

Your First Six Weeks at MSVU Checklist

Find your success with Mount 101 and Mount 201!

Week 1: Plan

- ☐ Attend Orientation.
- ☐ 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.
- ☐ Explore the campus and locate your classes.
- ☐ Register with [Accessibility Services](#), if required.

Week 2: Connect

- ☐ 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.
- ☐ Join a society or club through the MSVUSU. Don't see one that interests you? Consider starting your own!
- ☐ Log onto [Career Connects](#) with your MSVU credentials to look for a job on campus.
- ☐ Check out student life events on the [Captain's Calendar](#).
- ☐ Find support as an MSVU student by completing *Exploring the Mount* in Mount 101.
- ☐ Attend a class or work out at the Mount Fitness Centre.

Week 3: Study Habits

- ☐ Complete *Digging into Study Skills and Active Learning* in Mount 101 or Mount 201 and find something that works for you.
- ☐ Start breaking down large assignments into smaller tasks.
- ☐ Develop a study schedule for your upcoming midterms.
- ☐ Explore different notetaking and reading strategies in *Levelling Up Your Reading Skills* in Mount 101 or Mount 201.
- ☐ Check out Library resources and the helpful [Library Research Guides](#).
- ☐ Review the [Learning Strategies Toolkit](#).



Week 4: Focus

- ☐ Make an appointment with the [Writing Centre](#).
- ☐ Go to your professors' office hours.
- ☐ Learn more about making a writing process that works for you in *Boosting Your Writing Skills* in Mount 101 or Mount 201.
- ☐ Find research strategies and approaches for assignments in *Ramping Up for Research* in Mount 101 or Mount 201.
- ☐ Set time aside to work on larger assignments.
- ☐ Review earlier tests, quizzes, notes, and your course outline and make practice questions.

Week 5: Balance

- ☐ 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 or Mount 201.
- ☐ 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](#).

Week 6: Assess and Readjust

- ☐ Congratulate yourself. You've made it this far!
- ☐ Reflect on the semester so far. How are your grades? How is your wellbeing? 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.
- ☐ Use one of the support services available to you as an MSVU student.
- ☐ Review short-term goals and revise.
- ☐ Revisit relevant sections of Mount 101 or Mount 201.
- ☐ Make an appointment with a [Mount Mentor](#) to discuss your semester.