



BEAR BEGINNINGS

Fall Welcome

THIS PACKET BELONGS TO _____

everyday
TO-DO LIST

- Complete your daily COVID-19 screening at screening.wustl.edu.
- Check your WUSTL email each morning.
- Log into Canvas and read any course announcements each morning.
- Wash your reusable mask at the end of each day.
- Review the Fall Welcome schedule for each day and make note of the required events and the optional events you would like to attend.
- Look out for any GroupMe messages or reminders from your WUSA.

DAY 1

Welcome to Washington University in St. Louis

What are you excited about?

What are you nervous about?

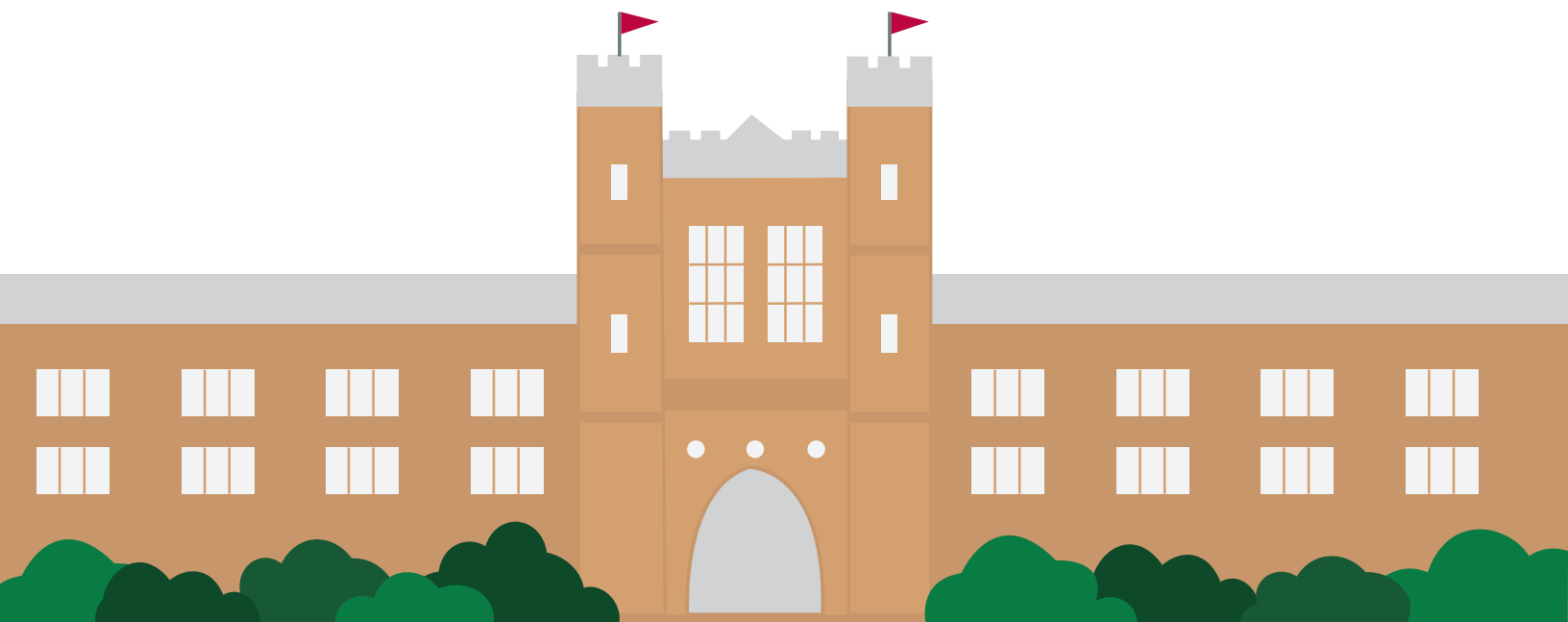


Who is my WUSA? _____

How can I contact my WUSA? _____

GROUND RULES FOR MY SMALL GROUP

- **Speak with 'I' statements.**
State your viewpoints and don't speak on behalf of others.
- **Challenge ideas not people.**
Disagreement is okay and be sure to address the idea presented and not the person.
- **WAIT (Why Am I Talking).**
Assess how much space you are taking up and take time to sit back and let others respond.
- **Oops and Ouch.**
Say 'oops' if you say something that you didn't mean or may have impacted someone in a way you did not intend. Say 'ouch' if there is something said that impacted you in some way.
- **Ask questions.**
Be curious when you hear something you disagree with before just judging it.
- **Actively listen.**
Listen to understand and not just respond.
- **Keep personal stories in the space and take learning with you.**
Don't share someone's personal story without their permission but take the learning you experienced with you.



