COACHING APPOINTMENTS

International students encounter a unique set of issues when adjusting to the U.S. academic system. An academic success coach is here to help!

Some students work with their coach to make long term plans and continue meeting with the coach throughout their academic careers. A coach can also work with you to help understand the differences between your previous education system and the U.S. college system.

All undergrads can make an appointment with an academic success coach at any time during their academic careers. Students may meet with a coach one time or many times.

Make an appointment with an academic success coach: http://success.unl.edu/about#coaching

SPRING 2018 INTERNATIONAL STUDENT ACADEMIC SUCCESS WORKSHOPS

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<th>January</th>
<th>February</th>
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<td>18 Thurs 5 PM</td>
<td>1 Thurs 5 PM</td>
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<tr>
<td>Intro to U.S. Academic Success</td>
<td>Listening in Lectures</td>
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<td>22 Mon 5 PM</td>
<td>5 Mon 5 PM</td>
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<tr>
<td>Intro to U.S. Academic Success</td>
<td>Group Work</td>
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<tr>
<td>25 Thurs 5 PM</td>
<td>8 Thurs 5 PM</td>
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<td>Listening in Lectures</td>
<td>Connecting Reading &amp; Lectures</td>
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<td>29 Mon 5 PM</td>
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<td>Connecting Reading &amp; Lectures</td>
<td>How to Give Presentations</td>
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Visit success.unl.edu for more information on our workshops. All workshops are one hour. No registration required. International student workshops are held in Love Library South, 221.

TUTORING & STUDY STOP

Study Stop provides tutors for a variety of classes and subjects.

- January 22-April 26
- Monday-Thursday, 7-9 p.m.
- Love Library North-Adele Hall Learning Commons

http://success.unl.edu/support/study-stop-schedule

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination.
YOUR FIRST SIX WEEKS AS A HUSKER CHECKLIST

WEEK ONE: January 1-7
- Explore the campus and Lincoln
- Print your class schedule
- Locate your classes
- Purchase your textbooks and supplies; make sure to check Canvas for any announcements/new information
- Make sure you get your parking pass ahead of time from Parking Services! Visit parking.unl.edu/welcome

WEEK TWO: January 8-14
- **GO TO CLASS** – the first day(s) are crucial
- Check out the FREE Group Fitness classes through Campus Recreation this week!
- Read and organize your syllabi – utilize a planner, your smartphone, or Google Calendar to input all pending deadlines for papers, quizzes, and tests

WEEK THREE: January 15-21
- **GO TO CLASS** – Enjoy MLK Day off! All UNL offices are closed Monday, January 15th
- Introduce yourself to your instructors and classmates
- Be open to making new friends and potential study partners
- Visit First-Year Experience and Transition Programs in 127 Love Library South. We offer resources and staff to assist with any issue you may have!
- Looking for ways to stay active and have fun? Sign up for intramurals at crec.unl.edu/intramural-sports

WEEK FOUR: January 22-28
- **GO TO CLASS**
- Prepare for any upcoming exams, quizzes, etc. Take advantage of optional study sessions or visit Resource Centers
- Remember what happens outside of the classroom is also important; balance a routine that includes academics and time for yourself
- Attend the Time Management Workshop from the Academic Success Workshop Series, Jan 23 (4 p.m.) and Jan 24 (5 p.m.) in 221 Love Library South

WEEK FIVE: Jan 29-Feb 4
- **GO TO CLASS**
- Prepare for any upcoming exams, quizzes, etc.
- Attend a cultural event or visit the Nebraska State Museum at Morrill Hall
- Reflect on how the first ¼ of the semester has gone so far. Are you happy with your performance? What areas could you improve? Have you been to your instructor’s office hours?
- Schedule to meet an Academic Success Coach to excel in the classroom. Schedule through MyPLAN

WEEK SIX: February 5-11
- **GO TO CLASS**
- Don’t beat yourself up over the potential mistakes made in your first few weeks; set new goals and milestones for reaching them
- Plan for midterms. Note if any courses have changed room assignments for the midterm exam or if you need to schedule a time at the Digital Learning Center
- Schedule an appointment with your academic advisor to plan for fall semester