# GEMSTONE SCHOLAR

**Gems100 / CONNECT Presentation Week 10** 

#### **Overview**

- Academic Success & Wellness
- Course Registration: how do I register for courses?
- Advising Tips: mandatory advising versus Gemstone advising
- Forward Thinking: creating a four-year plan
- Resources: how can CONNECT help?

Research shows that coloring can help relieve stress and anxiety! Grab a coloring sheet to color during class or take a sheet to go.

#### First-Year Check-ins

- Don't forget: check-ins are due Friday, November 2nd, 2018
  - Part of your Gems 100 grade
  - All mentees should have been contacted by their mentor. If you did not receive an email, let Jessica (<u>ilee1021@umd.edu</u>) know ASAP.
- At this point, if you have not scheduled your check-in with your mentor, do so ASAP.

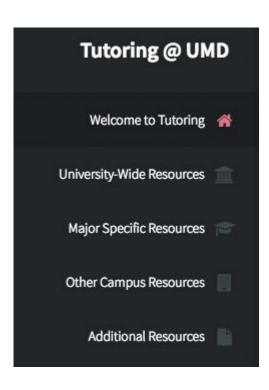
#### **Mid-Semester Check-in**

- What are midterm grades? Midterm grades are processed for:
  - Zero level math courses
  - All 100 and 200 level courses
  - All first year students currently registered for 300 and 400 level courses
- Need help with anything? It's better to ask now than it is to wait until finals week! Schedule a meeting with Jessica or other Gemstone staff

## **Academic Tips for Success**

- Check your Syllabus! Stay on top of important dates
- Variety of ways to study: Cater to your learning style!
- Ask questions!
  - If you don't want to ask questions in lecture go to office hours (professor or TA).
- Get enough sleep! Self care is so important :)

## Tutoring Resources at: tutoring.umd.edu



- Writing Center
- Math Success Office
- Guided Study Sessions (GSS)
- Office of Multi-ethnic Student Education
- Academic Success & Tutorial Services
- Oral Communication Center

And more!

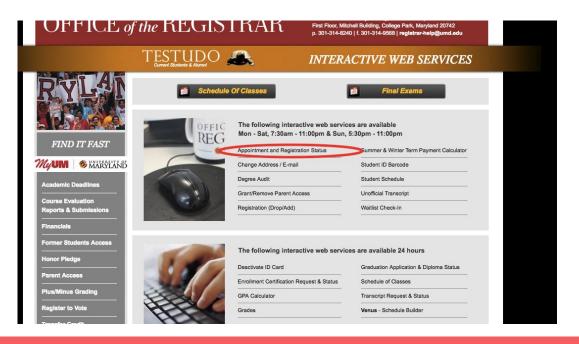
### Health & Wellness Check

- Well-track app
  - Free to download (sign up with <u>directoryid@umd.edu</u> email address)
  - Strategies to manage anxiety, stress, depression
  - Relaxation and meditation exercises
- Counseling Center: individual/group sessions, workshops
  - https://www.counseling.umd.edu/cs/clinical/
- Help Center
  - 301-314-HELP



## Course Registration: How do I register?

 Check your registration time and date on testudo.umd.edu under "Appointments & Registration"

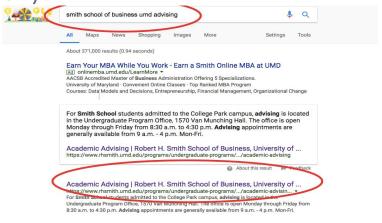


## Why am I unable to register for classes?

- YOU WILL NOT be able to register for classes until the blocks are cleared.
- Common types of registration blocks:
  - Mandatory advising (with an academic advisor from your college/department)
  - Financial (charge on student account that has not been paid)

## How do I meet with my Academic Advisor?

- Most departments have their own academic advising pages
- Google search "your major department UMD advising" or visit ter.ps/gemsadvising
- You should be getting an e-mail from your advisor or college regarding advising for registration soon, if you haven't already!



### Academic Advisor vs. Gemstone Advisor

Your Academic Advisor can... (but not limited to)

- Will remove your mandatory advising block!
- Review four year plans.
- Explain specific policies regarding credit overloads, repeating courses, etc.

