

Why are the first 6 weeks important?

The first 6 weeks of university are a crucial time that shape your entire post-secondary journey.

Research shows that the habits, attitudes, and connections you make during the first six weeks will influence your student success.

You can expect to:

- Be exposed to new experiences
- Seek support and get connected with a student service
- Build a routine of study habits

Connecting with peers, faculty, and campus resources early on makes you more confident, resilient, and prepared to manage the challenges you will face in university life.

These first 6 weeks matter because they set the foundation for everything that comes next.



- Sept 3** — First Day Back Party
- Sept 8** — SAMRU Open House
- Sept 9** — RecFest!
- Sept 10** — Campus Carnival



Critical Dates

- Sept 3** — First Day of Fall semester classes
- Sept 14** — Full fees for Fall semester due
- Sept 14** — Last day to adjust registration (Add/Drop) for Fall semester with tuition refund
- Sept 26** — Student health benefit opt-out deadline
- Sept 29** — Last day to be reinstated for Fall semester
- Oct 26** — Final exam schedule will be posted
- Dec 11-22** — Fall semester final examination period (Students are expected to be available)



YOUR FIRST 6 WEEKS



A Road Map
to Navigating
**Your University
Experience**

Weeks of Welcome

Week 1: Sept 3-11



Upcoming Events

- Sept. 3 - First Day Back Party
- Sept. 8 - SAMRU Open House
- Sept. 9 - RecFest!
- Sept. 10 - Campus Carnival

TIPS FOR YOUR FIRST WEEK:

1. **Explore** spaces & services around offered around campus
2. **Get organized**, find a system that works for you - attend a Time Management workshop!
3. **Review your course syllabus** put important deadlines in your calendar!



Connect

Week 2: Sept 14-18

- **Explore SAMRU** - see all it has to offer you as a new student
- **Visit your instructor's office hours** - introduce yourself to your professors
- **Use support services** - explore various opportunities across campus. Learn more Sept. 18 at the Service Expo



Say HI to someone New!

you might meet a lifelong friend.

Dig In

Week 3: Sept 21-25



Get involved

- Join a club on campus, volunteer, and make sure to attend a Journey to Indigenization event

Visit the Library

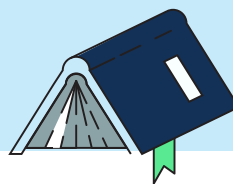
- You can study here, create something new at the Maker Space or the visit the Production studio!

Hit the Rec Centre

- Try a fitness class, intramurals, and go to a Cougars game!

Hit the Books

Week 4: Sept 28-Oct 2



1. Ask questions in class
2. Check on your studying & self care habits
3. Stay on top of required readings & assignments
4. **Ask for help!** Connect with a faculty member, your advisor or Early Support.



Take Time for You

Week 5: Oct 5-9



1. Take time to recharge, you've worked hard
2. Reflect on what is working for you
3. Use Wellness Services

Spend Time Wisely

Week 6: Oct 12-16 - Reading Week

No classes, but campus services will still be open for you to use

- ✓ Catch up on readings & assignments
- ✓ Review class notes to prep for midterms
- ✓ Relax and enjoy your time off



The Home Stretch

Week 7 & Onwards

Final Exam Schedule Posted Oct.26

Do not book travel during the exam period, your exams will not be moved.

- 💡 Start to prepare for finals early
- 💡 Make classes your priority
- 💡 Don't wear yourself out, take breaks