

Class Of 2028 Newsletter | September 2025

Sophomore Year Start!

Welcome back to the U! We hope you enjoyed your summer break and are ready to be back in the swing of classes and campus life. Like last year you will receive newsletters with events, updates, reminders, and more. Let's get started!

In this Newsletter

- Second Year Spotlight—helpful topics for your first year
- Connect on Campus—upcoming events and things to do
- Supporting U—resources and opportunities to give you support
- Goldy's Reminders—to-dos and helpful things to know

Stay Connected

Instagram- [oteumn](#)

- Keep updated with OTE

Facebook- [Official University of Minnesota Class of 2028](#)

- Whether you are looking for roommates next year, need a game day ticket, or just want to stay informed, this is the space for you to connect with your class.

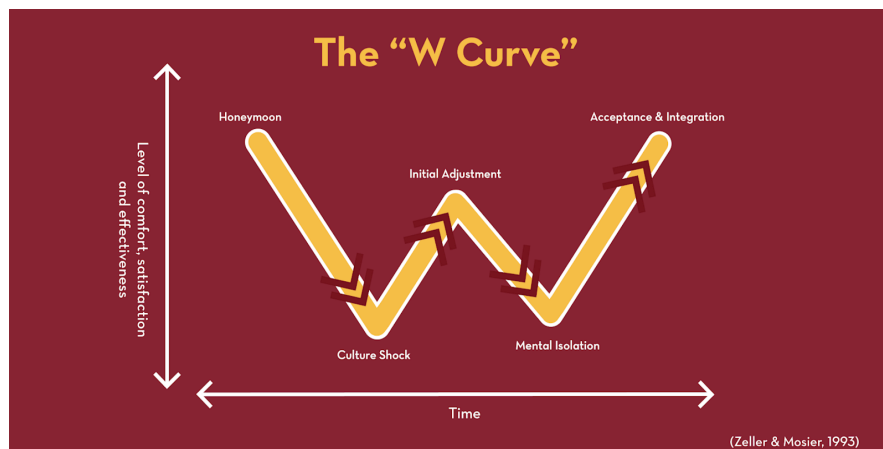
Second-Year Spotlight

[Gopher Guide](#)

The Gopher Guide is a comprehensive resource for new University of Minnesota students, providing information on academics, campus life, and ways to get involved to help you transition and thrive.

Remembering the W Curve

We want to remind you of the W Curve as you navigate back to campus. Transitioning to college is not a one-size-fits-all experience. There will be highs and lows—which may have happened in your first year or are yet to come, but it's all normal!



Finance Fitness

Learn how to manage your wallet and start good habits early with this quick [tutorial](#).



Connect on Campus

How to recycle at the U

Unsure if a pizza box can be recycled? [Learn from Goldy](#) what belongs in the paper, cans and bottles, compost, and trash bins.



Second Year Advising Services for You

This is an important year in which you'll be declaring your major and considering your career plan. Your academic advisor is here to help you be successful during this important time. Use the [advising website](#) to [explore your degree](#) along with the [variety of advising services](#) available to you.



Welcome to Your Advising Community!

We are glad you are a student here and look forward to working with you during your undergraduate journey. This is an exciting time of exploration, discovery, and learning. Use this site to find answers to questions about advising such as:

- [Who is my advisor?](#)
- [What can I talk to my advisor about?](#)
- [How do I register for classes?](#)
- [How do I prepare for graduation?](#)

Frequently Used Links

- [Find an Advisor](#)
- [Make an Appointment](#)
- [Registration Tools](#)
- [Preparing for Graduation](#)

Looking for more dates, deadlines, and/or forms?
Visit the [One Stop Student Services](#) website.

Fall Semester: Important Dates

- September 2:** First day of fall semester
- October 1:** [Priority deadline](#) for applying to transfer to most other colleges on campus
- November 10:** Last day to [drop](#) full semester classes

Getting Started with Undergraduate Research and UROP (and Pizza)!

Want to know more about getting started with undergraduate or faculty-sponsored research? Not sure where to start? [Join us](#) on Thursday, September 18 from 3 to 4 pm in Walter Library to learn more. We will host a panel with undergraduate student researchers who will share their experiences and give you next steps to get started.

Statewide Star Party at the Bell Museum

Across the state, people will be looking up at the sky September 18-20 and learning about auroras during [the Bell Museum's Statewide Star Party](#). Find an event at sites across the state, or join us at the Bell on Friday, September 19, 8:30 to 10:30 p.m. for our own Star Party. Outside, we'll have our telescopes set up to observe our favorite deep space objects (weather permitting). Inside, you can learn about the science behind auroras and make art inspired by them. We'll also have short, free planetarium shows on a

first-come, first-served basis!



