

Class Of 2029 Newsletter | October 2025

University of Minnesota

Get ready for a November to remember with lots of fun campus events, Thanksgiving break, and even the [Axe game](#). See featured events below to see which events work for you!

In this Newsletter

- First Year Features—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

First Year Features

Study Space Finder

Want to study on campus but don't know where to start? No problem, the University's [Study Space Finder](#) makes finding a spot easy. Search by location, noise levels, seating, and more!

The image shows a screenshot of the 'Study Space Finder' tool. On the left, there is a red box with the number '191' and the text 'Study Spaces'. Next to it is a dropdown menu labeled 'Building' with '0 Selected' and a downward arrow. To the right of the dropdown are two rows of filter buttons. The first row contains: 'Computer Lab', 'Coffee Shop', 'Study Room', 'Outlets', 'Natural Light', 'Whiteboards', and 'Printing'. The second row contains: 'Large Monitor', 'Tables and Chairs', 'Lounge Seating', 'Indiv. Desks', 'Chatter', 'Low Hum', and 'Quiet'.

Connect on Campus

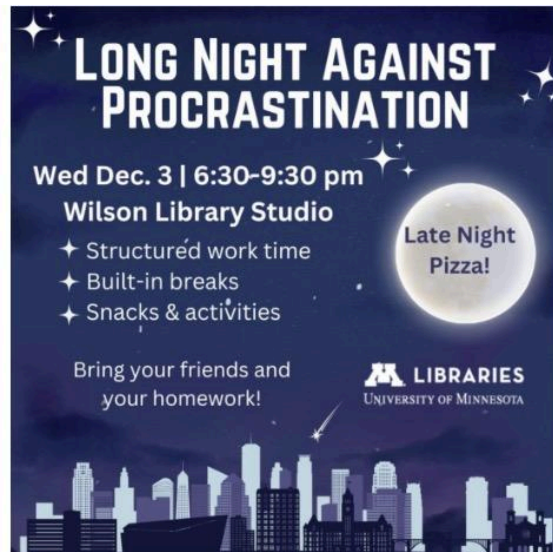
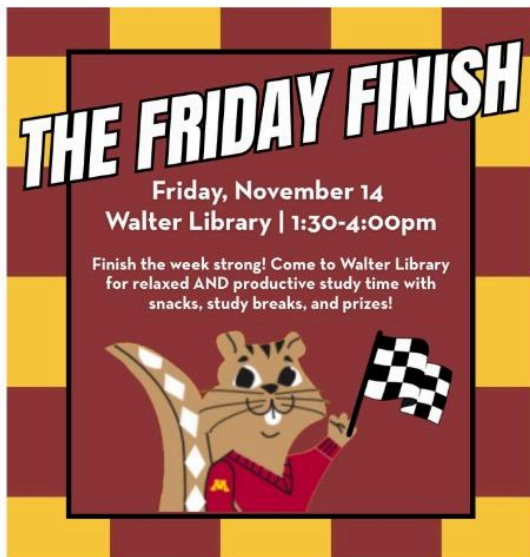
Friday Finish & Long Night Against Procrastination

Date: Friday, November 14

Time: 1:30 p.m. - 4 p.m.

Location: Wilson Library

The Libraries are hosting two upcoming study sessions to help finish the semester strong. All are welcome to The [Friday Finish](#) at Walter library on Friday, November 14 from 1:30- 4 p.m and the [Long Night Against Procrastination](#) at Wilson Library on Wednesday, December 3 from 6:30 - 9:30 p.m. Join fellow Gophers for these relaxed yet productive study times. Study solo or bring a friend. Take fun micro-study breaks, enjoy coffee and get it done!

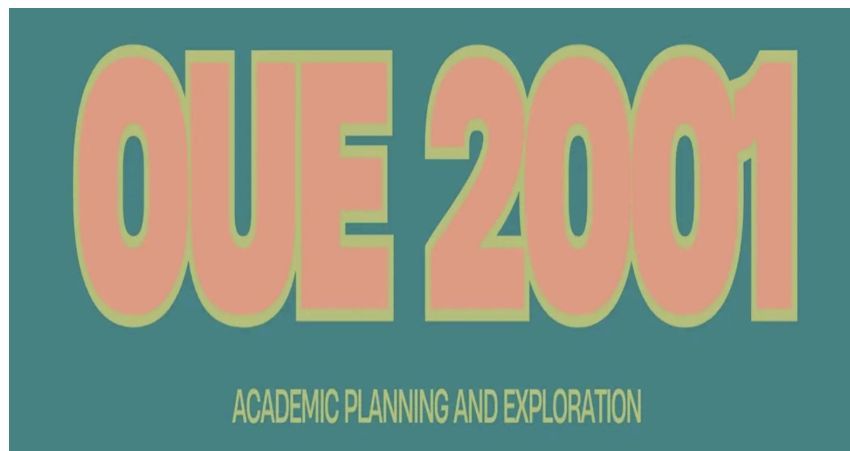


Upcoming Lac Seminars- Application Deadlines Happening Soon!

Want to study abroad over spring break or May session? Interested in combining an on-campus class with a learning abroad opportunity (called an "embedded course")? The Learning Abroad Center has several options available! Check out our [Events page](#) for upcoming information sessions and our [List of Programs](#) to learn more! The Spring Break application deadline is December 1. May Embedded application deadline is January 15- apply now!

OUE 2001, Academic Planning and Exploration Course

[OUE 2001](#): Academic Planning and Exploration is a 1 credit, 7-week course that helps undergraduate students with major and career exploration. Register for spring to make progress towards a decision regarding your major; build confidence in your academic and career path; see how normal and great it is to be exploring majors; and create a portfolio that reflects your unique skills, interests, values, and goals.



Spring Pre-Health Courses with the PHSRC

Do you have concerns about grading, course instruction, billing, financial aid, or academic progress? Do you have questions about University policies or procedures, or need help with petitions and appeals?

[Student Ombuds Services \(SOS\)](#) offers confidential, impartial, and informal conflict resolution services to students who are experiencing campus-based problems or concerns. [Contact SOS](#) to develop a plan of action to address your situation.

Join the Universities Honors Program

The University Honors Program is pleased to announce that we are currently accepting post-freshman admission applications for Fall 2065. The application deadline is February 1, 2026. If you are a highly motivated student and intend to participate in research, scholarship, or artistic activity under the guidance of a faculty mentor, you are encouraged to apply. [Learn](#) about the University Honors Program and the application process at the following November information sessions:

- Thursday, November 6 at 1 p.m. , 235 Jones Hall
- Wednesday, November 12 at 10 p.m., 235 Jones Hall
- Monday, November 17 at 1 p.m, Zoom



Supporting U

We Care: Care & Student Advocate Services

College is difficult, and we are here to help. If you are experiencing a crisis or distress, need support but don't know what's available to you, or need someone to help you along the way, reach out to [the Care Team & Student Advocate Services](#) and talk with one of our staff members.

Let's Talk Free Drop-in Consultations

Taking the first step toward mental health care can be difficult. [Boynton Health's Let's Talk program](#) offers informal drop-in consultations for students in need of support, Mondays-Fridays. There is no cost for Let's Talk consultations and no appointment is needed. Learn more and find a time to connect with a Let's Talk counselor.



Come with a Problem. Leave with a Plan.

Do you have concerns about grading, course instruction, billing, financial aid, or academic progress? Do you have questions about University policies or procedures, or need help with petitions and appeals? [Student Ombuds Services \(SOS\)](#) offers confidential, impartial, and informal conflict resolution services to students who are experiencing campus-based problems or concerns. [Contact SOS](#) to develop a plan of action to address your situation.

Immunization is in! Get your Covid & Flu Shots

Getting vaccinated lowers your risk of severe illness and Boynton Health is here to help you stay protected. Drop-in on Mondays, Wednesdays, or Fridays from 10:00 a.m. - 3:00 p.m. on the second floor of Boynton Health for your updated COVID-19 and flu vaccines or schedule your shots at a Campus Vaccine Clinic event in partnership with Homeland Health Specialists. [Visit our website](#) for more information and make a plan today!



[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.

[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 verification) Students are allowed to come once per pantry week.

Coffman Memorial Union (Room 103A)

Dates: November 5 & 6

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

St. Paul Student Center (Harvest Room)

Dates: November 13

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 Golden: [Academic Success Centers](#)

Your journey toward academic success isn't just about hitting the books, it's about knowing where to turn, building solid habits, and reaching out for trusted support. The Academic Success Centers are here for you with tutoring, coaching, writing guidance and more. Start strong and keep building.

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.
