One Month Finished! It’s October!

Although you may be settling into your new routine and feeling comfortable on campus, the demands of your 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 21-25 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

Join us at the Transfer Student Network Hangout Wednesday, October 23 from 5:00 - 7:30 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 for Transfer Students

Stop by the Coffman Memorial Union front plaza or the St. Paul Student Center Terrace on Friday, Oct 25 from 8:00 - 10:00 a.m. for a free donut and coffee.
Transfer Student Network

The Transfer Student Network (TSN) is a program designed to help first-semester transfer students feel comfortable at the U. Through one-on-one Coffee Chats and TSN events, new transfer students are able to connect with each other and Transfer Insiders (returning transfer students). All first-semester transfer students are automatically enrolled in Transfer Student Network communications. For more information email transfer@umn.edu. To sign up for a Coffee Chat visit z.umn.edu/CoffeeChat.

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.

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.

Nutritious U Food Pantry

The Nutritious U Food Pantry offers free, healthy food to students in need. Check out their website for dates and locations.

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? Need Tutoring? Check out success.umn.edu and Effective U. Here you can find online and self-help resources, as well as information about tutoring services and locations.

**Are You Doing Research for a Paper or Project?**

Learn how to search for materials effectively with Intro to Library Research. Start at the library homepage to search and see if they have your source. Request materials they don't own or get an article scanned if they have it in print. You can also reserve a recording studio, check out a video camera or microphone, take a free Makerspace workshop, or reserve a group study room in one of the 12 library locations.

**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.

**Financial Wellness Workshop Series**

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.

This fall One Stop is offering workshops for new freshmen and transfer students on budgeting, understanding loans and credit, finding scholarship money, and making informed financial decisions. One Stop will draw fourteen $1000 scholarship winners for those who attend. Students will be entered into the drawing for each workshop they attend. Events will be in Bruininks 114 and Smith Hall 100. Students can RSVP and get more details on Gopherlink (search “financial” from the Gopherlink home page for details).

**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...
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.

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

Tackle Transfer Troubles with de-stress

The University Transfer Student Board and de-stress are hosting an event to help you manage the stress of being a student on Friday, October 11 from 11:00 a.m. -12:00 p.m. in the Roen Room at Boynton Health Service. This will be a great way to prepare for midterms and work on techniques for managing stress. Snacks will be provided. You can find more information about the event and confirm your attendance here.

University Transfer Student Board Meetings

University Transfer Student Board (UTSB) also holds meetings 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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