LIFE LINE

Instructions: Use the space below to reflect on your journey here to WashU. What were important experiences, people, and events that lead you here? Mark a dot on the line and write down words or phrases that remind you of these items.



What are 1 or 2 of these things that I would like to share with the group? Is there an item or an artifact or image of significance that I can use to help describe this instance?

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DAY 1 TO-DO LIST

- Living on campus: Ensure your Personal Protective Equipment is good to go!
 - Gather your PPE and establish a place you will store them so it's easy to access when you need it.
 - Practice wearing your mask correctly for extended periods of time.
- Living away from campus: If you have other family members or roommates in your home, work out a schedule for internet usage.
- Review the university COVID guidelines.
- Set up your space:
 - Locate the space(s) you will use for online studies. Be sure to consider lighting and charging needs.

DAY 2

	MONDAY	TUESDAY	WEDNESDAY
12 AM			
1 AM			
2 AM			
3 AM			
4 AM			
5 AM			
6 AM			
7 AM			
8 AM			
9 AM			
10 AM			
11 AM			
12 PM			
1 PM			
2 PM			
3 PM			
4 PM			
5 PM			
6 PM			
7 PM			
8 PM			
9 PM			
10 PM			
11 PM			

168 HOUR ACTIVITY

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 AM				
1 AM				
2 AM				
3 AM				
4 AM				
5 AM				
6 AM				
7 AM				
8 AM				
9 AM				
10 AM				
11 AM				
12 PM				
1 PM				
2 PM				
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10 PM				
11 PM				

It is important to be thinking of how you want to engage beyond the classroom to find connection, time to practice and grow in new skills, and to contribute to the community. This might be a virtual student group, work, research, etc.



Beyond academics, what are 3 skills or things I want to grow in during my first year here at WashU?

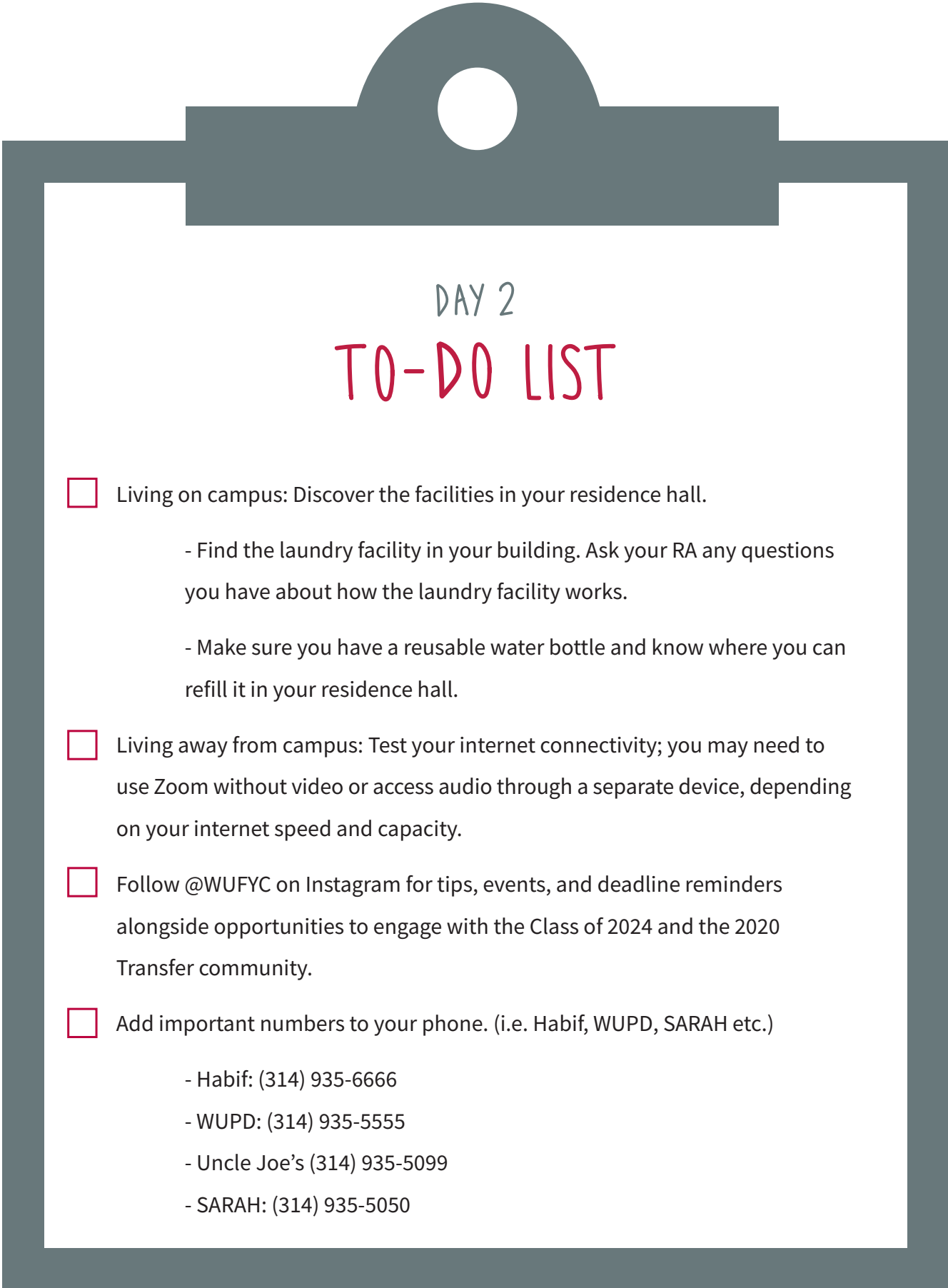
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-
-

