

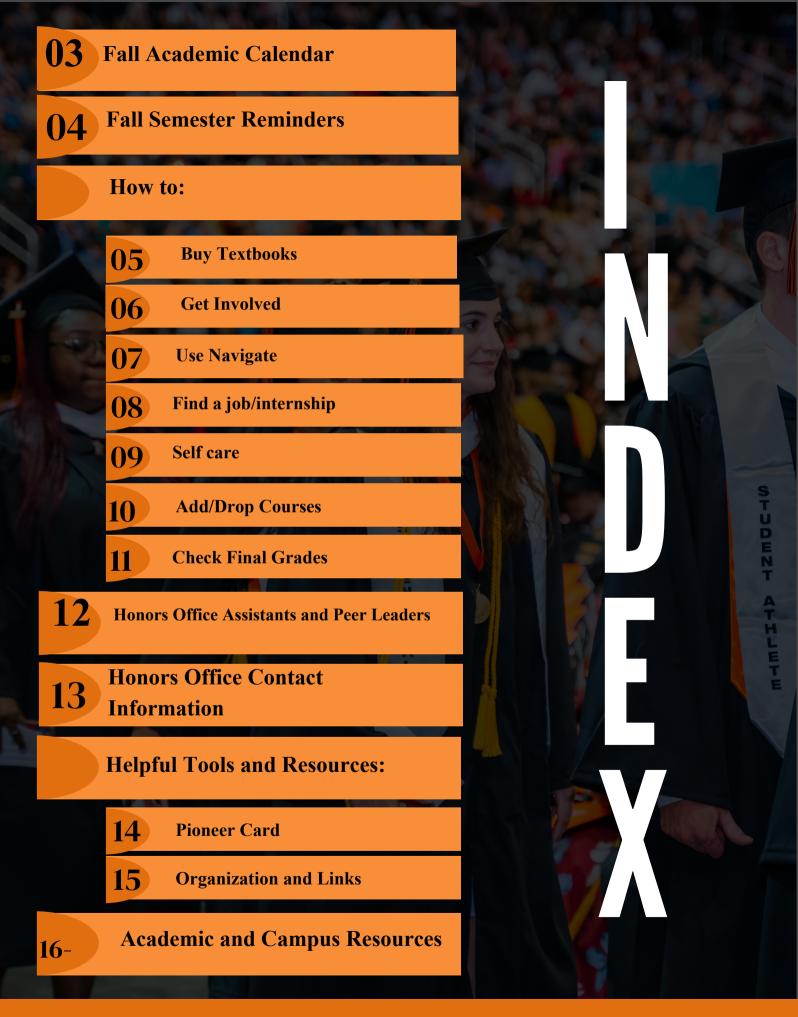
# INFORMATION PACKED First-Year Students

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2023 -

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## Fall 2023 Academic Calendar

First day of classes: No Day Classes; Classes will	August 30	
begin at 5 pm		
Labor Day; Classes not in Session	September 4	
Fall 2023 Program Adjustment	August 30 – September 11	
Last Day to Add/Drop Classes for Fall Semester**	September 11	
Last day to request pass/fail or audit option (email	September 13	
registrar@wpunj.edu)		
Indigenous Peoples' Day/Columbus Day.	October 9	
University is open, classes are in Session		
Wellness Days. University is open. No classes	October 12-13	
Election Day. University is open. Classes are in	November 7	
Session		
Veteran's Day. University is open. Classes are in	November 10	
Session		
University is open. No classes	November 22	
Thanksgiving Day. University is closed. No	November 23	
classes		
University is Open. No classes	November 24	
Last week of classes	December 11-16	
Fall semester ends	December 16	

**\*\* Please contact Honors at honors@wpunj.edu before** attempting to make schedule changes

## Fall Semester Reminders

- Check your WP email account at least once every day. The University will notify you by email about important information (changes to spring courses, payment/billing issues, missing documents, etc.)
- Attending **3 required first-year** meetings
- Attending at least one "All College Honors College" meeting
- Watch your email for Spring 2024 registration details
- Remember to pay your bill on time. Do not risk having your spring classes dropped! If you are dropped from your classes due to payment issues, you will lose the great course schedule that you registered for back in the fall, and it will be difficult (if not impossible) to get the classes back
- You may register for Winter 2023 courses now. If you are interested in taking a winter course, please speak with your advisor

### Fall Semester Reminders

## HOW TO: Buy Textbooks

Log on to WPConnect and select the "Student" tab. Under the
 heading "My TextBooks" select Purchase textbooks

This will take you to a screen that shows the textbooks your professors have listed for each individual course. You can purchase them online and have them shipped to you, or you can pick them up in the bookstore.

