

FIRST-YEAR ADVISING GUIDE

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SUMMER

- Meet your adviser at A&O
- Attend A&O and learn how to build a balanced schedule
- Learn how to identify [major prerequisite](#) coursework
- Learn about [General Education](#) and why it is important
- Consider [Early Fall Start](#) options
- Practice using [course registration](#) and planning tools such as MyUW, MyPlan, and DARS

QUESTIONS TO ASK YOURSELF:

- How can I be intentional and flexible about my course choices?
- How can I use my first quarter courses to explore my interests both inside and outside the classroom?
- What are my strategies for getting adjusted to college academic life?
- What new co-curricular experiences am I excited to try in my first quarter of college?
- What did I enjoy in high school that I hope to continue in college?

QUESTIONS TO ASK YOUR ADVISER:

- Given my academic interests are there any courses that are important for me to take my first quarter?

AUTUMN

- Attend [Dawg Daze](#) programs and events
- Attend the RSO fair and learn about [Registered Student Organizations](#)
- Sign up for a [Handshake](#) account
- Talk to your adviser about your academic interests and [major exploration](#) process
- Learn how prior credits from [AP/IB](#) or [Running Start](#) may influence your registration for future quarters
- Explore Identity Based Communities
[Q Center](#), [Intellectual House](#), [Samuel E. Kelly Ethnic Cultural Center](#), [Student Veteran Life](#), [CIRCLE](#), [D Center](#), [Leadership without Borders](#), Other identity based [RSO's](#)
- Understand the difference between [general and departmental advisers](#)
- Begin to attend major information sessions and explore [departmental websites](#)
- Visit the Career and Internship Center to talk with a [career coach](#) about general interests, [pre-health](#), or [pre-law](#) pathways

QUESTIONS TO ASK YOURSELF:

- What am I learning about myself and my interests during this time of transition?
- How might I use what I have learned this quarter inside and outside the classroom to choose my next quarter classes?
- What is something new that I'm excited to try and that will push me out of my comfort zone?
- Where will I find familiarity in a time of transition?
- How am I planning to form a community at UW

QUESTIONS TO ASK YOUR ADVISER:

- How do I strategically plan my courses even if I don't know my major?
- How should I begin in the major exploration/preparation process?
- How can I feel comfortable with the ambiguity inherent in the major exploration and preparation process?
- When is it good to see a departmental adviser? What questions do I ask them?
- How do I know where to start when looking for activities to be involved in outside the classroom?
- I'm worried I may not have time to balance my academic and co-curricular responsibilities? Are there resources for managing my time?

WINTER

- Use what you learned Fall quarter to adjust [study and time management](#) approaches
- Identify two to three potential [majors](#), and sketch out a possible two year course plan for those options
- Get involved in [service learning](#)
- Talk with an [Academic Success Coach](#) to reflect on autumn quarter study habits and prepare for winter
- Find a [mentor](#)
- Browse the [scholarship database](#) and visit the Office of [Merit Scholarships, Fellowships, and Awards](#)
- Learn more about support offered at the [Counseling Center](#) and [Livewell](#)
- Sign up for a [General Education](#) course that explores a new interest or is something you have never learned about

QUESTIONS TO ASK YOURSELF:

- What adjustments do I need to make in my study strategies?
- What majors/disciplines am I finding myself curious about? What activities can I participate in to explore those interests more?
- How is my transition to college going? Am I taking care of my mental and physical health? What activities in my life are contributing to my wellness?
- If I wasn't involved in co-curricular activities in the fall, what held me back?
- Am I feeling connected to my peers and others on campus? If not, what would I like to have in common with new friends? How might I meet these people?
- Am I able to balance my academic and co-curricular responsibilities? How would I know if it becomes too much to manage?

QUESTIONS TO ASK YOUR ADVISER:

- How do I strategically plan for multiple major options?
- What resources are there on campus that can help me reduce my stress and anxiety and contribute positively to my mental health?
- What other offices do I need to be in touch with? What questions do I need to ask those offices?
- I'm not finding community like I thought I would, what are ways to meet people on campus?

SPRING

- Begin to solidify plans for summer
- [Research activities](#) that you want to get involved in your sophomore year
- Revise your [academic plan](#) according to what you have learned about yourself and your academic interests.
- Narrow down [major choices](#) to two or three
- Attend the [Undergraduate Research Symposium](#) and/or meet with an adviser in the [Undergraduate Research Program](#)
- Apply for on [campus jobs](#) for the next academic year
- Search Handshake for on and off campus summer job and internship opportunities and visit the [Career and Internship Center](#) to get your resume and cover letter reviewed

QUESTIONS TO ASK YOURSELF:

- How do my potential major choices fit with my goals and interests?
- What have I learned this year about myself and my academic interests?
- What have I enjoyed over the last two quarters? What didn't I enjoy? Why?
- Reflect on the general education classes you have taken. What have I learned from taking a variety of courses?
- What are my co-curricular goals for the rest of my first year of college? How will I hold myself accountable?
- What am I hoping to be involved with next academic year? Are there things I need to apply for this quarter?
- What will I do with my time over the summer? What skills or experiences am I hoping to gain?