What are 3 goals I have for my life outside of the classroom?

-
-
-

What are 3 ways I will find involvement outside of the classroom?

-
-
-



DAY 2
TO-DO LIST

- Living on campus: Discover the facilities in your residence hall.
 - Find the laundry facility in your building. Ask your RA any questions you have about how the laundry facility works.
 - Make sure you have a reusable water bottle and know where you can refill it in your residence hall.
- Living away from campus: Test your internet connectivity; you may need to use Zoom without video or access audio through a separate device, depending on your internet speed and capacity.
- Follow @WUFYC on Instagram for tips, events, and deadline reminders alongside opportunities to engage with the Class of 2024 and the 2020 Transfer community.
- Add important numbers to your phone. (i.e. Habif, WUPD, SARAH etc.)
 - Habif: (314) 935-6666
 - WUPD: (314) 935-5555
 - Uncle Joe's (314) 935-5099
 - SARAH: (314) 935-5050

DAY 3

EXPLORING ACADEMICS WITH MY ACADEMIC DIVISION



What are some academic goals you want to accomplish?



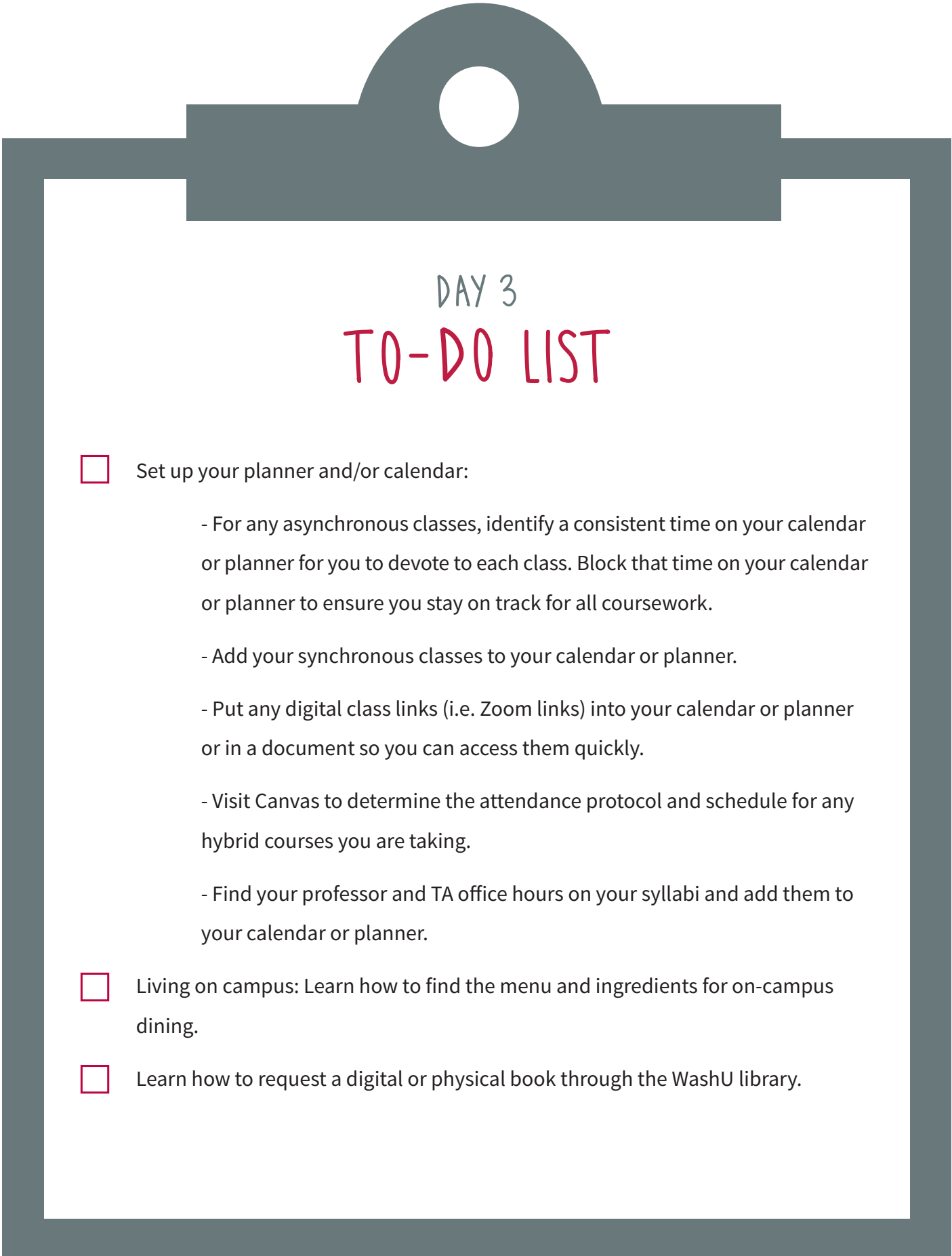
What are your academic areas of interest?



What questions do you have for your advisor?