If you are picking up textbooks in the bookstore, be sure to bring the email confirmation.

### Alternatively,

- 1. Search: https://www.bkstr.com/williampatersonstore/home Select Term
- 2."Fall 2023"
- **3**. Enter your course information:





Epidemiology 101 (w/Navigate2 Advantage Access) \$57.82 to \$88.95

Edition: 2nd ISBN: 9781284107852 Author: Friis Publisher: Jones & Bartlett Learning Formats: BryteWave Format Before purchasing a textbook, cross reference the course syllabus with the bookstore website for accuracy

The textbook your professor has selected for that course will appear and you can then purchase/ rent your textbook.

The ISBN can be used to find the same textbook on other sites such as CHEGG, Amazon, Barnes and Noble etc.

# HOW TSOUCH States of the second secon

Each Honors student is required to participate in 7 hours of civic engagement per academic year. The only events that count toward this requirement are events organized by: The Honors College The Honors College Club Events recognized by a UCC Area 5 course Events that students register for through Pioneer Life

The Honors College will accept the number of hours for each event posted in Pioneer Life or by Student Activities. If you acquire civic engagement hours from an event sponsored by a private organization, please fill out a Civic Engagement Report Form and email it to honors@wpunj.edu.

To find out more about events, performances, organizations, or clubs on campus, please visit Pioneer Life.

Download the Corq app to search for social, cultural, educational and/or civic engagement events!



### WHY SHOULD I JOIN A CLUB IN COLLEGE?

- 1. Network the friends and acquaintances you meet in college are more than social; they may also be the people who help you find jobs. And, being a club member is...
- 2. Another line on your resume. Employers like to hire people who get involved. Clubs are one way of showing that you are an active person. But, even if the club doesn't help your job search it might...
- 3. Reduce your stress by giving you something fun to do or at least something that isn't solely focused on course work. Also, talking with people, and interacting with them at events will help you...
- 4. Develop those all-important soft skills that employers talk about such as working with diverse people; collaboration; teamwork; and communication.

# HOW Television

Navigate for students can be found in your WPUNJ Apps on WPConnect.

You can schedule appointments with your advisors and join study groups with students in your class.

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To-Dos and Events   Appointments   Study Buddies	2
Appointments     Appointments     Schedule An Appointment       Study Buddies     Image: Appointments     My Team	
Image: Study Buddies       Image: Resources     My Appointments     My Team	
Resources     My Appointments     My Team     History	
Surveys	
> Notifications	
A Holds	
Class Schedule Upcoming	
S My Major	
V Favorites	
· Help	
Account	
No Upcoming Appointments Yet!	

# HON Topological States of the second states of the

### To find and apply for jobs <u>on campus</u>, use **"Hiretouch**":

- 1.Go to the "Student" Tab on WPConnect
- 2. Scroll down to "Careers and Campus Jobs"
- 3. Select "Hiretouch"

### To apply for <u>off campus</u> jobs and internships use **"Handshake**":

- 1.Go to the "Student" Tab on WPConnect
- 2. Scroll down to "Careers and Campus Jobs"
- 3. Select "Handshake: Job & Internship Portal"

### **Benefits of Handshake:**

- Find out about campus career events!
- Access the career center for resume checks, mock interviews, and career planning!
- You can search for employers and employers can also reach out to you about opportunities!
- Find jobs and internships for every path!

### For more resources visit: <u>The Career Development Center</u>

# HOW T Self Care

### Take Care of your Body $\mathbf{X}$

Maintaining your physical health is a crucial factor in keeping your mind healthy. Eating a wellbalanced and nutritious diet can boost your immune system and lower the effects of stress on the body. Incorporating exercise with a healthy diet will also help improve your mood by producing endorphins.