Swiftie Study Break (TS12 Edition) at Walter Library

Take a study break to make friendship bracelets, TS 12 souvenirs, buttons and other crafts in honor of [Taylor's new album The Life of a Showgirl's](#) release on Friday, October 3rd in Walter Library anytime from 3 to 4:30 p.m.

Course Works: Your Shelf is Live in Canvas

To access your Shelf, log into Canvas and click the "[Course Works](#)" tab on the global navigation bar. If applicable, print or physical materials will be available for pickup at the bookstore. The opting window closes on September 15.



Community Engagement Fair

Find a volunteer opportunity that fits your interests. Check out the [Community Engagement Fair](#) and meet with 75+ community organizations in the Twin Cities. Stop by Coffman's Great Hall on Tuesday, September 30, between 10:30 a.m. and 1:30 p.m. to connect with organizations.

Friday Finish at Walter Library

Need motivation to turn your Friday afternoon into a key part of your homework routine? Come to Walter Library on Friday, September 12 anytime from 1:30 - 4 p.m. for a relaxed yet productive study time at the [Friday Finish](#). Study solo or bring a friend. Try drop-in peer tutoring. Get help with research and writing. Take fun micro-study breaks. Start at the first floor to sign in for a chance to win fabulous door prizes, view the Friday Finish schedule, grab a snack, then find your perfect study spot to get it done!



[Interprofessional Geriatric Case Competition](#)

Students are invited to participate in the fall 2025 virtual Interprofessional Geriatric Case Competition. The competition is a unique opportunity for graduate and undergraduate students from multiple disciplines and schools to come together as a team to develop a comprehensive, interprofessional plan of care for an older adult. Students from 20 different universities will be participating from around the nation. Questions? Here's a short video to see [more about the case competition](#).

[Please register](#) by September 15, 2025

Supporting U

[Student Parent HELP Center](#)

The Student Parent HELP Center is a support program for pregnant and parenting U of M students at all degree levels.

Services include: child care grants; academic, financial and family based referrals and supports; Title IX pregnancy leave and family related absence advocacy; basic needs referrals for students with children, and much more.

To schedule an appointment, Undergraduate students should email **Na king Xiong** at: xiong496@umn.edu. Graduate and professional students should contact **Melanie Soland** opayx002@umn.edu

[Nutritious U Food Pantry](#)

This is a free on-campus food pantry available to any student at the U of M! (Please bring your U card for confirmation) Students are allowed to come once per pantry week.

Coffman Memorial Union (Room 103A)

Dates: September 10 & 11, 24 & 25

Time: 11 a.m. - 5 p.m.

St. Paul Student Center (Harvest Room)

Dates: September 18

Time: 11 a.m. - 5 p.m.

Mental Health Resources

[Boynton Health Services](#)

Your mental health deserves as much attention and care as your physical health. If you feel like you need help, you can schedule an appointment by calling 612-624-1444.

[Student Counseling Services \(SCS\)](#)

If you are in need of additional help and support, counselors are available at University Student Counseling Services. Call 612-624-3323 for information.

[Let's Talk](#)

Let's Talk provides free virtual and informal drop-in consultations throughout the academic year. Let's Talk counselors can listen to specific problems (such as stress, relationships, and academic performance), provide support, help explore solutions, and give information about other resources. Let's Talk is offered five days a week, with no appointment needed. Students are able to select from a range of counselors with different personal and professional experiences and locations.

[Group Therapy](#)

These sessions are available to all students as a safe, confidential space to share and overcome challenges. Each meeting is 60 minutes long and consists of around 4 - 8 members. View the [groups](#) to see what could work best for you!

Goldy's Reminders

Stay Safe!

The [University of Minnesota Department of Public Safety](#) is here to help. Contact one of these numbers and or attend informational events for assistance:

- Safe Walk Service: 612-624-WALK (9255)

- Non-Emergency: 612-624-COPS (2677)
- Emergency: 911
- U of M Textline: text "UMN" to 61222
- U of M Crisis Line: 612-301-4673
- [Self Defence Workshops](#)
- [Online Active Threat Training](#)

Self-Defense Workshops

UMPD offers self defense workshops throughout the academic year. They cover personal safety awareness and how to stay vigilant. Participants are shown simple self-defense moves and are given a chance to practice. Students, faculty and staff can [sign-up](#) for a workshop.

Online Active Threat Training

DPS developed an online active threat [training course](#) that is available to anyone with an [@umn.edu](#) email address.
