



First-Year Seminar Student Resource Guide: **COLLEGE, INTENTIONALLY**

Fall 2019

Welcome to UMass Amherst!

Congratulations, your college experience has officially begun! As you will see, this university is filled with individuals and offices dedicated to fostering an environment that encourages personal and intellectual growth for all students. You will find our core values and community standards woven into classes, residential programming and activities across campus. We are happy to share the beginning of this journey with you!

Our **First-Year Seminar (FYS)** program provides the foundation for a student's path to success. Your FYS will afford you with experiences and information that will contribute to your development as a successful and engaged student. Although each seminar will be unique in structure, style, and content, all First-Year Seminars will incorporate these **three common themes** proven to enhance success in college:

Self-Guided Learning:

Mindful time management and deliberate strategies for studying will lead you to high academic achievement. Intentional planning makes achieving goals easier!

Building Connections:

Developing relationships will assist in your transition to college, and help you feel at home as a member of the UMass Amherst community.

Enhancing Engagement:

Being well informed about the wide array of opportunities and resources on campus will lead to a satisfying and successful college experience.

More details on back

All first-year students have been given a **Student Success Planner** (go to Goodell Building Room 613 if you need one). This planner is designed to complement the goals of the FYS, including information relevant to both academic and personal success. We encourage you to become familiar with the wide array of resources, advice and explanations it includes. On the back of this handout you will find references to certain pages in the planner as they relate to the topics noted.

As you embark on this exciting time in your life please
recognize the importance of keeping your life in balance.
**Attending to your personal wellbeing
AND
your academic progress = Success!**

Making Meaning of the Common Themes

Self-Guided Learning

LIVE INTENTIONALLY

As you develop and implement your new habits in college, it is important to recognize both your strengths and your weaknesses. With this awareness you can make conscious decisions to follow a mindful path to success. Consider all areas of your life:

Your study methods: Are you productive with your time? Do you have good strategies? Place to study?

Your work: Are you reading, learning from and responding to the comments that instructors write on your work?

Your life balance: Are you eating well? Exercising? Do you take time to relax? Visit with friends and family?

Use this three-step approach:

REVIEW: Look back over your graded work, your study system, your life balance.

REFLECT: Think about what is going well and what could use improvement.

REVISE If it works, do it more. If it doesn't work, make necessary changes.

Pages
6, 10, 12,
13, 28, 29,
48, 86, 91

Building Connections

You are now officially a member of the UMass Amherst community, dedicated to care, compassion, connection and active engagement. The campus is filled with students, staff and faculty who are prepared to guide and support you in this new chapter, in so many ways:

PROFESSORS, ADVISORS, STAFF AND PEERS

- ⇒ Help with understanding course content
- ⇒ Assist with future course suggestions
- ⇒ Guide you to internship and/or research opportunities
- ⇒ Become mentors that can help into your future
- ⇒ Encourage you to enjoy the benefits of "community"

Pages
14, 16, 17,
18, 19, 20,
21, 79, 99,
117

Check out the **UMatter at UMass** website for details about expectations and opportunities.
<http://www.umass.edu/umatter>.

Enhancing Engagement

OPPORTUNITIES: Keep your eyes and ears open for the ones that seem interesting to you.

- ◆ Study away (domestic or international)
- ◆ Internships and/or research
- ◆ Clubs (cultural, recreational, academic)
- ◆ Events (lectures, concerts, dances, etc)

RESOURCES: It's best to use support services preventatively or for a boost, rather than waiting until you hit a bump.

- ◆ Academic support
- ◆ Career development
- ◆ Identity and cultural

Pages
24-29, 33,
57-59, 77,
124

There is no one path that fits everyone, and no choice is exclusively right or wrong. You will have experiences that are wonderful and others that may help you learn what you don't want to do – both are valuable! Just remember, trying new things and taking care of yourself are both keys to success! You will discover that UMass offers a wealth of choices for you to consider—be engaged!