

# Your First Six Weeks at MSVU Checklist

Find your success with Mount 101 and Mount 201!

## Week 1: Plan

September 5-9, 2022

- 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

September 12-16, 2022

- Create a weekly schedule that includes your classes, dedicated study time for each class, volunteer and work commitments, time for yourself, and any other responsibilities.
- 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](#). Don't see one that interests you? Consider creating your own!
- Log onto [careerconnects.msvu.ca](#) to look for a job on campus.
- Check out student life events on [Captain's Calendar](#).
- Find support as an MSVU student by completing *Exploring the Mount* in Mount 101 or Mount 201 (transfer students).
- Find 2-3 places on campus to study and take a break between classes.

## Week 3: Study Habits

September 19-23, 2022

- 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.
- Start planning for 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 [LibGuides](#).
- Book an appointment with the [Learning Strategist](#), check out one of their [workshops](#), and/or attend a [Supplemental Instruction session](#).

## Week 4: Focus

September 26-30, 2022

- Make an appointment with the [Writing Centre](#).
- Go to your professor's office hours.
- Learn more about making writing a process that works for you in *Boosting Your Writing Skills* in Mount 101 or Mount 201.
- Identify 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 previous tests, quizzes, notes, and your course outline and make practice questions.
- Create a study group.

## Week 5: Balance

October 3-7, 2022

- 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 attending a [Peer Support event](#).

## Week 6: Assess & Readjust

October 10-14, 2022

- Congratulate yourself. You've made it this far!
- Reflect on the semester to date. 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 (if necessary).
- Revisit relevant sections in Mount 101 or Mount 201.
- Make an appointment with a [Mount Mentor](#) to discuss your semester.