

# 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 somewhere you can see them.
  - Tip: Use the semester planner in Mount 101 or Mount 201 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 find your classes.
- Register with [Accessibility Services](#), if required.

## Week 2: Connect

- Create a weekly study 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 club or society through the MSVUSU. Don't see one that interests you? Consider starting your own!
- Log onto [careerconnects.msvu.ca](http://careerconnects.msvu.ca) to look for a job on campus.
- Check out student life events on Captain's Calendar ([msvu.ca/hangout](http://msvu.ca/hangout)).
- Find support as an MSVU student by completing *Exploring the Mount* in Mount 101 or Mount 201.
- 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 ([msvu.ca/library](http://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/lis](http://msvu.ca/lis)).

## Week 4: Focus

- Make an appointment with the Writing Centre ([msvu.ca/writing](http://msvu.ca/writing)).
- 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 or stopping by the Peer Support Lounge (Assisi 203).

## 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.