Freshman Year Checklist

Explore Your Academic Interests
- Plan to meet with your pre-major or faculty adviser at least twice each semester; bring a list of questions with you
- Learn about departments and majors from the undergraduate academic councils (see https://sa.rochester.edu/clubs/)
- What can I do with my major? : answer this question by visiting http://www.rochester.edu/careercenter/students/gettingstarted-major/
- Seek advice from undergraduate advisers in majors you are considering (see a list of department contacts at http://www.rochester.edu/college/CCAS/Authsign.html)
- Use the Majors & Minors page to find out more information (www.rochester.edu/College/academics/majors)
- Visit the Cluster Search Engine: https://secure1.rochester.edu/registrar/CSE/index.php
- Consider drafting an eight-semester course plan; bring it with you to meetings with advisers at the academic departments that interest you

Learn What You Can Do Outside of Class
- Consider setting up a research project or an independent study with a professor next year; talk to professors whose research interests you (see http://www.rochester.edu/college/ugresearch/ for information about how to get started)
- Consider preparing for an internship for credit or pay; learn about possible placements and prepare a resume through the Gwen M. Greene Career and Internship Center (http://www.rochester.edu/careercenter/)
- Consider volunteering! Learn about the opportunities available through the Rochester Center for Community Leadership (http://www.rochester.edu/college/rccl/)
- Join a club or student organization! See https://sa.rochester.edu/clubs/
- See http://www.rochester.edu/athletics/intramurals/index.html for the list of intramural sports and sign-up information

Learn Something New
- Read about certificate programs including Mathematical Modeling, Actuarial Studies, Asian Studies, Biotechnology, Literary Translation and Stage Management: www.rochester.edu/college/academics/majors
- Attend an upcoming Study Abroad Information meeting: http://www.rochester.edu/college/abroad/
- Learn about the Take Five Scholars and KEY programs by attending an upcoming information session: see the schedule at http://rochester.edu/college/CCAS/
- Explore the Fellowships website and learn about opportunities to consider: http://www.rochester.edu/college/studentfellowships/ind
- Interested in a research project? Visit www.rochester.edu/college/ugresearch for help getting started
- Explore “doing” courses in theatre, music, and dance (https://cdcs.ur.rochester.edu/)

Be Successful!
- Meet with your professor or your TA during office hours; join a study group or workshop and consider forming your own study group
- Create a master calendar with all of your academic and personal commitments; schedule time to study every day
Learn about the academic resources (e.g., study skills, time management, test preparation, disabilities support) available through the Center for Excellence in Teaching and Learning in Lattimore 107 - see http://www.rochester.edu/college/cetl/undergraduate/

Attend the “Advising Week” programs that are scheduled in November and April just prior to the start of course registration

Contact a librarian to get help with library research: https://www.library.rochester.edu/form/research-help

Consider registering for a study skills course: CAS 142 is taught each semester (see http://www.rochester.edu/college/cetl/undergraduate/studyskills.html)

Stop in the College Center for Advising Services (CCAS) for advice on all of your academic questions. Walk-ins are available in Lattimore 312 Monday-Friday, 1-4pm. Check out the Advisor’s Handbook at www.rochester.edu/College/CCAS

Stay healthy this year! Check out the various resources available through UR’s Health Promotions Office (http://www.rochester.edu/uhs/healthpromotion/index.html) and don’t forget to get your flu shot!

Connect On and Off Campus

Make it your goal to get to know at least one professor—and for he or she to get to know you--this year

Visit the Campus Club Connection website to learn about student organizations

Talk to a hall mate or classmate whose background is different from yours

Attend at least one of UR’s cultural events or unique traditions

Participate in the College Community Weekends (Yellowjacket Weekend, Meliora Weekend, Winterfest, Spring Showtime)

Apply for a leadership role for next year: watch for announcements for applications and information for positions in student government or as an RA, D’Lion, Peer Adviser, Orientation Leader, Orientation Volunteer or International Student Mentor. Talk to a professor about an opportunity to be a TA.

Check out a concert at Eastman, an exhibit at Memorial Art Gallery or a movie at the George Eastman House

Take the bus; the bus schedules are easy—and available online (http://www.rochester.edu/parking/options/busesandshuttles.html)

Explore the city of Rochester by getting a Zip Car membership: http://www.rochester.edu/parking/options/zipcars.html