

Your First Six Weeks at MSVU

Checklist: Winter 2025

Find your success with Mount 101 and Mount 201!

WEEK 1: PLAN

January 6-10, 2025

- 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.
- Get familiar with myMount (msvu.ca/mymount).
- Explore the campus and locate your classes.
- Register with Accessibility Services, if required.

WEEK 2: CONNECT

January 13-17, 2025

- Create a weekly schedule that includes your classes, dedicated study time for each class, volunteer and work commitments, and time for yourself. Attending Big Picture Mapping with our Learning Strategist on January 15, 12:00-1:00 in Seton 337, will help!
- Say hello to one person in each class.
- Introduce yourself to your professors.
- Find out how to get involved at the Student Societies Fair, January 9, 11:30-1:30, Rosaria Terrace.
- Join a club or society through the MSVUSU.
- Log onto careerconnects.msvu.ca to look for a job on campus, and attend SHIFT Career Development January 15 or 16 to get help.
- 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 20-24, 2025

- 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 27-31, 2025

- 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 3-7, 2025

- 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 10-14, 2025

- 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.