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. Keep reading for resources and tools to help you manage this part of the transition.

Celebrate National Transfer Student Week

October 15-19 is National Transfer Student Week! Help us celebrate all that you contribute to the U of M by joining us at the following events.

Transfer Student Network Hangout

Is FREE bowling and billiards right up your alley? Do you have any spare time on Tuesday afternoons? Join us at the Transfer Student Network Hangout Tuesday, October 16 from 4:00 - 6:00 p.m. in Goldy's Gameroom in Coffman Memorial Union. This is a great opportunity for you to strike up new friendships with other transfer students over FREE bowling, billiards, and food. Can't wait to see you there!

Free Donuts & Coffee in Front of Coffman Union

Stop by the plaza in front of Coffman Memorial Union on Wednesday, Oct 17 from 9:00 - 10:30 a.m. for a free donut and coffee.
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. Be sure to take advantage of the resources outlined below to help you handle the common stressors that come with mid-term exams.

Choosing a Major 101 for Transfer Students

Are you in the process of deciding on a major or researching your “Plan B” options? The Center for Academic Planning and Exploration (CAPE) invites you to attend Choosing a Major 101 for Transfer Students. In this session you will learn how colleges and majors are structured at the U of M and how to start the process of making an informed decision on a major. The workshop will be held on Thursday, October 18 from 3:30-4:30 p.m. in 530B Bruininks Hall. Advanced registration is appreciated. Snacks will be provided.

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. Finally, don’t forget Boynton also offers free flu shots at various locations around campus. Finally, check out the Nutritious U Food Pantry if you are in need of free, healthy food.

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 enrolling in LASK 1101, a half-semester 1-credit course for a great academic refresher.

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 engage.umn.edu for other ways to apply your knowledge in meaningful ways.

**Come With a Problem, Leave With a Plan**

Do you have a concern about grades, course instruction, billing, roommate conflicts, or group projects? Do you need help with petitions and appeals or have questions about University policies and procedures? The Student Conflict Resolution Center staff can help you develop a plan of action to address your situation. Check out our Do-It-Yourself (DIY) resources for tips on how to approach common issues.

**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.

Upcoming Events

Transfer Student Events

University Transfer Student Board (UTSB) Meetings are held every Thursday at 7:00 p.m. in Vincent Hall, room 209. 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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