

Your First Six Weeks at MSVU

Checklist: Winter 2023

Find your success with Mount 101 and Mount 201!

WEEK 1: PLAN

January 9-13, 2023

- ☐ Read your course outlines.
- ☐ Write down all your deadlines, tests, and important dates in a planner.
Tip: Use the Mount 101 semester planner to see everything at a glance.
- ☐ Log into your MSVU email and start checking it daily.
- ☐ Pick up your student ID and UPass.
- ☐ Download the EllucianGo app.
- ☐ Explore the campus and locate your classes.
- ☐ Register with Accessibility Services, if required.

WEEK 2: CONNECT

January 16-20, 2023

- ☐ Create a weekly schedule that includes your classes, dedicated study time for each class, volunteer and work commitments, and time for yourself.
- ☐ Say hello to one person in each class.
- ☐ Introduce yourself to your professors.
- ☐ Find out how to get involved at the society and volunteer fair, September 13, 11:00-1:30, McCain Atrium.
- ☐ Join a club or society through the MSVUSU.
- ☐ Log onto careerconnects.msvu.ca to look for a job on campus.
- ☐ Check out student life events on Captain's Calendar (msvu.ca/hangout).
- ☐ Find support as an MSVU student by completing *Exploring the Mount* in Mount 101.
- ☐ Find 2-3 places on campus to study and take a break between classes.
- ☐ Attend a class or work out at the Mount Fitness Centre.

WEEK 3: STUDY HABITS

January 23-27, 2023

- ☐ Complete *Digging into Study Skills and Active Learning* in Mount 101 and find something that works for you.
- ☐ Start breaking down large assignments into smaller tasks.
- ☐ Start planning for midterms.
- ☐ Explore different notetaking and reading strategies in *Levelling up Your Reading Skills* in Mount 101.
- ☐ Check out Library resources and the helpful LibGuides (msvu.ca/library).
- ☐ Book an appointment with the Learning Strategist, check out one of their workshops, and/or attend a Supplemental Instruction session (msvu.ca/ls).

WEEK 4: FOCUS

January 30 – February 3, 2023

- ☐ Make an appointment with the Writing Centre (msvu.ca/writing).
- ☐ Go to your professor's office hours.
- ☐ Learn more about making a writing process that works for you in *Boosting Your Writing Skills* in Mount 101.
- ☐ Identify research strategies and approaches for assignments in *Ramping up for Research* in Mount 101.
- ☐ Set time aside to work on larger assignments.
- ☐ Review previous tests, quizzes, notes, and your course outline and make practice questions.
- ☐ Create a study group.

WEEK 5: BALANCE

February 6-10, 2023

- ☐ Attend a Campus Rec event or Mount Mystics game.
- ☐ Take time for yourself to rest and recharge.
- ☐ Create a study and motivation playlist.
- ☐ Look for ways to help manage the transition and semester in *Living the MSVU Life* in Mount 101.
- ☐ Find a new study spot on campus.
- ☐ Do something that makes you happy.
- ☐ Take advantage of your UPass and explore somewhere new in Halifax.
- ☐ Support your mental health by making an appointment with Counselling Services or attending a Peer Support event.

WEEK 6: ASSESS & READJUST

February 13-17, 2023

- ☐ Congratulate yourself. You've made it this far!
- ☐ Reflect on the semester so far. How are your grades? How is your well-being? What has gone well? What would you like to change?
- ☐ Review feedback from tests and assignments. Identify one change you can make for each class.
- ☐ Discuss your progress with your professor.
- ☐ Identify and use the support services that are available to you as an MSVU student.
- ☐ Review short term goals and revise.
- ☐ Revisit relevant sections in Mount 101.
- ☐ Make an appointment with a Mount Mentor to discuss your semester.