

FIRST-YEAR ACADEMIC TIMELINE

June - September

Center for Advising Services (CAS)
Lattimore Hall 312
(585)275-2354
cascas@rochester.edu

If you miss a milestone, please go back and complete it!

July: The Connection

- **July 1** | Create a Saved Schedule in UR Student
 - Think of this as your "pre- registration shopping cart." Review the [UR Student Tutorials](#) to make sure you're ready for the 9:00 AM rush.
- **July 15** | [Submit AP/IB Exam Scores](#)
 - Ensure your scores are officially sent so your advisor can help you skip introductory courses you've already mastered.

September: The Transition

- **Early September** | [Add/Drop Period](#)
You have the first two weeks to swap classes if a particular subject doesn't feel right. Use [Find Course Selections](#) to explore alternatives.

June: The Foundation

- **June 7** | [Complete Academic Interests Form](#). This form closes on June 12.
 - Tell us about your goals so we can pair you with the right advisor.
- **June 15** | [Final Transcripts](#) due
 - Admissions will send you a reminder in early July if you have not yet submitted the final transcript from your secondary school to the University.
- **June 15** | [Take PathwayU Assessments](#)
 - See how your personality aligns with different majors and career paths.
- **June 16** | [Academic Advising and Course Registration Webinar](#)
 - Your "User Manual" for registration. (Access via Blackboard).
- **June 22** | [Take your Writing Placement Survey](#) (required) and other placement exams (optional)
 - These surveys will help you discern which writing and other courses best suit your experience.
- **June 22 - 29** | [Check your University Email](#)
 - Your academic advisor will reach out to start your summer advising discussion. This is your primary partner for navigating the Rochester Curriculum.
- **June 22** | [Advising Begins](#): All students receive an email from their advisor no later than June 29
 - Talk with your advisor about classes and your next four years!

August: The Preparation

- **August 4 & 5** | [Registration Day!](#)
Check the "Academics" tab in UR Student to see on which day you will register
 - Goal: Log into [UR Student](#) at 9:00 AM ET on your assigned day to officially enroll.
- **August 31** | [First Day of Classes](#)
 - Welcome to campus! Keep the [Undergraduate Academic Calendar](#) bookmarked for holiday breaks and deadlines.

PRO TIPS FOR A BALANCED SCHEDULE

Succeeding academically and taking advantage of all UR Rochester offers requires a schedule that doesn't stretch you too thin. Here are some ways you can balance ambition and enthusiasm with your well-being:

- **The "Heavy vs. Light" Balance:** Our recommendation is to stick to two STEM courses in your first semester; students who do so tend to have a higher GPA when they graduate. Use the rest of your schedule to take advantage of UR Rochester's open curriculum!
- **Consider WRTG 105:** Sections are small, so consider multiple sections in case your first pick fills up. Half of the First-Year Class will take it in the fall and the other half in the spring, so find a different course as a backup, too, in case you don't get to take it in the fall.
- **Know Yourself:** Some people like to schedule their days back-to-back to keep momentum going. Others prefer gaps between classes and activities to review what they just learned, prep for the next class, or just have some down time. Find a rhythm that works for you.
- **Schedule Your Life, Not Just Class:** When looking at your week, think about clubs and organizations, exercise, social time, and time for yourself. A balanced schedule isn't just about your GPA; it's about your overall wellness.

STARTER QUESTIONS FOR YOUR ADVISOR

Your advisor is your advocate, not a judge. When they email you in July, feel free to ask:

1. "Based on my intended major, is this specific combination of 4 classes considered a 'heavy' or 'balanced' workload?"
2. "Are there any introductory courses for my major that I should prioritize taking right now vs. next spring?"
3. "I'm interested in [Hobby/Interest]—is there a specific 'cluster' or elective you'd recommend for someone like me?"
4. "What should I do if I find myself struggling with the pace of a college-level course in the first few weeks?"
5. "How often do students in my major usually meet with you during the semester?"
6. "What clubs will help me build my community?"

MASTER LINK DIRECTORY

Academic Support: [Center for Advising Services \(CAS\)](#).

Course Exploration: [Advice by Subject Area](#)

Tech Help: [University IT](#)

Career Advice: [The Greene Center](#)