### Take a Break from News and Social Media

It's important to know when to unplug before it starts affecting your mental health. You can stay informed by checking in from time to time, but don't overdo it by continuously refreshing social media throughout the day. This can increase feelings of fear and anxiety.

### Make Yourself a Priority z<sup>z<sup>Z</sup></sup>

Remember to put yourself first when you feel overwhelemed or stressed. Always make sure to prioritize your sleep, diet, and mental health. A healthy mind will help you succeed!

### Go Outdoors

Not getting enough sunlight can result in a drop in serotonin levels, which directly affects your mood. Low levels of serotonin can also lead to symptoms of depression. Going outdoors for at least an hour every day will allow you to get fresh air and improve your mental well-being

### Listen to Music 🧺

One of the most convenient ways to relieve stress is to listen to music. Music has many therapeutic benefits; it helps lower anxiety and depression levels, ease muscle tension, and enhances your mood. Start your morning by listening to a playlist with your favorite songs to help you de-stress.



Setting goals helps define priorities and improves self-confidence and motivation. Make sure to write down the goals you want to set and how you want to accomplish them. Not only will this help you stay organized, but it will also allow you to keep track of your progress towards achieving the goal.

# HON T Strates

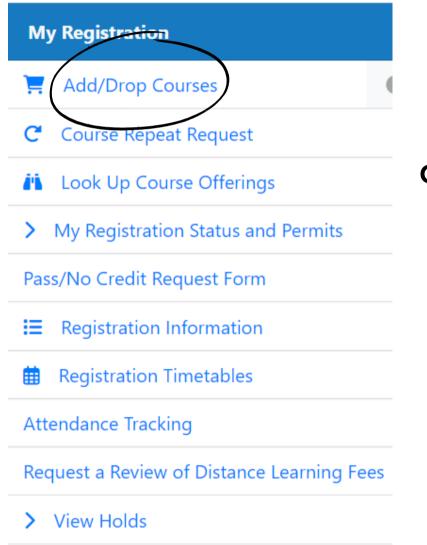
- 1.Log on to WPConnect and select the "Student" tab.
- 2. Under the "My Degree" heading, select the "Final Grades" tab. Select
- 3. "Fall 2023" from the drop down box.

This drop down may not be available until December 2023 or later

My Degree			
Status:	Active		
Class:	Graduate		
Degree:	Master of Science		
College:	Science & Health		
Program:	MS Communication Disorders		
Major:	Communication Disor	Communication Disorders	
Financial Aid SAP Status:	Award Aid		
🗧 Add, Declare, or Change Major			
Add, Declare, or Change Minor			
Change to or from WP Online			
Degree Works (New Dashboard)			
Degree Works Daahboard)	s (Classic	6	
(A) Final Grades			
Early Assessment			
🖹 🛛 Request Officia	al Transcript		

# HOV TONT String of the second second

### **Registration for Spring 2024** will take place in October



Everything you need to prepare/ register for your class will be under the "My **Registration**" tab in WPCONNECT.

> \*Please refer to registration videos for help

### Honors Office Assistants and Peer Leaders

#### **Office Intern**



Major: Psychology Minor: Music with a Voice Emphasis

Hobbies: Learning about people and discovering music

Campus involvement: Bioethics club, Voxtet, Jazz Vocal Workshop, Chamber Choir

#### Office Intern



Major: Medicinal Biochemistry

Honors Track: Global Public Health

Hobbies: Baking and cooking

Campus involvement: Public Health, Social Justice, and Chemistry research, Honors Club

#### **Graduate Assistant**



Major: Speech and Language Pathology

Hobbies: Gardening and traveling



Major: Nursing Minor: Public Health Track: Nursing

Hobbies: Playing animal crossing

Campus Involvement: Honors College Club Vice President, Student Nurses Association, Theta Phi Alpha Sister, NET tutor



Major: Communication Disorders and Science

> Track: Cognitive Science

Hobbies: Baking and crafting

Campus Involvement: Honors College Club President and NSSLHA at WPU



Major: Medicinal Biochemistry

Track: Global Public Health

Hobbies: Baking and cooking

Campus Involvement: Public Health, Social Justice, and Chemistry research, Honors Club



