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One Month Finished! It's October!

Although you may be settling into your new routine and feeling 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.

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 2017? The Transfer Student Experience Program is hosting a series of 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, 12:45 - 2:00 p.m.
**WHERE:** 103 Appleby Hall

*(Registration appreciated but not required)*

To get more information on the workshop series and
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 and tai chi classes offered through Boynton Health Service. 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.

Come. Sit. Play.

Make Time to Pet Away Worry and Stress (PAWS) Monday through Thursday at various locations on all campuses. PAWS brings registered therapy animals to the U of M for students to interact with and destress.

Study Smarter, Not Harder

Need to work on your study habits and time management skills? Check out these online resources from SASS and Effective U.
Utilize Peer Tutors

Located in Walter, Wilson, and Magrath Libraries, SMART Learning Commons lets you study with a peer, ask other students about research tips, learn how to use different media, or spend some time with a peer tutor.

Get Writing Assistance

The people at the Writing Center can help you develop your ideas clearly and outline your paper in the way that makes the most sense. You can go meet with someone in Nicholson Hall, Appleby Hall, or set up an online consultation.

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 individual financial wellness counseling. These helpful tools and information can help you manage the costs of college.

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 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. All eligible students will automatically be invited to join after completing their first semester at the U of M.

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 the Engage.umn.edu 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.

Not sure where to go? Visit Helping U!

The Helping U desk in Bruininks Hall will connect you to academic support, study spaces, health services, career help, and much more. Stop by and speak with fellow students who can help you find resources on campus. The desk is open Monday-Friday from 8:00 a.m. to 4:00 p.m. and is next to One Stop Student Services.

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 SAFE-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, October 13-15. The weekend will include workshops, educational sessions, activities, tailgating before the football game, and more. Register and get more details.

Claim Your Free Ticket to a Northrop 2017/2018 Dance Season Event

Northrop invites all first-year students to attend one 2017/2018 dance season event at no charge! Visit the Northrop Auditorium website for more details, including how to claim your ticket.

Upcoming Events
**Transfer Student Events**

University Transfer Student Board (UTSB) Meetings are held every Thursday at 6:00 p.m. in Vincent Hall, room 213. For information about UTSB and UTSB events, click here.

**Transfer Student Network Hangout**

Come to the Transfer Student Network Hangout! This is a great opportunity to meet other transfer students and brush up on your bowling skills! There will be plenty of games, snacks, and great conversation! Friday, October 20 from 2:30 p.m. - 4:30 p.m. in Goldy’s Gameroom, Coffman Memorial Union.

**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.

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