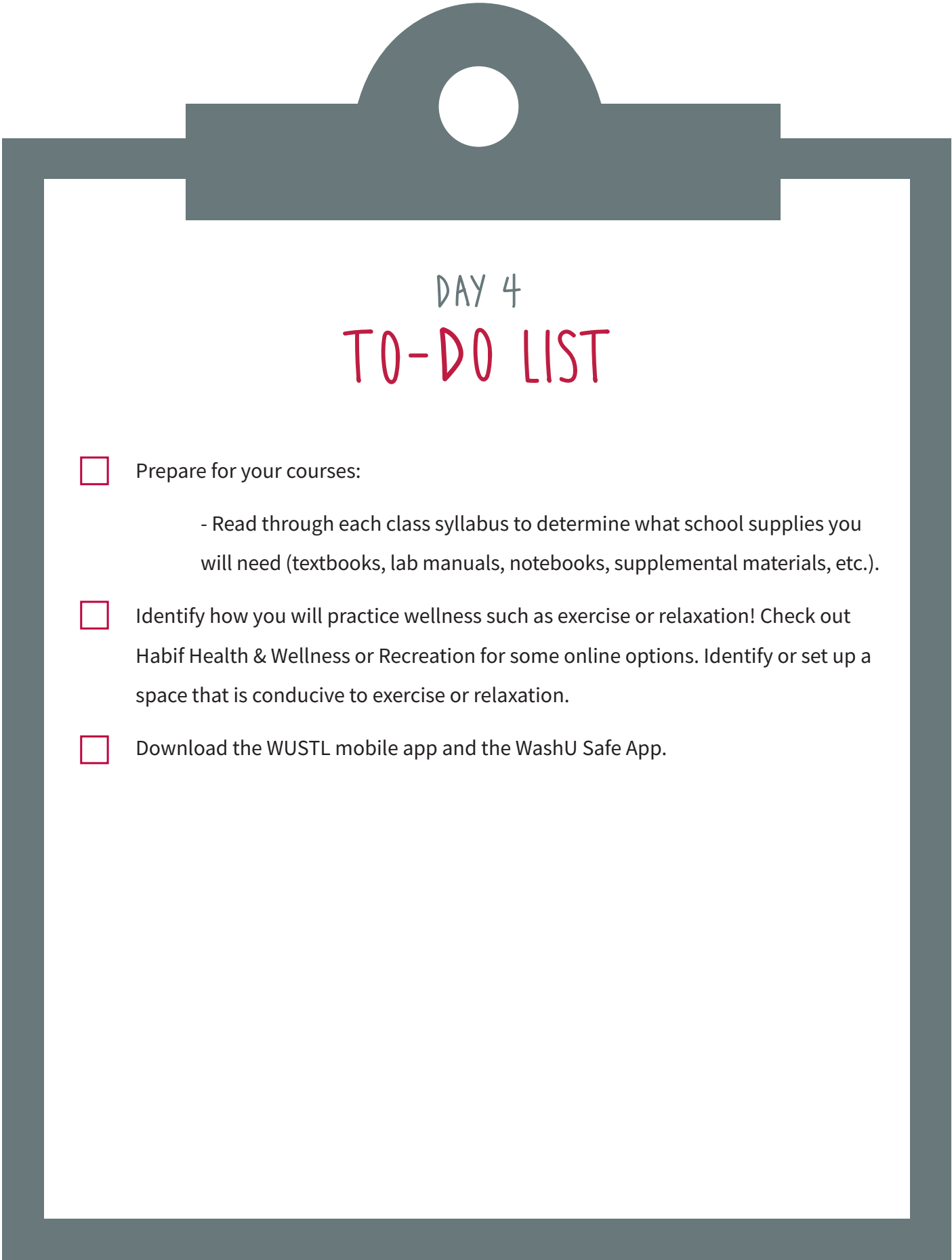


Advisor Contact Information

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DAY 3 TO-DO LIST

- Set up your planner and/or calendar:
 - For any asynchronous classes, identify a consistent time on your calendar or planner for you to devote to each class. Block that time on your calendar or planner to ensure you stay on track for all coursework.
 - Add your synchronous classes to your calendar or planner.
 - Put any digital class links (i.e. Zoom links) into your calendar or planner or in a document so you can access them quickly.
 - Visit Canvas to determine the attendance protocol and schedule for any hybrid courses you are taking.
 - Find your professor and TA office hours on your syllabi and add them to your calendar or planner.
- Living on campus: Learn how to find the menu and ingredients for on-campus dining.
- Learn how to request a digital or physical book through the WashU library.

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DAY 4 TO-DO LIST

- Prepare for your courses:
 - Read through each class syllabus to determine what school supplies you will need (textbooks, lab manuals, notebooks, supplemental materials, etc.).
- Identify how you will practice wellness such as exercise or relaxation! Check out Habif Health & Wellness or Recreation for some online options. Identify or set up a space that is conducive to exercise or relaxation.
- Download the WUSTL mobile app and the WashU Safe App.

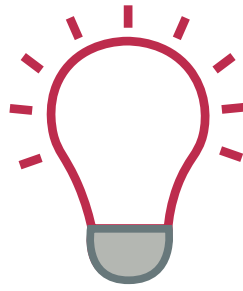
DAY 5

REFLECTING ON MY VALUES

Below are a list of values. Circle ones that strongly resonate with you. If you have a personal value not on this list, write it down.

