Introduction

Jenni Cook, Associate Dean
College of Liberal Arts

Kevin Sousa, Director of
Academic Advising and
Student Success
What to expect in the parent session?

• Summary of what your student will be experiencing in their academic sessions during orientation including
  • Students will leave with their fall course schedule!
  • How your student will be able to check their fall schedule online
• Overview of academic opportunities and student resources we will share with your student and also with you.
• Q & A
Four pieces of advice

• College is different from HS – Expect to be challenged.
• Take advantage of resources.
• Get involved – but not too involved.
• Make smart choices!
How to check course schedule on Webcat Platform.
How to Find your Fall 2023 Schedule

**Step 1**
Log Into Webcat
Select [Go](#)

**Step 2**
Registration >>
Student Detail
Schedule

**Step 3**
Fall 2023 >>
Submit

Select Term
[Select a Term: Fall 2023](#)
Submit
The Center for Academic Resources

*Time Management*

- Find tools that work for you for time management
- Create Daily, Weekly and Monthly Calendars
- Learn how to make a to-do folder
- Find study space
Academic Overview

- https://cola.unh.edu/

- COLA 401 first-year seminar for all declared and undeclared students

- First year students typically take 4 courses in the first semester.
  - https://www.unh.edu/new-students/orientation/first-year/academic-guides/liberal-arts

- Discovery (Gen Ed) requirements
  - https://www.unh.edu/discovery/discovery-program-overview
COLA 401/401A

- Extension of Orientation throughout the Fall semester- “how to college”
- Introduce students to important campus resources including CAPS, SHARPP, SAS, CFAR, and PACS
- Training on important student-based platforms- My Wildcat Success, WEBCAT, DEGREEWORKS, and CANVAS
- Every third week students will meet with department faculty and staff of their discipline to cover major specific matters
- Community building through in-class activities
- Provides an overview of academics at UNH – presentations from all five college divisions, major declaration requirements, and more (COLA 401 only)
• Undergraduate Research: https://www.unh.edu/undergrad-research/programs

• Study Abroad: https://www.unh.edu/global/about
  • SA for Parents: https://www.unh.edu/global/parents
  • Study Away USA: https://www.unh.edu/nse/
  • COLA Managed SA: https://cola.unh.edu/cola-study-abroad

• Internships/jobs: https://cola.unh.edu/careers

• Global Racial and Social Inequality Lab or GRSIL Grant and Internship opportunities: https://cola.unh.edu/global-racial-social-inequality-lab/funding
## Exploring majors and career paths

<table>
<thead>
<tr>
<th>Resource</th>
<th>Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Focus 2</strong></td>
<td>An online career assessment tool. Use it to define your career interests, skills, and values and connect them to academic majors at UNH.</td>
</tr>
<tr>
<td>LinkedIn</td>
<td>LinkedIn’s Alumni Search Tool. Use it to chat with alumni in your field(s) or major(s) of interest.</td>
</tr>
<tr>
<td><strong>COLA 500</strong></td>
<td>A 2-credit career exploration course. Enroll to explore career paths for liberal arts majors and create a career development plan.</td>
</tr>
<tr>
<td>Individual Career Advising</td>
<td>A 30-minute appointment with a professional career advisor. Schedule on <a href="#">Handshake</a>. During the appointment(s) you will complete assessments, review resources, and discuss your options.</td>
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</tbody>
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# Finding a part-time job or internship

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<tr>
<td><strong>Handshake</strong></td>
<td>UNH’s online employment board. Use it to find on-campus jobs, part-time jobs, internships, etc.</td>
</tr>
<tr>
<td><strong>Career Fairs</strong></td>
<td>At least one fair offered on campus per semester. Attend to meet employers hiring interns for Winter ’22, Spring ‘23, Summer ’23.</td>
</tr>
<tr>
<td><strong>COLA 505</strong></td>
<td>A 2-credit career boot camp course. Enroll to execute employment searches, create resumes, write cover letters, and prepare for interviews.</td>
</tr>
<tr>
<td>Individual Career Advising</td>
<td>A 30-minute appointment with a professional career advisor. Schedule on Handshake. During the appointment(s) you will cover search strategies.</td>
</tr>
<tr>
<td><strong>Drop-In Hours</strong></td>
<td>Offered Monday-Wednesday, 1:00-3:00 pm, at multiple locations on campus. Drop by to get search tips.</td>
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</tbody>
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## Writing a resume and cover letter

