union, Great Hall

CAPE Major Scare Workshop

October 23 from 12:45-5 p.m.
432B Bruininks Hall

Critical Conversations: Queer Histories (Queering History) of the Twin Cities

October 30 from 1 - 3 p.m.
120 Andersen Library

Art Opening: Works by Seebauer Hansen and Keith Kziak

November 6 from 6 - 8 p.m.
St. Paul Student Center, Larson Art Gallery

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.