Welcome to UMass Amherst!

Your persistence and resilience over the last year and a half has gotten you here despite any difficulties, struggles, and/or challenges you may have encountered. We are so happy you are here!

Along with the excitement, learning and fun, transition to college life can present unique challenges. Our campus community of faculty, staff and other students are here to ease your transition to campus and, what is for many of you, a return to in-person instruction.

This document is a first point of reference that will guide you to a variety of campus resources and people that can support and enhance your college experience.

Check out all the links!
The First-Year Seminar (FYS) program is designed to provide you with a structured foundation as you begin your college journey. Although each seminar is unique in structure, style, and content, each will address common goals focused on strategies proven to enhance success in college and will inform you of a wealth of resources and opportunities.

For the best experience, we encourage all students to:

- **Explore the possibilities**
  Check out the wide array of opportunities and campus resources that can assist you and enhance your college experience.

- **Build connections**
  Actively engage with members of the UMass Amherst community to assist in your transition to college and help you feel at home.

- **Approach experiences intentionally**
  Utilize mindful time management, targeted study strategies, and thoughtful planning for academic achievement and overall success.

Embracing these three common content goals will empower you to get the most out of your college experience.

**STUDENT SUCCESS PLANNER**

The 2021-2022 **Student Success Planner** is a fully digital tool which will be updated monthly with information about life at UMass including:

- A digital academic and events calendar that can sync with Google Calendar
- Strategies for staying organized
- Individual planner page templates

Access the Planner on the Student Success website using the QR code below.

umass.edu/StudentSuccess  
success@umass.edu

Follow us on Instagram @successumass
The Student Success website is PACKED with useful information! Here are a few details about two very useful blocks on the website.

**Your Plan**

**Goals:** Practical tips for setting meaningful and attainable goals with links to related resources.

**Take Charge of Your Learning:** This part of the website includes quick and clear examples, short videos and interactive activities on ways to:
- Prepare Your Mind and Space to Learn
- Make Your Learning Meaningful
- Master the Content
- Make the Most of Your Time

**Know the Terms:** Wondering what all the new terms being thrown around mean? Here's a list of college life terms and their definitions (ex: “add/drop”, “bursar”, “hold”, etc.).

**Your Team**

**Academics:** Check out the list of those who comprise your academic team along with explanations of their role and the support they offer.

**Finances:** In this section you will find short definitions and links to offices and services available to support both your college and personal financial questions and needs.

The **Smart About Money (SAM)** program - SAM has peer coaches to help with personal finance planning, strategies for budgeting and saving and understanding your financial situation (i.e. loans and scholarships).

**People:** Finding community and camaraderie with others helps you establish a home at UMass. There are various paths you can pursue to find connections that are just right for you.
- To find like-minded people, explore a new hobby, or find your cause, check **Campus Pulse** for upcoming events and for the list of **Registered Student Organizations (RSOs)** on campus.
- Discover the many centers and clubs that are organized around cultural and affinity groups - great resources for connecting with peers, mentors, and more events.

**Wellness:** Explore the many ways you can attend to your personal wellbeing. Take a class or workout in the **Rec Center**, check out the peer lead services at the **Center for Health Promotion (CHP)**, or explore the counseling options offered by the **Center for counseling and Psychological Health (CCPH)**, and many more.
TIPS FOR SUCCESS

STAY ON TOP OF YOUR WORK
Develop a system to keep track of your assignments. Put due dates in a planner. Create timelines for yourself with mini-deadlines. Record progress as you go, note when assignments are completed and grades earned.

PRIORITIZE CONNECTIONS
It is critical to maintain old relationships and develop new ones. Check-in with your classmates, instructors and advisors regularly and stay in touch with family and friends from home.

DEVELOP A STUDY ROUTINE
Establish a schedule. Share your plan with those around you to set expectations and boundaries. Get a study buddy or form a study group to connect with when doing work.

MAINTAIN A BALANCE
Include space in your schedule to do things other than studying. Make plans to spend time outside, engage in exercise or projects, participate in clubs, relax with your friends, etc.

ATTEND TO YOUR WELLBEING
Good physical and emotional health are directly correlated to your success. Get enough sleep, eat well, get exercise, stay engaged. Reach out for support early – you can avoid hitting a crisis.

CRITICALLY ENGAGE
Read it all - your emails, syllabi, and assignment details! Dissect, pick, choose, and circle back whenever you need to.