<table>
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<tr>
<td>Templates &amp; Samples</td>
<td>Verified resume templates and cover letter samples. Use them to ensure you supply the information employers look for.</td>
</tr>
<tr>
<td>Resume Review Day</td>
<td>Offered on campus or online once per semester. Attend to get resume feedback from hiring managers and recruiters.</td>
</tr>
<tr>
<td>VMock</td>
<td>UNH’s virtual resume review assistant. Use it to get feedback on your resume in as little as 25 seconds.</td>
</tr>
<tr>
<td>Drop-In Hours</td>
<td>Offered Monday-Wednesday, 1:00-3:00 pm, at multiple locations on campus. Drop by to get your resume and cover letter reviewed.</td>
</tr>
</tbody>
</table>
## Interviewing for a part-time job or internship

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<tr>
<td>Interview Stream</td>
<td>A video-based interviewing platform. Use it to practice responding to interview questions and to receive feedback.</td>
</tr>
<tr>
<td>Individual Career Advising</td>
<td>A 30-minute appointment with a professional career advisor. Schedule on Handshake. During the appointment(s) you will cover the interview process, interview etiquette, and how to effectively respond to interview questions.</td>
</tr>
</tbody>
</table>
## Contact Us

<table>
<thead>
<tr>
<th>General</th>
<th>College of Liberal Arts</th>
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</thead>
<tbody>
<tr>
<td>Hood House, 2nd Floor</td>
<td>McConnell Hall, 185-188</td>
</tr>
<tr>
<td>89 Main Street</td>
<td>15 Academic Way</td>
</tr>
<tr>
<td>Durham, NH 03824</td>
<td>Durham, NH 03824</td>
</tr>
<tr>
<td>(603) 862-2070</td>
<td>-</td>
</tr>
<tr>
<td><a href="mailto:caps@unh.edu">caps@unh.edu</a></td>
<td><a href="mailto:cola.caps@unh.edu">cola.caps@unh.edu</a></td>
</tr>
</tbody>
</table>
Resources

College of Liberal Arts Dean’s Office
Murkland Hall, 110
603-862-2062
Jenni.cook@unh.edu or liberal.arts@unh.edu

https://courses.unh.edu/timeroom
(course material info found here)
• Sign up for UNH alerts: https://alert.unh.edu/

• Get the UNH mobile app: https://www.unh.edu/digital/download-unh-mobile-app/

• Academic Calendar: https://www.unh.edu/main/unh-calendar

• Beauregard Center: https://www.unh.edu/beauregardcenter/ Center for Equity, Justice, and Freedom

• Business Services: https://www.unh.edu/business-services/
Resources Continued

• CfAR (Center for Academic Resources): https://www.unh.edu/cfar/
• Campus safety/rides/walking escorts: https://www.unh.edu/parents/safety
• Another app: https://www.unh.edu/upd/Safety-apps
• Computer and Software Recommendations for students:
  • https://td.unh.edu/TDClient/60/Portal/KB/ArticleDet?ID=1118
• Degree Works: https://www.unh.edu/registrar/academic-records/degree-works-degree-evaluation
• Dining: https://www.unh.edu/dining/
• FERPA FAQs https://www.usnh.edu/data-services/regulated-data/family-educational-rights-privacy-act-ferpa/ferpa-faq
• Financial Aid: https://www.unh.edu/financialaid/
Resources Continued

• Health & Wellness: https://www.unh.edu/health/
• Military and Veteran Services: https://www.unh.edu/veterans/
• MyUNH: (for the students-they log in to this)
• Canvas Support contact info for 24/7 support: https://my.unh.edu/task/durham/mycourses
• PACS (Psychological and Counseling Services): https://www.unh.edu/pacs/
• SAS (Student Accessibility Services): https://www.unh.edu/studentaccessibility/prospective-unh-students
• SRRR (Student rights, rules, & responsibilities: https://www.unh.edu/student-life/student-rights-rules-responsibilities
Resources Continued

- Student Orgs: https://www.unh.edu/mub/student-organizations
- Webcat: https://my.unh.edu/task/durham/webcat-task
- Writing Center: https://www.unh.edu/writing/cwc
- Technology Help Desk in Dimond Library 603-862-4242
What should your student do after orientation and before Wildcat Days/Move-in?

- Regularly/once per day check your UNH email; set up to get notifications
- Log in to Webcat to see your schedule
- CfAR, SAS, and PACS
- Booklist on courses.unh.edu
- Software and Hardware recommendations:
  - [https://td.unh.edu/TDClient/60/Portal/KB/ArticleDet?ID=1118](https://td.unh.edu/TDClient/60/Portal/KB/ArticleDet?ID=1118)
- Parent Portal: [https://www.unh.edu/main/parent-portal](https://www.unh.edu/main/parent-portal)
- Liberal.arts@unh.edu or 603-862-2062
- MyUNH: Degree Works, Canvas, MWS (Wildcat Days/move-in)
Access to these PP slides?
QR code to access:
Q & A

Questions?
UNH IT Help Desk

1-603-862-4242
Parent Portal info

Setting up UNH email

https://my.unh.edu/task/durham/wildcatsmail-task

1-603-862-4242