

Starting the Semester Right

Studying at a university can be challenging, and everyone has times when they feel overwhelmed. It's normal to struggle sometimes! However, if you take a few actions at the beginning of the semester and maintain good habits, you can set yourself up for success. Try some of the following tips to get your semester off to the right start.

1. Meet with Your Advisor

It's important to get into the right classes, and meeting with your advisor can help you to make sure that the classes you are taking will support you in your academic and career goals.

2. Do Background Research

Having a good fit with your professors is also important. Use ratemyprofessors.com and professional pages to learn more about potential professors before the semester. For more information, write and ask for a syllabus.

3. Track Important Dates and Info

Keep track of add/drop and withdraw deadlines to make sure you don't miss them. Also, know your financial aid, scholarship, etc. status. If you end up feeling that you need to drop a class, how will that affect you?

4. Arrange for Accommodations

If you need accommodations through Accessibility Services, apply for or renew them as soon as possible. Accommodations can be a lifesaver but are not retroactive. Put them in place before you feel like you're drowning.

5. Semester on a Page

To keep track of the important things in your class and your life, make a page listing all of your assignments and large personal events. Review and update this regularly.

6. Make Backups

Make backups of all of your important files and data (including your Semester on a Page). UVU provides cloud storage, so make use of it to make sure you don't lose anything important.

7. Make Sure You Know Canvas

Most courses at UVU rely on Canvas, so you'll need to be proficient with it. Of course, many professors use Canvas differently, so you'll also need to learn the layout of your individual courses. You should always click through every tab in each of your Canvas courses to make sure you won't miss anything.

8. Visit Tutoring Centers Early

There are a lot of great tutoring options on campus (such as Academic Tutoring, the Writing Center, the Math Lab, and the Language Lab) but it can be hard to start going when you're struggling. Visit the labs early in the semester, and if possible, make it a part of your regular schedule.

9. Meet with Your Professors

If you make a relationship with your professors early on, you'll make a good impression, and it will be easier to meet with them again later if you find yourself struggling or needing an extension.

10. Schedule the Important Things

It's easy to let things slide when you're a busy student. Schedule time to do what matters to you. This might include homework, time for friends and family, working out, etc. Find out your priorities and put them first.

11. Find Your Supports

We all struggle sometimes, whether academically, emotionally, or financially. Identify your supports early on so that you can make use of them if you end up needing them during the semester.