

Inside this
issue:

Own Your Schedule	2
Visit Your Professors	2
Early Alert	2
Campus Resources	3
Events	3
Health and Wellness	3

Welcome to the University of Wyoming!

Welcome to the University of Wyoming!
Congratulations on a successful first
month at the University.

Poke Notes will be available to you in
your inbox each month with helpful in-
formation about resources and events
on campus (and much more) - you can
also access Poke Notes on the [LeaRN—
First Generation Students site.](#)

Campus Events

Job Fairs on Campus: <http://www.uwyo.edu/aces/career-services/career-events.html>

First Gen Scholars Success Workshops:

"Managing Your Stress" - Tuesday, October 15th, 4 PM (Shoshone Room, Washakie Basement)

"Prepping for Advising and Registration" - Wednesday, October 30th, 4 PM (location to be announced)

Homecoming 2019 October 12-19: <http://www.uwyo.edu/alumni/homecoming/>

Welcome to your
first semester!

- Take care of yourself (physically, emotionally and mentally); and,
- Prioritize your time and understand your deadlines; and,
- Find support systems on campus!

**BREAKING
THROUGH**
UW Homecoming 2019

Own Your Schedule!

"Time management was one of the hardest things for me to learn. In time, I found that it was best for me to keep a very detailed planner."

-Emilee Inez (UW Senior)



Tips to Owning Your Schedule

- Maintain daily & weekly checklists
- Familiarize yourself with your syllabi (paying close attention to all due dates)
- Don't procrastinate
- Schedule time for yourself (a walk in the park, exercise, coffee with a friend)
- Prioritize assignments according to workload and due dates

I don't think new students understand how accessible professors are, particularly at the University of Wyoming.

-Emily Hind, Spanish

Visit Your Professors!

Office Hours are times when you can meet with your professors outside the class sessions.

Office Hours are indicated on the course syllabus—along with information on office location and how to schedule a time to visit with your professor.

If you are unable to meet with your professor during office hours but need to schedule a meeting, visit with the professor briefly after class to inquire about scheduling a different time to meet. Professors are happy to meet with you and want you to come visit with them about your questions in the course and your progress.

"It's OK to visit your professor at their office hours. It's actually expected. It's not like a visit to principal's office. We're here to help you. We're part of your professional network."

-Mark Mehn
(Chemistry)

Early Alert

If you receive an Early Alert in any of your classes—DON'T PANIC. Instead, consider this an opportunity to seek academic/personal help and discuss your options with your instructors and advisors.

[Check out our information sheet on Early Alert here.](#)



Campus Resources



Campus Writing Center
(<http://www.uwyo.edu/ctl/writing-center/>)

Located on Level 1 of Coe Library

Fall 2019 Hours: Monday & Tuesday 9 AM to 6 PM, Wednesday & Thursday 9 AM to 7 PM, and Friday 9 AM to 4 PM

STEP Tutor Center & Supplemental Instruction
(<http://www.uwyo.edu/step/>)

Located on Level 1 Coe Library

UW Student Affairs (<http://www.uwyo.edu/studentaffairs/>) - for all things student and campus related, this is a great place to inquire for help regarding classes, room-mates and more!

Campus Health & Wellness

As we reach mid-semester, you may be feeling some stress, and that's totally normal! Take care of yourself, both physically and mentally, using these campus resources.

Student Health Services (open) Monday, Tuesday, Wednesday, and Friday 8 AM to 5 PM, and Thursday 9 AM to 5 PM - <http://www.uwyo.edu/shser/>

Campus Wellness Center is located in the Half Acre Recreation Center, Room 107 - <http://www.uwyo.edu/rec/wellness-center/educational-programming/index.html>.

Get healthy,
stay well.

Notable resources outside the University of Wyoming community:



Wyoming 211—Wyoming resource hotline (things like health insurance information, community clinics, food banks, and much more)—simply dial “211”

Serve Wyoming—connections to local volunteer opportunities!

