



College of Liberal Arts Student Session

UNH First Year Orientation 2023

Introduction

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College of Liberal Arts

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Center**



**Jon Constable, Director of COLA's Career and
Professional Success or CaPS**





What to expect in the student session?

- You will leave with your fall course schedule!
- You will learn how to check your fall schedule online
- Three Overviews
 - Academic opportunities and student resources.
 - First year seminar for all declared and undeclared COLA students
 - Career and Professional Success
- Q & A



Four pieces of advice

- College is different from High School – 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

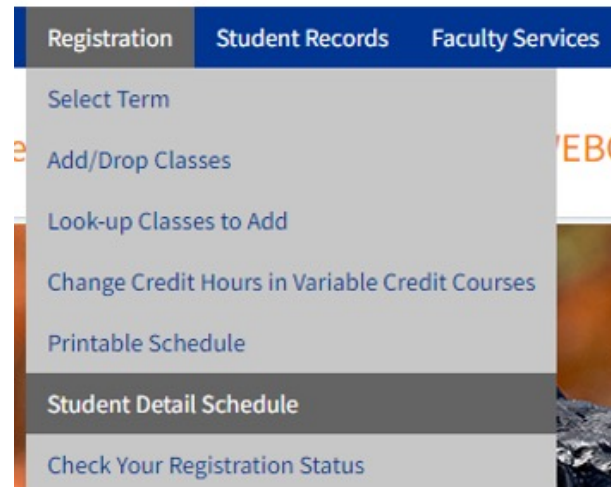
Log Into Webcat

Select



Step 2


Registration >>
Student Detail
Schedule



Step 3

Fall 2023 >>
Submit

Select Term

Select a Term: 

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 (1 credit)
- First year students typically take 4 courses in the first semester + 1 credit first year seminar.
 - <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)



Academic Overview Continued

- 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://www.unh.edu/career/>
- Global Racial and Social Inequality Lab or GRSIL Grant and Internship opportunities: <https://cola.unh.edu/global-racial-social-inequality-lab/funding>



Popular Career Topics & Related Resources



Exploring majors and career paths

Resource	Overview
Focus 2	An online career assessment tool. Use it to define your career interests, skills, and values and connect them to academic majors at UNH.
LinkedIn	LinkedIn's Alumni Search Tool. Use it to chat with alumni in your field(s) or major(s) of interest.
COLA 500	A 2-credit career exploration course. Enroll to explore career paths for liberal arts majors and create a career development plan.
Individual Career Advising	A 30-minute appointment with a professional career advisor. Schedule on Handshake . During the appointment(s) you will complete assessments, review resources, and discuss your options.

Finding internships and on-campus jobs

Resource	Overview
Handshake	UNH's online employment board. Use it to find on-campus jobs, part-time jobs, internships, etc.
Career Fairs	At least one fair offered on campus per semester. Attend to meet employers hiring interns for Winter '23, Spring '24, and Summer '24.
COLA 505	A 2-credit career boot camp course. Enroll to execute employment searches, create resumes, write cover letters, and prepare for interviews.
Individual Career Advising	A 30-minute appointment with a professional career advisor. Schedule on Handshake . During the appointment(s) you will cover search strategies.
Drop-In Hours	Offered Monday-Wednesday, 1:00-3:00 pm, at multiple locations on campus. Drop by to get search tips.

Writing a resume and cover letter

Resource	Description
Templates & Samples	Verified resume templates and cover letter samples. Use them to ensure you supply the information employers look for.
Resume Review Day	Offered on campus or online once per semester. Attend to get resume feedback from hiring managers and recruiters.
VMock	UNH's virtual resume review assistant. Use it to get feedback on your resume in as little as 25 seconds.
Drop-In Hours	Offered Monday-Wednesday, 1:00-3:00 pm, at multiple locations on campus. Drop by to get your resume and cover letter reviewed.

Interviewing for an internship or job

Resource	Description
Interview Stream	A video-based interviewing platform. Use it to practice responding to interview questions and to receive feedback.
Individual Career Advising	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.

Contact Us

College of Liberal Arts	General
McConnell Hall, 185-188	Hood House, 2 nd Floor
15 Academic Way Durham, NH 03824	89 Main Street Durham, NH 03824
-	(603) 862-2070
cola.caps@unh.edu	caps@unh.edu

Resources

College of Liberal Arts Dean's Office

Murkland Hall, 110

603-862-2062

Jenni.cook@unh.edu or liberal.arts@unh.edu

Undeclared COLA and have an advising question?

