

Transfer One-on-One Meetings:

One-on-one meetings with your transfer mentee(s) should occur at a minimum of **once per month** and last about one hour. The scheduling and frequency of these meetings are to be determined by both the mentor's and mentee's needs and availability.

The one-on-one mentoring meetings between the graduate mentor and upper division mentee do not have a specific weekly/monthly focus. This time is set aside for mentees to ask any questions you may have, and the questions or concerns do not need to be limited to your academic life. We strive to have the relationship between the mentor and mentee be one in which you feel welcome, safe, and supported in all aspects of your life, not just the academic parts. If one is unsure what they want to talk about during your meeting, reflect on the months highs/lows and consider some of the following topics:

Transfer Specific:

- Adjusting to the quarter system
 - Midterms are often around week 4 and you might have more than one per week.
 - Some classes have more than one midterm per quarter.
- Physics 17 (Modern Physics) & 32 (Mathematical Methods): These are the first physics classes transfer students take, ask them how it's going. Let them know there are **tutoring sessions for these classes!**
- Check out Transfer Experience:
<https://reslife.ucla.edu/living-learning/transfer-experience>, fun socials and opportunities to get housed with other transfers
- Apply for the Transfer Scholarship:
<https://transfers.ucla.edu/resources/transfer-scholarship>
- Who is who in the department
 - Mary Tran: Director of Student Services
 - Amanda Glover: Undergraduate Student Services Advisor
- Most transfer students struggle a lot during fall quarter, but are well-adjusted after that. This is a huge transition for them, please be patient and be a source of support and comfort!

General:

- Managing stress, self care, and/or work life balance
- Frustrations with courses, professors or fellow students
- Struggles related to your marginalized identity in physics/astro that you may have experienced
- Only talk about these topics starting **Winter Quarter** (just focus on academics and adjusting in the fall)
 - Summer internships and research
 - Research during the school year: Enroll in Physics 199 to get credit
 - Taking time off between undergrad and grad school/starting a job
 - Graduate school questions (preparation, applications, picking a school, grad life)

- Non-academic career paths
- Resume or CV advice

Note: One-on-One meetings in December and June are encouraged but not required.