First Year Checkback Appointment

Summary
The first semester of college is exciting, challenging, and filled with new opportunities and experiences. All first-year students conduct a 30-minute First Year Checkback appointment with an Academic Advisor to discuss the transition to college, goals, campus resources, degree requirements, spring registration, and degree planning tools.

How to Prepare
To ensure you get the most out of your advising appointment, please complete the following action steps prior to your appointment.

• Complete the pre-appointment survey, which will be sent to you from an Academic Advisor
• Create a 4-year plan using Graduation Planner (http://www.plan.umn.edu)
• Plan which courses you will take in the Spring
• Review your APAS report
• Write down questions for your advisor

Reflective Questions
Below are reflective questions to consider as you prepare for your advising appointment.

• How are you adjusting to campus life?
• How are your classes going thus far?
• What co-curricular activities have you joined or do you have an interest in exploring? Examples may include student organization involvement, research, volunteer, study abroad, etc.
• What goals are you considering, both inside and outside the classroom, as well as long term career goals?
• What questions do you have related to course planning for the spring semester and beyond?

Associated Student Development Outcomes
Independence and Interdependence
Goal Orientation