



TRANSFER NEWSLETTER



The End of Your First Semester is in Sight!

There is a lot happening at this point in the term. Remember to take care of yourself and build in some time to have fun and explore all the U of M has to offer.

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Resources & Programs for New Transfer Students

Celebrating All First-Generation College Students!

Are you the first in your family to attend college? Show your first-gen pride during [First-Gen Celebration Week](#), November 4–8. Attend first-gen week events including a First Gen group photo on November 9 at 12:30 pm on the front steps of Appleby Hall. You can also [submit your #UMNFirst story](#), and follow [@UMNfirstgen on Instagram](#) for stories and updates!

Draw on the Tote Bag

Unleash your creativity and design your very own one-of-a-kind tote bag! Bring your friends to create matching friendship totes.

Date: November 12

Time: 3-5 pm

Location: Commuter Lounge (by the Goldy statue entrance outside the Coffman Theater)

Tote bags and fabric markers will be provided—we can't wait to see your designs!

25+ Transfer Student GroupMe

Are you a new transfer student who is 25 years and older? [Join our 25+ GroupMe](#) to connect about the unique challenges and opportunities of being an “older than average” transfer student. Through the GroupMe app you will receive weekly reminders about important deadlines and resources and have the opportunity to connect with other “older” transfer students. This group will also hold monthly Zoom hangouts. If you have any questions about this opportunity or the GroupMe app, email Sarah Ihrig at: sihrig@umn.edu.

Transfer Student Calendar

In addition to the events outlined above, you can always check out the events happening for transfer students on the [transfer.umn.edu calendar](https://transfer.umn.edu/calendar).

Campus Events

Be sure to check your MyU portal and read the [Undergrad Update](#) for important news and updates and visit the [Student Unions & Activities](#) website and [U of M calendar](#) for information on upcoming campus events.

Major & Career Planning Resources

Spring Registration Begins Soon

Make an appointment with your Academic Advisor ASAP to discuss spring registration and beyond. Use your [registration and degree planning tools](#) to create different options for future semesters.

Don't forget to also bring your questions about getting involved in student groups, research, and learning abroad to make the most of your advising appointment.

Have You Visited Your Career Center Yet?

If you have not visited your [career center](#) this year, now is a great time! Find your college's career center, career events, job fair information, and additional career-related resources at career.umn.edu.

Choosing or Changing Your Major?

If you are exploring majors (or thinking about changing your major), check out the [Center for Academic Planning & Exploration \(CAPE\)](#). Appointments with a CAPE Coach are also available.

Gain research experience

Research is a great way to explore your interests, get to know faculty, and boost your résumé or graduate school application. You can participate in research as a student employee, for academic credit, or get a research stipend through the **Undergraduate Research Opportunities Program (UROP)**.

Think Like a Researcher is an online workshop that will help you become comfortable with the skills and tools needed to participate in research with faculty.

Consider Applying for the University Honors Program

If you are a highly motivated student and intend to participate in research, scholarship, or artistic activity under the guidance of a faculty mentor, apply to the [University Honors Program \(UHP\)](#). The application deadline is February 1, 2025.

For more information about the UHP and admission requirements, and to register for an information session, visit honors.umn.edu or call 612-624-5522

Get the Support You Need—You are Not Alone

Academic Support

End-of-the-semester studying can be better when done with help. Find tutoring for a specific class, writing support, or help with a research or media project at success.umn.edu.

If you want to brush up on your time-management, test-taking, or note-taking skills, check out [Effective U](#).

Stress and Mental Health Support

There are many resources on campus to help you manage your stress and mental health. Effective U offers a free tutorial on [Managing Your Stress](#) or check out this [Student Wellbeing Guide](#).

Professional assistance is also available through [Boynton Health Services](#) and [Student Counseling Services](#).

PAWS (Pet Away Worry & Stress)

Get some animal therapy! PAWS sessions feature registered therapy animal teams—including dogs, bunnies, cats, chickens, and other therapy animals. Sessions are FREE and open to the University of Minnesota community. Visit the [PAWS website](#) for details.

MCAE (Multicultural Center for Academic Excellence)

The [Multicultural Center for Academic Excellence \(MCAE\)](#) is a community-based space focused on the academic experiences of first-generation students, students of color, and American Indian students. MCAE supports students from the beginning of their time at the University to achieve their academic aspirations.

Learn more about MCAE's events, the different types of academic support available, and ways to get involved on campus and in the community.

Find your Community

Check out community.umn.edu and discover cultural centers, student groups, resources, and academic departments to find the communities for all of your intersecting identities.

Goldy's Reminders

Wait! When is my Final Exam?

As you get ready for the last weeks of the semester, check the [schedule for final exams](#). Remember, your final exam may be at a different day and time than normal.

Parking for Spring 2025

Will your commute to campus change for spring or are you just looking for a different place to park? Be sure to register for a [student parking contract](#) beginning Oct 22nd for continuing contracts and Nov 12th for new student parking contracts.

Stay Safe

It's getting darker earlier—stay safe! Check out these [helpful tips](#) from SAFE U. Need an escort? Call 612-624-WALK (9255) to request a [walking escort](#) from University Security.
