One month finished! It’s October!

Although you may be settling into your new routine and feel comfortable on campus, the demands of classes are most likely starting to pick up. 
Hear from previous transfers about how to manage this part of the transition.

Reminder: Workshop Series for New Transfers

Get to Know Your University. Get to Know Other Transfers. Get to Know Yourself.

Are you a new transfer student for Fall 2016? The Transfer Student Experience Program is hosting a series of eight workshops just for new transfer students! These workshops will help you explore all that the U of M has to offer so you can make the most of your time as a Gopher.

**WHEN:** Fridays, 1:00 - 2:00 p.m.
**WHERE:** 324 Coffman Memorial Union

*(Registration appreciated but not required.)*
To get more information on the workshop series and to register click here or click on the workshop series icons throughout the newsletter.

The Shift

At this point in your transition, you may find that the demands of your classes are beginning to increase. You are also completing your first round of exams and assignments at a new school with new expectations, which can feel stressful. Lean on your support network and take advantage of the resources outlined below to help you handle the common stressors that come with mid-term exams.

Keep an Eye on Your Health and Wellness

Fitness Classes
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. Finally, don’t forget Boynton also offers free flu shots at various locations around campus.

Stress and Mental Health
There are many resources on campus to help you manage your stress and mental health In addition to professional staff assistance, Boynton Health offers student health promotion groups to help you keep healthy and be academically successful. These student-led groups provide confidential, judgment-free support for sexual health, stress management, nutrition and recovery from drug and alcohol addiction, Gopher Chauffeur offers free transportation and Health Advocates are health resources living in your residence halls and Greek houses.

Come, Sit, Play.
Make Time to Pet Away Worry and Stress (PAWS) 11:00 a.m. to 3:30 p.m. on Thursday, October 27. The Great Hall in Coffman will transform into a park filled with PAWS animals and fun, simple activities you can do to stay healthy and manage stress.

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.

SMART Learning Commons
Have you checked out the SMART Learning Commons yet? They are celebrating their 10-year anniversary with free birthday cake. Stop by any of the three SMART centers for a slice on Friday, October 7 beginning at noon. Cake will be served until 2:00 or until it’s gone.

1-Credit Refresher Course
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.

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 information can help you manage the costs of college.

Workshop: Managing Your Finances Like a Pro

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.

Join an Honors Society

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

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.
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. (Beat the rush!) Once you know the classes you need, use the Schedule Builder to find various course schedules based on open courses.

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.

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 sign up for TXT-U alerts.

Register for U of M Parent & Family Weekend

Invite your parents and family to attend the annual U of M Parent & Family Weekend, November 4-6.

The weekend will include workshops (including one just for transfer student families!), educational sessions, activities, tailgating before the football game, and more. Click here to register and get more details.

Connect with People and Ideas at Discovery Across Disciplines

Are you just starting to think about a research project? Or, are you already engaged in research? Explore mentor and project opportunities with senior researchers. You will be able to discover new places to intersect with faculty who are doing pathbreaking research.

To help with planning, please RSVP by October 9.

Claim Your Free Ticket to a Northrop 2016/2017 Dance Season Event

Northrop invites all first-year student to attend one 2016/2017 Dance Season event at no charge! Click here for more details, including how to claim your ticket.
Upcoming Events

Transfer Student Events

University Transfer Student Board (UTSB) Meetings
Every Thursday at 7:00 p.m. in Vincent Hall, room 207

For information about UTSB and UTSB events, click here.

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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