

## The first six weeks at university

### Week One

- Check my mindset: I'm in charge of my success at university.
- Figure out where my classes are, and go to all of them.
- Read the syllabus for each of my classes. Keep it for quick reference.
- Transfer important dates and deadlines from course syllabi to my [term calendar](#).
- Get my textbooks and course packs.
- Check my courses on onQ.
- Start right away on course [readings](#), [problem sets](#), and assignments; work builds up quickly.
- Use my time between classes to get schoolwork done, so I can relax later.
- Estimate how much time I'll need to give to each course, and make [a weekly schedule](#) that includes time for work, sleep, extra-curricular activities, fun, and relaxation.

### Week Two

- Check my @queensu.ca e-mail account for important messages from Queen's.
- Visit my professors' office hours to introduce myself.
- Get to know other students in my classes. See if anyone wants to start a study group.
- Find a study space where I can get work done.
- Review my [weekly schedule](#): is it working? Are there things I should change?
- Are there courses I need to add or drop? Look up the [deadline](#).
- Go to a [SASS workshop](#) or sign up for a consultation with a [learning strategies advisor](#).
- Look into ways to get involved on campus.
- Be open to new experiences, but stay connected with my family and old friends.
- Get enough sleep (7-9 hours / night) and get into a routine that works for me.

### Week Three

- Keep going to all my classes so I'm not caught off guard at midterms.
- Set up study groups with some motivated classmates.
- Keep up with course work. Do my weekly [readings](#) or [problem sets](#) before lectures, read my lab instructions before going to the lab, preview my lecture notes or slides before the lectures.
- Use my time between classes to do school work.
- Get help from my prof or TA when I get stuck, or make an [appointment](#) at SASS.

## Week Four

- See what assignments are due soon, and start planning them with the [Assignment Calculator](#).
- Get some friendly feedback on my writing—make an appointment with [a writing consultant](#) or [a peer writing assistant](#).
- Check out the advice on [exam prep](#) at SASS.

## Week Five

- If I'm behind in my course work, check out the [SASS peer blog posts](#) (like [Playing Catch Up](#) or [Dear first-year me...](#)) or book a learning strategies [appointment](#).
- Get ready for midterms by picking up [some study tips](#) and blocking off time in my weekly schedule to study, eat, and sleep.
- Visit [Student Wellness Services](#) for healthy tips.
- Stay in touch with my family and friends to help me handle stress.

## Week Six

- Reflect on my experiences so far: What's going well and not so well? Are things going the way I'd hoped they would? What do I want to change?
- Use my resources if I could use some help:
  - my Don
  - [Student Wellness Services](#)
  - [SASS](#)
  - [Other resources from Student Affairs](#).

Welcome to Queen's University! We are glad you are here. We want you to have a great first year. Just ask if you want help!