

AT HOME IN MN

for out-of-state students

Orientation & First-Year Programs
OFFICE OF UNDERGRADUATE EDUCATION

TOP CONCERNS FROM OUT-OF-STATE STUDENTS:

**BUILDING CONNECTIONS BETWEEN HOME
AND THE U**

MAKING FRIENDS AND GETTING TO KNOW PEOPLE

MANAGING MONEY AND PAYING FOR TUITION

**BEING AWAY FROM YOUR DOCTOR/
HEALTH CARE PROVIDER**

BEING ABLE TO GO HOME AS NEEDED

ADJUSTING TO MINNESOTA WEATHER

**TRANSPORTATION AND NAVIGATING THE
CAMPUS AND TWIN CITIES**

**BUILDING CONNECTIONS BETWEEN HOME
AND 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, but don't lose sight of your friends and family back home. Try setting aside a little time every week to call home or write an email to your friends from high school. Chances are they have similar feelings.

- If your family would like to stay up-to-date on parent information from the U of M, visit: www.parent.umn.edu/about
- If you want to talk to a professional staff member about your homesickness: www.uccs.umn.edu

MAKING FRIENDS AND GETTING TO KNOW PEOPLE

Many first-year students worry about making friends on campus during their first semester. Keep in mind that you are not alone, and 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, somebody that lives in your residence hall, or somebody from your Welcome Week group. Start by just striking up a conversation about what you have in common or reference the conversation starters on this handout.

- Try joining a student group that you are interested in: sua.umn.edu/groups
- You can join a class or intramural group on campus: recwell.umn.edu/intramurals

CONVERSATION STARTERS...

- What part of the state/region are you from?
- How is your semester going so far?
- What do you think of this event?
- Do you know other people from this region?
- What is your major?
- What have you done to get involved on campus?
- How often do you plan to go home this semester?
- What are you most excited about?
- What are you nervous about?
- What is something that you miss from home?
- What is something you like about Minnesota?
- How is your class schedule?
- Do you live on campus or off?
- What is the best piece of advice anyone has ever given you about college?
- Do you go to sporting events?

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. The One Stop website also has a large database of scholarships that you can apply for year round. Working on campus also is a viable option. If you need additional help managing your day-to-day finances, try visiting a financial counselor at Boynton Health Service.

- For financial resources provided by One Stop Student Services: onestop.umn.edu/finances
- Undergraduate Scholarship Search: onestop.umn.edu/finances/financial_aid/scholarships
- For information on meeting with a financial counselor on campus: www.bhs.umn.edu/east-bank-clinic/financial-counseling.htm
- Student Employment information: www.umn.edu/ohr/studentemployment

BEING AWAY FROM YOUR DOCTOR/HEALTH CARE PROVIDER

The University of Minnesota offers great health care services for students on campus. With your student health care coverage most services at Boynton Health Service are free or low cost. Boynton is your quick one stop on campus for anything from standard doctor visits and eye care, to physical therapy and a pharmacy.

- For a full list of services provided at Boynton, check out their website: www.bhs.umn.edu
- For mental health resources check out: www.mentalhealth.umn.edu

BEING ABLE TO GO HOME AS NEEDED

Though you may be far away from home, never fear that planes, trains and automobiles come in and out of the Twin Cities everyday. As an out-of-state student traveling home may just take a little more planning than 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.

- Visit the U of M academic calendar: onestop.umn.edu/calendars
- For information on the Minneapolis / St. Paul International Airport: www.mspairport.com
- Look into the Mega Bus: us.megabus.com

ADJUSTING TO MINNESOTA WEATHER

No matter where you came from, weather here in Minnesota can be a bit surprising at times. If you are new to this climate it is important to think ahead about the seasons and how to be best prepared. As you make friends with other students that grew up here, simply ask them what types of apparel you will need. If you did not bring a winter coat and cold weather clothing to college with you, ask your parents to mail it to you or get it when you take a trip home. Instead of going out and spending a lot of money on winter clothing, ask your friends what is needed and what is most effective.

- To see what typical weather in Minnesota is like year round: www.weather.com

TRANSPORTATION AND NAVIGATING THE CAMPUS AND TWIN CITIES

Welcome Week was designed to familiarize you with the three campus areas and the resources available to you. The sprawling metropolitan area is a little more difficult to navigate if you are not familiar with it. If you have a friend that is familiar with the area, ask them if they will go exploring with you. If you want to explore by yourself try using Metro Transit, it is the easiest way to get around town. If you are looking for local attractions try visiting the website for the Minneapolis and St. Paul Visitor's Bureaus.

- If you are having trouble finding places on campus here are campus maps: www.campusmaps.umn.edu/tc
- To learn how to use Metro Transit: www.metrotransit.org
- For information on the area: www.visit-twincities.com
- Check out the Parking and Transportation Services website: www.pts.umn.edu