Gemstone's advisor, Jessica, can... (but not limited to)

- Provide input on how Gemstone fits in with your academic major or broader career goals.
- Provide resources to help get you to success (study tips, how to find internships, connecting with other Gemstone students, looking through four-year plans).
- Provide general support.

## Jessica's Open Advising Hours

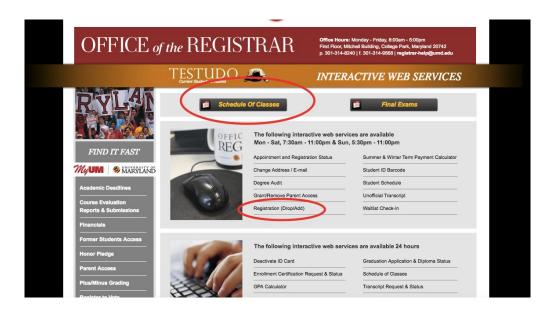


Sign up at: **go.umd.edu/jleeadvising** 

If none of the time slots work for you, email Jessica at <u>ilee1021@umd.edu</u> to set up an appointment at another time.

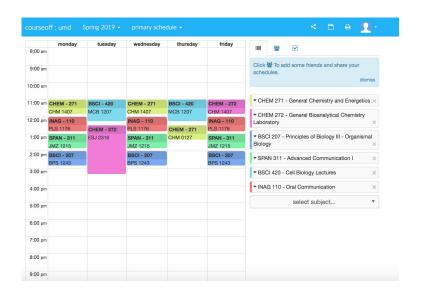
## Now that I removed blocks and met with my Advisor....

- Pull up two tabs on Testudo
  - Schedule of Classes
  - Registration Drop/Add



## **Resources for Scheduling Courses**

- Venus: <a href="https://www.sis.umd.edu/bin/venus">https://www.sis.umd.edu/bin/venus</a>
- CourseEvalUM: <a href="https://www.courseevalum.umd.edu/">https://www.courseevalum.umd.edu/</a>
- Courseoff: https://umd.courseoff.com
- OurUMD: <a href="http://www.ourumd.com">http://www.ourumd.com</a>
- Jessica's advising hours
- CONNECT Mentors



## Four-Year Plans: Things to Consider

- Studying Abroad/Co-Ops
- Mandatory Gemstone courses
- Internships/Research/Leadership experiences for credit
- Credit balance
- General Education requirements
- Course availability (fall only, winter / summer terms, etc.)
- Double major or minors/dual degrees (150 Credits)
- Leave room for fun (:

**Remember:** this is only a draft! Your academic advisor will be able to look through your 4-year plan more thoroughly.

## How can CONNECT mentors help?

- Another perspective on course options, professors, experiences
- Assist with basic four year planning
- Advice on credit workload
- Second opinion on how to balance academics and extracurriculars
- All of our mentors are involved in and out of Gemstone, if they can't directly help you, they can point you in the right direction!

GEMSTONE SCHEDULING WORKSHOP SUNDAY, NOVEMBER 4TH; 6-7PM GEMSTONE SUITE



## **Connect Evening Study Hours**

|         | Sunday          | Monday            | Tuesday         | Wednesday        |
|---------|-----------------|-------------------|-----------------|------------------|
| 7-8pm   | Matt N          | Bhavya & Kellyann | Erika           | Jacq             |
| 8-9pm   | Matt N & Ryan U | Bhavya & Rachel   | Jenn & Erika    | Jacq & Haley     |
| 9-10pm  | Ryan U          | Rachel & Aranya   | Jenn & Eva      | Haley            |
| 10-11pm | Divya & Kevin   | Ria & Imran       | Humza & Shivani | Jessica          |
| 11-12am | Divya           | Ria & Imran       | Humza & Rohit   | Jessica & Sindhu |

## Let's Start Planning Now!

- Find your 4 year plan for your major at <u>4yearplans.umd.edu</u>
- 2. Use the Gemstone Academic 4 Year Plan Handout to build your version of your 4 year plan.
- 3. Complete presentation evaluation at <a href="ter.ps/week10eval">ter.ps/week10eval</a>

#### Visit go.umd.edu/connectresources for any resources below:

- Four-Year Plan Handout
- CONNECT registration tips & tricks guide
- Finals/midterms survival study guide
- This powerpoint