First-Year Experience Checklist

This list is a guide to help you navigate your first year at SLU. It is your responsibility to integrate the list as how it fits best into your personal and academic goals. These are suggestions to help you throughout your year, but should not be seen as an all encompassing list or required checklist.

Academics:
- Explore your proposed major.
- Meet with your academic advisor.
- Talk with your faculty mentor about your intended major.
- Utilize tutoring and writing resources in the Student Success Center.
- Connect with members of the SLU community who are in your classes; discuss forming study groups and exchange contact information.
- Connect with an upperclassman in your intended major to find out about their experience.
- Learn how to calculate your GPA.
- If applicable, renew FAFSA by March 1.

Community and Involvement:
- Read the First-Year Summer Reading book.
- Orient yourself with campus buildings and places of interest like Cupples House, MOCRA or SLUMA.
- Join at least one student organization; look at both social and academic campus organizations (SLU Fair is a great place to start!).
- Check out www.sluconnection.com for information on campus events and activities and show your Billiken pride at SLU athletic events.
- Be sure to use your SLU email (this is the official means of correspondence for the University) or arrange to have it forwarded to an email address that you check regularly.
- Participate in a community service project and consider ongoing service opportunities.
- Visit Campus Ministry – for students of all faith traditions. Explore options for retreats, mission trips, service, and involvement in faith-based student organizations.
- Explore the city of St. Louis – consider using public transportation. Visit St. Louis’s arts district, Grand Center, just blocks away from SLU and other great neighborhoods in the area.
- If you live on campus, complete a roommate agreement.
- If you are a commuter student, utilize the Commuter Student Lounge in the BSC.
- Begin to consider where you will live on campus as a sophomore. Students commuting from home need to resubmit the residency exemption request form.

Career Preparation:
- Meet with a career counselor to discuss career assessment tools, which will help you identify your values, interests, abilities and personality type.
- Utilize CareerLink to review employment opportunities on and off-campus.
- Visit the Career Services website for assistance in developing a resume to apply for a summer job.
- Attend a SLU Career Fair to know what to expect for future years.

Personal Growth:
- Attend Sunday night Mass (all faith traditions welcome) and/or connect to an area faith community.
- Introduce yourself to a Campus Minister and learn more about spiritual growth opportunities on campus.
- Attend cultural events to explore the diversity represented at SLU. Visit the Cross Cultural Center in the BSC to learn more or to get involved in a multicultural organization.
- Offer, seek and identify an academic, emotional and spiritual support system. Utilize the services in Student Health & Counseling, if needed.
- Explore opportunities at the Simon Recreation Center to maintain balance in your mind - body - spirit connection.

- Look ahead to the Sophomore Year Checklist to see what you can complete or prepare for over the summer.