Introduction

Jenni Cook, Associate Dean
College of Liberal Arts

Kevin Sousa, Director of Academic Advising and Student Success

Kelly Condon, Coordinator of First Year Students

Kelly Millar, Academic Advisor, at large for COLA

Nathan Talbot, Director of the University Advising 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: 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/](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](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](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

<table>
<thead>
<tr>
<th>Resource</th>
<th>Overview</th>
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<tbody>
<tr>
<td>Focus 2</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>COLA 500</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 Handshake. During the appointment(s) you will complete assessments, review resources, and discuss your options.</td>
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## Finding internships and on-campus jobs

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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 ’23, Spring ‘24, and Summer ’24.</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 <a href="#">Handshake</a>. 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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### Writing a resume and cover letter

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<tr>
<td><strong>Templates &amp; Samples</strong></td>
<td>Verified resume templates and cover letter samples. Use them to ensure you supply the information employers look for.</td>
</tr>
<tr>
<td><strong>Resume Review Day</strong></td>
<td>Offered on campus or online once per semester. Attend to get resume feedback from hiring managers and recruiters.</td>
</tr>
<tr>
<td><strong>VMock</strong></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><strong>Drop-In Hours</strong></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>
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## Interviewing for an internship or job

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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>
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# Contact Us

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

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/](https://www.unh.edu/cfar/)
- Campus safety/rides/walking escorts: [https://www.unh.edu/parents/safety](https://www.unh.edu/parents/safety)
- Another app: [https://www.unh.edu/upd/Safety-apps](https://www.unh.edu/upd/Safety-apps)
- Computer and Software Recommendations for students:
  - [https://td.unh.edu/TDClient/60/Portal/KB/ArticleDet?ID=1118](https://td.unh.edu/TDClient/60/Portal/KB/ArticleDet?ID=1118)
- Degree Works: [https://www.unh.edu/registrar/academic-records/degree-works-degree-evaluation](https://www.unh.edu/registrar/academic-records/degree-works-degree-evaluation)
- Dining: [https://www.unh.edu/dining/](https://www.unh.edu/dining/)
- Financial Aid: [https://www.unh.edu/financialaid/](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](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)
- UNH IT Help Desk: 1-603-862-4242
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 go to www.menti.com and enter 7443 6983

Or use QR code