Uac.advisors@unh.edu

<https://courses.unh.edu/timeroom>

(course material info found here)



Resources Continued

- 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://catalog.unh.edu/srrr/>



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 I 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>
- 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)
- UNH IT Help Desk: 1-603-862-4242



Parent Portal info

<https://www.unh.edu/sites/default/files/media/pdf/parent-portal-help.pdf>



Setting up UNH email

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

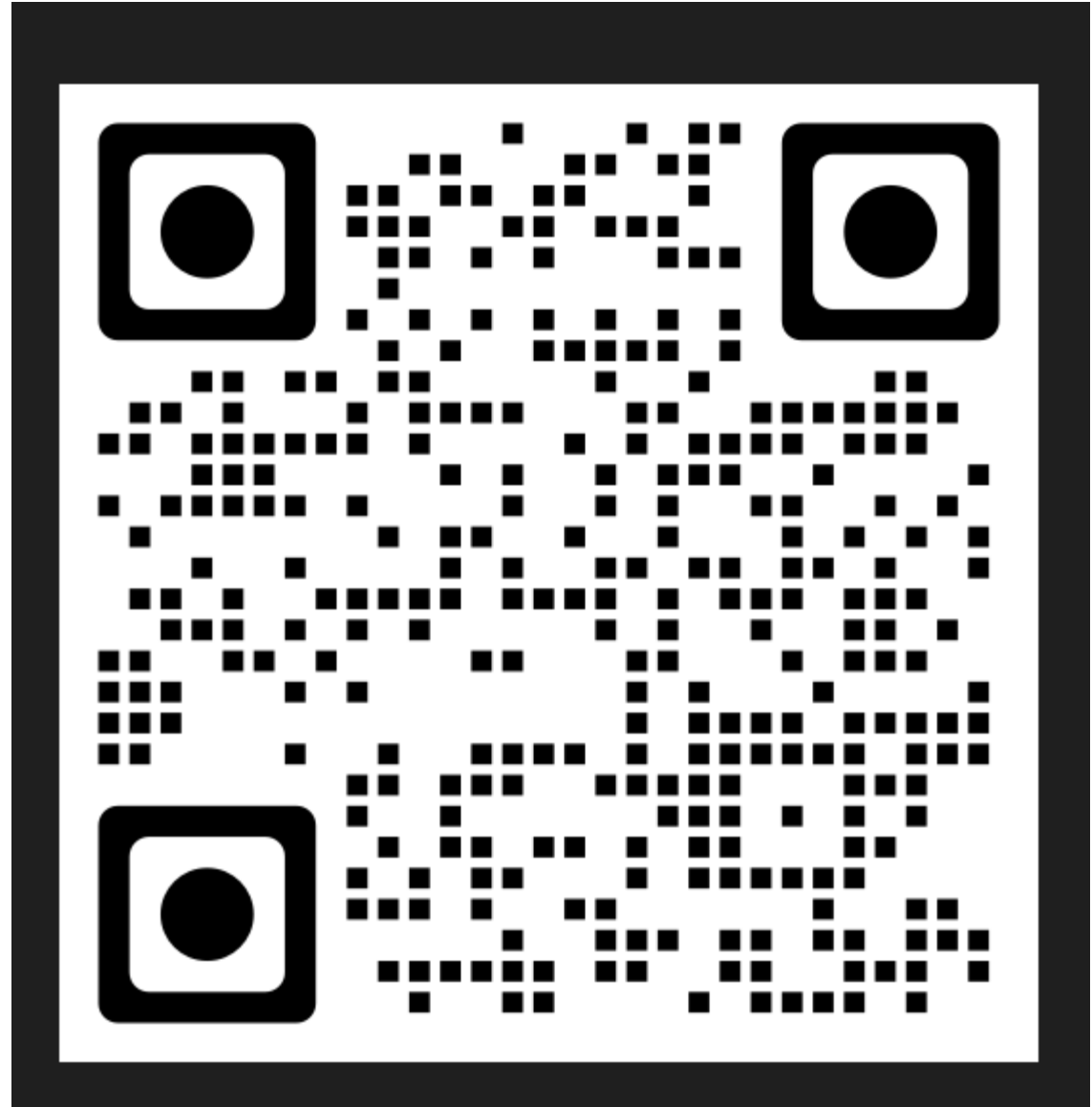
1-603-862-4242



Access to
these PP
slides?



QR code to
access:





Q & A



Or use QR code

Or go to www.menti.com and
enter 7443 6983





PP QR:

