SHASTA’S FIRST YEAR CHECKLIST

“There’s nothing to do at UH,” said No One Ever.

FIRST FEW WEEKS ...
- Participate in Weeks of Welcome.
- Explore all involvement opportunities on campus.
- Re-establish connection with your RA or check out commuter student services.

FIRST MONTH ...
- Join a student organization.
- Show off your Cougar Spirit at the First Year Tailgate Celebration.
- Check your e-mail for CoogNews.
- Visit the Campus Recreation and Wellness Center.
- Take MAP-Works Survey.

FIRST SEMESTER ...
- Connect to your college through activities and study groups.
- Get to know your academic advisor and professors.
- Attend an event sponsored by the Student Programming Board.
- Explore University Career Services.
- Attend Homecoming and Family Weekend.
- Visit Learning Support Services.
- Create a graduation plan.

SECOND SEMESTER ...
- De-stress with workshops by CAPS or UH Wellness.
- Discuss summer/fall registration with your academic advisor.
- Stay on top of upcoming academic and financial deadlines.
- Become familiar with the academic planner and degree plan report.
- Celebrate our campus diversity by attending one of our many cultural events.
- Attend ‘Summer Jobs for Coogs’ Fair.
- Plan the rest of your summer break!