• First Year Checklist •

Explore Your Academic Interests
- Plan to meet with your undergraduate or faculty advisor at least twice each semester; bring a list of questions with you
- Learn about departments and majors from the undergraduate academic councils (see the Campus Community Connection)
- What can I do with my major? Answer this question by visiting the Greene Center’s website and don’t forget to create your account in “Handshake”
- Seek advice from undergraduate advisors in majors you are considering (see a list of department contacts)
- Use the majors and minors page to find out more information
- Visit the Cluster Search Engine
- Consider drafting an eight-semester course plan; bring it with you to meetings with advisors at the academic departments that interest you (see a sample form)

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 the undergraduate research website)
- Consider preparing for an internship for credit or pay; learn about possible placements and prepare a resume through the Greene Center
- Consider volunteering! Learn about the opportunities available through the Rochester Center for Community Leadership
- Join a club or student organization! (see a list of student groups)
- Play a sport! (see 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
- Study overseas and earn credit toward your undergraduate degree. See the education abroad website to get started.
- Learn about programs to enhance your intellectual horizons such as the Take Five Scholars and E5 programs (see academic opportunities)
- Explore the fellowships website and learn about opportunities for further study at the graduate and undergraduate levels
- Explore “doing” courses in theatre, music, and dance (see the CDCS)

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
- Attend the “Advising Week” programs that are scheduled just prior to the start of course registration to learn about majors, minors, courses, and clusters
- Contact a librarian to get help with library research
- Consider registering for a study skills course: CAS 142 is taught each semester
- 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, 1-4 p.m. Also check out the Advising Handbook.
- Stay healthy this year! Check out the various resources available through UR’s Health Promotion Office 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 every year
- 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 Weekend, Springfest Weekend)
- 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 Advisor, First Year Fellow, 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 shuttle bus; the bus schedules are easy—and available online
- Explore the city of Rochester by getting a Zip Car membership