Values List

Abundance	Cooperation	Grace	Optimism	Reliability
Acceptance	Collaboration	Growth	Open-Mindedness	Resourcefulness
Accountability	Consistency	Flexibility	Originality	Responsibility
Achievement	Contribution	Happiness	Passion	Responsiveness
Advancement	Creativity	Health	Peace	Self-Control
Adventure	Credibility	Honesty	Perfection	Selflessness
Advocacy	Curiosity	Humility	Performance	Simplicity
Ambition	Daring	Humor	Personal Development	Success
Appreciation	Decisiveness	Inclusiveness	Playfulness	Teamwork
Attractiveness	Dedication	Independence	Popularity	Thankfulness
Autonomy	Dependability	Individuality	Power	Thoughtfulness
Balance	Diversity	Innovation	Proactive	Traditionalism
Being the Best	Empathy	Inspiration	Professionalism	Understanding
Benevolence	Encouragement	Intelligence	Preparedness	Uniqueness
Boldness	Enthusiasm	Intuition	Proactivity	Usefulness
Brilliance	Ethics	Joy	Punctuality	Versatility
Calmness	Excellence	Kindness	Quality	Vision
Caring	Expressiveness	Knowledge	Recognition	Warmth
Challenge	Fairness	Leadership	Risk Taking	Wealth
Charity	Family	Learning	Safety	Well-Being
Cheerfulness	Friendships	Love	Security	Wisdom
Cleverness	Flexibility	Loyalty	Service	Zeal
Community	Freedom	Making a Difference	Spirituality	
Commitment	Fun	Mindfulness	Stability	
Compassion	Generosity	Motivation	Relationships	



Looking at my circled values, are there any themes that I am seeing?

What are my core values?

What do I perceive as WashU's Values?

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DAY 5 TO-DO LIST

- Living on campus: Explore campus spaces.
 - Find an outdoor space you'd like to spend time at on-campus or in Forest Park.
 - Find the Mail Room on the South 40. You will receive an email when there's a package or letter to pick up.
 - Explore transportation options available on the WUSTL mobile app.
 - Make sure you know how to get to the Habif Health & Wellness Center on the South 40.
- Reach out to someone in your WUSA small group for a digital meet-up.
- Explore engagement opportunities:
 - Review any summer engagement experience webinar recordings you may have missed.
 - Explore WUGO for engagement opportunities.

DAY 6

What are some strategies or organizational tools that haven't worked for you in the past, try to identify why this might have been.

What are some of the strategies and organizational tools that **HAVE** worked well for you in the past?



What are a few strategies you will implement this year?

How will you hold yourself accountable to this plan?



LETTER TO SELF

Welcome to college! This week marks the beginning of a new chapter in your life. You have the choice to pick up this new chapter where the last one left off, or you can create an entirely new plot. Where will your story go?

Take some time to draft a letter to yourself that outlines your goals for your first semester at WashU.

Write down what you hope to accomplish in your classes, social life, and co-curricular activities. What will you do to maintain your health and wellness? How would you like to be able to describe your first semester? What are your perceptions of Washington University right now? How do you think they will change?

We encourage you to put some thought and effort into this exercise. While it may seem a bit awkward right now, from past experience we have found that students who take the time to write their thoughts and goals today have a more meaningful reflection in January.

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LETTER TO SELF

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DAY 6 TO-DO LIST

- Living on campus: Do a tour of your class schedule!
 - Find your hybrid or in-person buildings and classrooms. When doing so, make note of nearby restrooms, water bottle filling stations, and cubbies to plan your days.
 - Locate the dining options near your classes and determine where you will be picking up food when on campus for in-person classes.
 - Do a tour of your route to class each day.
- Identify some academic resources you may utilize this year. Revisit Get Your Bearings online orientation for a list of available academic resources.
- Take a breather and find time to rest and relax!

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DAY 7 TO-DO LIST

- Living on Campus: Make a list of things you will need to bring with you if you're heading to main campus. Remember to include all academic needs and items like chargers and snacks and don't forget your mask!
- Update your support systems! Find a time to update your parents, family members, and friends about your first week!
- Do a mental walk through of your first day of class! Ask any last questions to your WUSA!

WEEKLY PLANNER

SEPT 7-13

SCHEDULE

MONDAY, SEPT. 7

Meet my WUSA

TUESDAY, SEPT 8

Common Reading Program discussion

WEDNESDAY, SEPT 9

Academic Experiences begin

THURSDAY, SEPT 10

FRIDAY, SEPT 11

SATURDAY, SEPT 12

Convocation

SUNDAY, SEPT 13

Attend open WUSA Hours via Zoom



WEEKLY PLANNER

SEPT 14-20

SCHEDULE

MONDAY, SEPT. 14

Happy First Day! Be sure to take a first day of school picture and tag @wufyc on Instagram!