Major: Secondary Education

Minor: English

Hobbies: Reading, journaling, and going on walks

Campus Involvement: Theta Phi Alpha



Major: Jazz Studies, Music Education

Honors Track: Music

Hobbies: Camping, reading, and coin collecting

Campus Involvement: Chess Club

# Honors Office Contact Information

Location: Raubinger Hall 207 Phone Number: 973-720-3657 Email: honors@wpunj.edu

**@WPUHONORSCOLLEGE** 

**@WPHONORS** 



Honors College William Paterson University

WILLIAM PATERSON UNIVERSITY HONORS COLLEGE @wphonorscollege

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HONORS COLLEGE WPUNJ

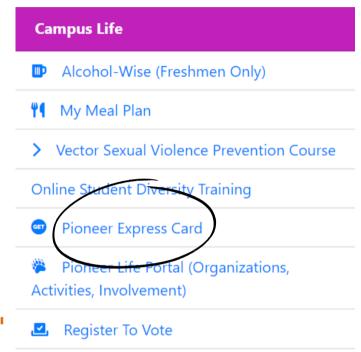
# Helpful Tools and Resources: Pioneer Card

How to check your pioneer card balance:

- 1.Log in to WPConnect
- 2.Click on the "Student" Tab
- 3. Under the "Campus Life" heading, click "Pioneer Express Card"

Balances can also be viewed on the GET app

Balances will transfer over from Fall to Spring, but they do not transfer over from the Spring semester to the Fall semester of the next academic year





# Helpful Tools and Resources: Organization

### Be proactive! Manage your time and get ahead on your work!

- Use Google Calendar and/or Google Tasks to keep track of your schedule
- Microsoft One Drive can be used to create documents, powerpoints, and other files. This feature is included in the free Microsoft package associated with your student account
- **Paper planners** are great organizational tools to list and prioritize assignments, meetings and anything else going on during the semester

## **Helpful Links**

<u>Honors Handbook</u> <u>Lost ID</u> <u>Reserve a Study Room</u> <u>Print from Anywhere on Campus</u> <u>Shuttle Information</u>

# Academic and Campus

## **esources**

### **Math Learning Center** Science Hall East Room 3036

#### What it Offers:

- The Mathematics Learning Center provides academic support in Mathermatics courses up to Calculus II.
- Walk-in available, no appointments necessary
- Tutors can help review a quiz or exam, prepare formula sheets, practice example problems, and more!

### Writing Center

- 45-minute sessions
  Some consultants also offer "e-tutoring" sessions where you drop off your assignment and current draft. Comments can be sent back within one day.
- Help with reviewing assignments, brainstorming, getting started, expanding ideas, revising early drafts, crafting



### Science Enrichment Center

- <u>Study Groups</u>: Collaboration with a facilitator and peers to discuss and review course content for a specific student at the same time each week by
- Walk-ins: No appointment necessary
- Workshops: face-to-face and video workshops specfically designed to help student succeed in the





### Academic Success Center Chena Library Room 111B

#### What it offers:

Students receive both one-on-one time and group-oriented assistance for a wide range of lower-level and upper-level courses; as well as for developmental skills for mathematics and reading courses.

> Website: www.wpunj.edu/academics/asc

### **David & Lorraine Cheng Library**

#### Website: https://www.wpunj.edu/library



- What it offers: • Provides a large variety of books and
- media that can be borrowed. Extensive database to support students
- in research, papers, etc. Contains the Academic Success Center
- and the Curriculum Materials Center Several study rooms that can be
- reserved or "first-come, first-serve



Career Development Center

and graduate school preparation, as well as

**Academic and Campus Resources** 

## Academic and Campus Irces

### Student Enrollment **Services**

MORRISON HAT

Morrison Hall Room 104

What it offers: Answers questions regarding financial aid, scholarships, financial literacy, billing and payment, installment plans, and record/select registration services

Website: https://www.wpunj.edu/centerss/



Through primary health care, personal couneling, health education, prevention services and co-curricular educational opportunities, this center assists students in achieving success in their academic experience and life goals.

### Center of Diversity & Inclusion

- more about their personal identity(s), appreciate the uniqueness of others, and contribute to the creation of a more just
- Website:https://www.wpunj.edu/diversity-and-inclusion/

# DEST ATHLETE

Center

#### **Academic and Campus Resources**