

NAVIGATING YOUR TRANSITION

At Home in MN



A RESOURCE GUIDE FOR OUT-OF-STATE STUDENTS

Adjusting to college takes time and consistent effort for any new student. Out-of-state students often have different areas of concern as they navigate not only a new college environment but also a new city and state. Check out these resources available to support your unique transition to the University of Minnesota.

MAKING FRIENDS & GETTING TO KNOW PEOPLE

Many first-year students worry about making friends on campus during their first semester. Keep in mind that the majority of your classmates are here to make new friends as well! The easiest way to meet people is to find a commonality. This can be a common interest with others in a student group, someone that lives in your residence hall, or someone from your Welcome Week group.

- ▶ Attend an At Home in Minnesota event designed just for out-of-state students: www.ote.umn.edu/athomeinmn
- ▶ Look for a student group that interests you: gopherlink.umn.edu
- ▶ Join a class or intramural group on campus: recwell.umn.edu/programs/intramurals

NAVIGATING CAMPUS AND THE TWIN CITIES

Welcome Week was designed to familiarize you with the three U of M campuses and the resources available to you. The sprawling metropolitan area can be a little intimidating to navigate if you are not familiar with it. There are multiple transit options you can use to explore what the Twin Cities has to offer.

- ▶ Plan out a bus or lightrail trip using Metro Transit Trip Planner: metrotransit.org/planner/plannerresult.aspx

- ▶ Hour Car and Zip Car are two car-sharing options on-campus that provide alternative, short-term, solutions to owning your own car: pts.umn.edu/park/carshare
- ▶ Hop on a Nice Ride Bike and take your own personal tour of the city: niceridemn.com
- ▶ Check out all Minneapolis/St. Paul has to offer: www.visit-twincities.com

MANAGING ACADEMIC COURSEWORK

Adjusting to the academic rigor of college is often surprising for students in their first semester. College requires new ways of studying, note-taking and leveraging the resources available to you.

- ▶ Find your favorite study space, whether it's a computer lab, coffee shop, or group study room, using the Study Space Finder: studyspace.umn.edu
- ▶ Develop new skills for studying, keeping up in classes, finding work, managing finances, family, and friends through the resources at Effective U: effectiveu.umn.edu
- ▶ Get personalized support to develop an action plan to aid in major and career decision-making at the Center for Academic Planning & Exploration: cape.umn.edu

ORIENTATION & TRANSITION EXPERIENCES

OFFICE OF UNDERGRADUATE EDUCATION

BUILDING CONNECTIONS BETWEEN HOME & THE U

It is common for first-year students to feel homesick whether they are from out-of-state or from Minnesota. It is important to meet new friends on campus and it's okay to maintain friends and family back home. As an out-of-state student, traveling home may just take a little more planning than it does for your Minnesota classmates. Try and plan your travels around long holiday weekends far in advance and don't wait until the last minute to book your tickets for travel.

- ▶ Family members can stay up to date with campus events: parent.umn.edu
- ▶ Visit the U of M academic calendar: onestop.umn.edu/calendars
- ▶ If you want to talk with someone about homesickness try Let's Talk. It's a free service that is an alternative to ongoing counseling: counseling.umn.edu/lets-talk

MANAGING MONEY AND PAYING FOR TUITION

Managing finances is a major concern of most college students, so don't feel like you are all alone. For students paying out-of-state tuition, this concern may just be more amplified. If you ever have questions about your college finances including financial aid, understanding and paying your bill, or other budgeting concerns, your first step should be to see a One Stop Counselor.

For financial resources provided by One Stop Student Services: onestop.umn.edu/finances

- ▶ One Stop offers individualized financial wellness counseling to students: onestop.umn.edu/finances/financial-wellness-counseling
- ▶ Check out the Undergraduate Scholarship Search: onestop.umn.edu/finances/financial_aid/scholarships
- ▶ Explore finding a job on campus, not only can it provide an additional source of income, but it can also help you develop a healthy routine: www.umn.edu/ohr/studentemployment

NAVIGATING PEER PRESSURE & SOCIAL MEDIA

Social media can be a great way to stay connected to friends back home, however it can also heighten your own anxiety about your transition. You may see friends settling well into their own schools and may feel pressure to accelerate your own sense of belonging. Think about why you decided to attend the U of M and the positive outcomes you will experience. Be patient, keep an open mind, and search for opportunities to engage and grow. Speak with other out-of-state students who have successfully transitioned into the U to learn about their experiences. Over time, you will begin to build more meaningful connections with others and discover your sense of belonging.

- ▶ If stress is overwhelming you, schedule a check-in with a peer to talk through stress in your life, come up with solutions, and connect with campus resources: boynton.umn.edu/de-stress
- ▶ Explore the abundance of mental health resources available to you as you manage your own mental health and/or provide support for others: www.mentalhealth.umn.edu

ADJUSTING TO MINNESOTA WEATHER & CULTURE

You betcha, hotdish, snow emergency, and Minnesota Nice may be some of the words or phrases added to your vocabulary. Minnesota has a strong culture of long-term, familial relationships and shared traditions. It is home to the second largest Hmong and one of the largest Somali populations in the country. Many out-of-state students find it challenging to break into established relationships Minnesotans have with each other, but not impossible! As you make friends with other students who grew up here, share your own experiences, ask them how to prepare for winter, and what traditions they have experienced growing up.

- ▶ Celebrate winter at the Winter Carnival in January and check out the State Fair in August: www.wintercarnival.com and www.mnstatefair.org
- ▶ Download the City of Minneapolis Snow Emergency App to stay up to date on parking restrictions in snowy weather: www.ci.minneapolis.mn.us/snow
- ▶ See what typical weather in Minnesota is like year-round: www.weather.com

www.ote.umn.edu/athomeinmn



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