TUESDAY, SEPT. 15

WEDNESDAY, SEPT. 16

THURSDAY, SEPT. 17

FRIDAY, SEPT. 18

SATURDAY, SEPT. 19

SUNDAY, SEPT. 20



SEPTEMBER

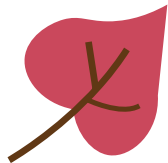
		1	2	3	4	5
6	7 Bear Beginnings: Fall Welcome	8	9	10	11	12
13 Bear Beginnings: Fall Welcome	14 First Day of Class	15	16	17	18	19
20 My WUSA will check in on me!	21	22	23	24	25	26
27	28	29	30 Add/Drop Deadline			



Put any homework, assignments, quizzes, and tests on the calendar!

OCTOBER

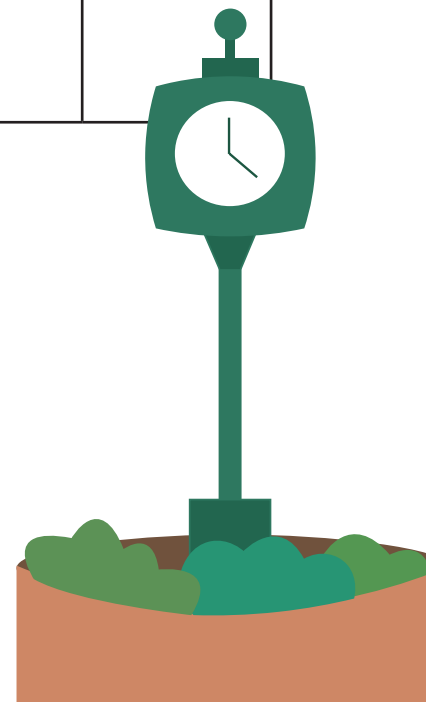
			Midterms & exams start this month!	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Stay tuned for the Midterm Pop-Up!	20	21	22	23	24
25	26	27	28	29	30	31



NOVEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Break	27 No Classes	28
29	30 Course Registration for Seniors					

Be sure to meet with your 4-year adviser a couple of weeks before your course registration date!



DECEMBER

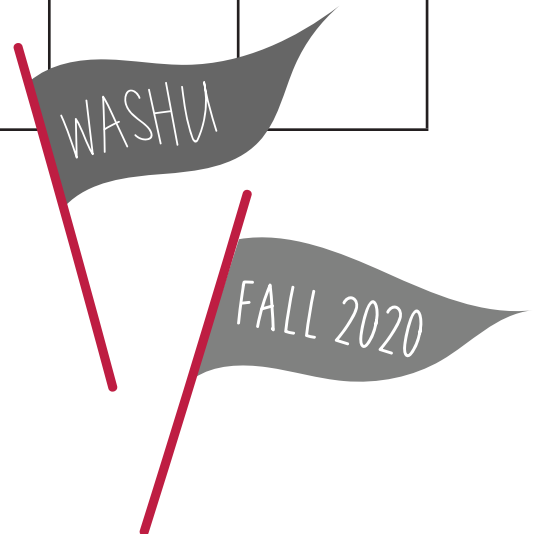
		1 Course Registration for Juniors	2 Course Registration for Sophomores	3 Course Registration for First-Years	4 Pass/Fail & Withdraw Deadlines	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Last Day of Classes	19
20	21	22	23	24	25	26
27	28	29	30	31		

Make sure to find some relaxation time while studying for your remote finals taking place in January!



JANUARY

		1	2	3	4 Final Exams (remote)	5 →
6 Final Exams (remote)	7 →	8	9 →	10 Final Exams (remote)	11	12
13	14	15	16	17	18	19
20	21	22	23	24		26
27	28	29	30	31		





IMPORTANT CONTACTS

First Year Center	newstudents.wustl.edu	(314) 935-5040
Residential Life (ResLife)	reslife.wustl.edu	(314) 935-5050
Dining Services	diningservices.wustl.edu	(314) 935-7098
Habif Health & Wellness Center	habif.wustl.edu	(314) 935-6666
Student Financial Services	sfs.wustl.edu	(314) 935-5900
University Registrar	registrar.wustl.edu	(314) 935-5959

For a list of other university contacts, visit this QR code.

