

Senior Points 2024



UVA

Uplift

Know Yourself

- Schedule classes and job shifts according to your best time of day, if possible
 - Don't schedule an 8 am lab or breakfast shift if you are a night person!
- Learn/assess/know your level of risk-taking and comfort with change
 - Make choices and respond accordingly
 - Realize change and risk won't disappear but CAN be managed

Know Yourself

- Give new circumstances/settings at least 18 months before deciding to change/move/transfer
 - School
 - Major
 - Location
 - Employment

HOWEVER...if your mental and/or physical health and safety are at risk, seek advice and help and respond accordingly!

College Success Tips - Academic

- Schedule classes and job shifts according to your best time of day
 - Don't schedule an 8 am lab or breakfast shift if you are a night person!
- Walk your schedule before the first day of classes
 - Note accessibility issues
- Plan on 3 hours of outside work per credit unit
- Don't take a credit overload your first year
- Get behind? Catch up with summer school
 - Have classes pre-approved for transfer if you are going to another university/community college for summer school

College Success Tips - Academic

- Take large lectures / labs on the off-semester if possible
 - Bio 101 in the spring instead of the fall, for example
 - Smaller sections allow for more interaction with faculty and TAs
- Unsure about a major?
 - Complete all general education requirements first
- Switching majors?
 - Work with an academic advisor to determine schedule and timing
 - Plan for required classes that are offered only once a year

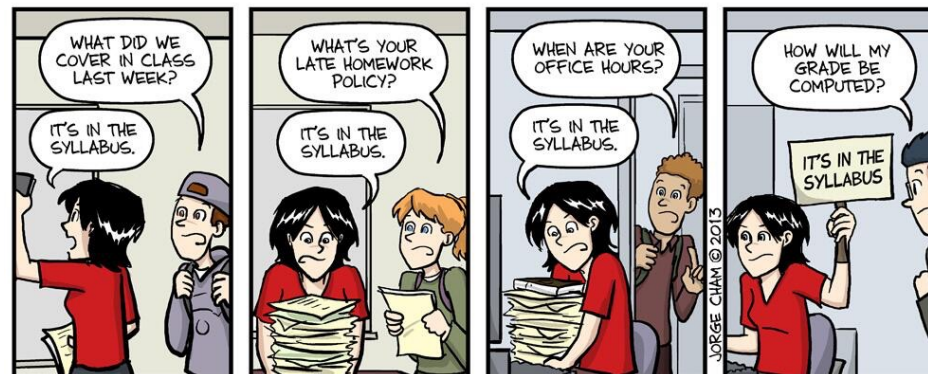
College Success Tips - Academic

- Find out the documentation you need for learning accommodations
 - Have everything in place at the start of the semester
 - Think you need testing?
 - Ask Student Health for assistance
- Check with coaches/directors for practice, travel, and game expectations and plans before you schedule classes
- Be proactive in monitoring your academic career
- Life happens – know withdrawal and incomplete policies
- Go to office hours!

College Success Tips - Academic

COLLEGE is DIFFERENT from HIGH SCHOOL!

- ALWAYS READ THE SYLLABUS FIRST
 - If a policy or due date is still not clear, then ASK



IT'S IN THE SYLLABUS

This message brought to you by every instructor that ever lived.

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College Success Tips – Career Planning

- Visit the Career Center during your first year
 - It may also offer (free) interest and strength testing
 - You'll receive great advice about the best major for you at this time
 - They will also help you prepare a resume
- Also visit job and graduate study fairs during your first year
 - Note the range of available careers matching your interests
 - Job/admission requirements can help in selecting your major
 - Check out employers
 - Note expectations regarding dress, interview content, and resume format/content
 - Look for internship opportunities

College Success Tips - Health

- Connect with your
 - Resident Advisor
 - Student Health Center
 - Counseling/Psychological Services

At the first sign that you need support
Asking for and accepting help are signs of strength
- Make sure your emergency contact information is current
- Be sure to complete all entrance requirements for physicals, vaccinations, and insurance
- Take advantage of free screenings and vaccinations

College Success Tips - Social

- Go to Activity Fairs and Organization Body/Interest Welcome Meetings – but don't overcommit
 - You can always join/rush during next semester or year
- Review social media privacy settings periodically
 - Be very careful with public postings – yours and others
 - Internships, graduate programs, and employers WILL search your accounts!
- Strive for balance

Stay safe

Student Support Services (SSS)

- If your school has an SSS program, connect with them ASAP
- These Virginia universities have programs as of AY 2021
 - Hampton
 - Norfolk State
 - Old Dominion
 - UVA – Wise
 - Virginia Commonwealth
 - Virginia State
 - Virginia Union
- A number of community colleges also have programs (but not PVCC, Blue Ridge, Germanna, or Southside – yet)

Connect with UpLift

- Keep in touch!
- Send us your
 - Placement test results
 - First semester schedule
 - College email address
 - Permanent email addressas soon as you have them
- You will always be part of the UpLift Family!

Connect with Other (Related) Programs

- STEM majors: check out summer resident opportunities (with stipends!)
 - Louis Stokes Alliance for Minority Participation (National Science Foundation)
 - Ronald McNair Postbaccalaureate Achievement Program (McNair Scholars - TRiO)
in states/schools of interest
- Adult students: Veterans and Educational Opportunity Center programs (TRiO)
- We can help you find programs and contact information

Congratulations, Seniors!