QUESTIONS TO ASK YOUR ADVISER:

- Are my major plans realistic? What can I do to continue to refine my plan?
- What academic activities can I get involved in outside the classroom that will enrich my education?
- Can you help me talk through the factors that might lead me to choose one major over another?
- What factors should I consider when planning my summer activities?
- I'm interested in experience tied to my academic interest area. How would I go about finding these?

ACTIVITIES

Wondering how to make the most of your first year? Review these academic and co-curricular activities and consider adding them to your to do list each quarter

QUESTIONS

Reflection and Questioning will help you get the most out of college and your advising experience. Don't know what questions to ask? Here are some questions for you to reflect on and ask your adviser.

[Schedule an appointment or email your adviser.](#)

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ACADEMIC RESOURCES

ADVISING

General academic advisers support pre-major students by helping them navigate their academic pathways. Department advisers are for students in majors or are interested in specific fields. Students may see both general and departmental advisers.

<http://www.washington.edu/uaa/advising/>

CLUE

CLUE is the UW's free multidisciplinary study center located in Mary Gates Hall, Commuter and Transfer Commons (CTC), and Othello Commons.

academicsupport.uw.edu/clue

PRE-HEALTH ADVISING

Pre-Health Advisers can help you explore, plan your academic coursework, reflect on your health care experiences, and go through the application process.

washington.edu/uaa/prehealth/

ACADEMIC SUCCESS COACHING

Academic Success Coaches partner with students to overcome academic challenges and foster academic success.

<http://academicsupport.uw.edu/academic-success-coach/>

DISABILITY RESOURCES FOR STUDENTS

If you are a student with a disability, DRS will partner with you to establish academic accommodations for the purpose of removing environmental barriers that are impacting your access to the campus facilities, programs and activities.

<https://depts.washington.edu/uwdrs/>

CO-CURRICULAR RESOURCES

RSO AND CAMPUS INVOLVEMENT

At UW there are over 900 registered student organizations (RSOs). If you aren't interested in any of the current RSOs, you can create your own!

Uws-community.symplicity.com

STUDY ABROAD

If you want to study abroad, The Study Abroad offices will help you build a global experience into your undergraduate education. Programs range from 10 days to one year. Drop in advising available every weekday.

uw.edu/studyabroad

EXPD

The Center for Experiential Learning & Diversity (EXPD) helps connect students with learning opportunities outside the classroom through community engagement, research, and scholarship opportunities.

expd.uw.edu

HUB: HUSKY UNION BUILDING

As UW's student union, the HUB is your home for community, entertainment, and discovery. The HUB is also home to a variety of student services, including the Student Activities Office, RSO Resource Center, HUB Games (bowling/pool/gaming), student government (ASUW/GPSS), and many others.

CAREER AND INTERNSHIP CENTER

The Career & Internship Center works with students to connect their academics and extracurricular activities with future plans. The center hosts workshops on internship or job search strategy, leads small-group coaching about networking, and provides short videos on resume and cover letter writing.

careers.uw.edu

COMMUNITY RESOURCES

Q CENTER

If you identify as queer (gay, lesbian, bisexual, two-spirit, trans, intersex/questioning, same-gender-loving, allies), the Q Center can provide you academic and social community through education, advocacy, and support services.

qcenter.washington.edu

ECC: SAMUEL E. KELLY ETHNIC CULTURAL CENTER

The Kelly ECC is a safe and welcoming space dedicated to including all communities including underrepresented and first-generation students of color. Here students can get involved in any of the over 100 multicultural registered student organizations as well as find co-curricular and cultural enrichment opportunities.

depts.washington.edu/ecc/

OFFICE OF STUDENT VETERAN LIFE

If you are a military veteran, OSVL has a team of skilled staff that understand your unique situation and are here to provide support and guidance to help you successfully navigate the UW.

vetlife.washington.edu

wəʔəbʔaltx™ - INTELLECTUAL HOUSE

The Intellectual House provides a learning and gathering space where American Indian and Alaska Native students can come together in a supporting and welcoming environment.

washington.edu/diversity/tribal-relations/intellectual-house

HEALTH AND WELLNESS

COUNSELING CENTER/HALL HEALTH

The UW Counseling Center provides a safe environment to help students explore the challenges of life and learning through counseling, outreach, preventive programming, advocacy, and consultation.

washington.edu/counseling/

LIVEWELL

LiveWell provides direct support for students affected by alcohol, drugs, relationship violence, sexual harassment, or suicidal thoughts, as well as general wellness care.

livewell.uw.edu

UW RECREATION

Stay active and have fun with UW Recreation! UW recreation has opportunities for all students including, the IMA (our campus gym), Intramural Sports, boat rentals, a golf range, fitness classes, and more!

uw.edu/ima