



# 1st Quarter Mentoring Syllabus

## WEEKLY TOPIC

## ACADEMIC CHECK-IN

## PERSONAL CHECK-IN

WEEK  
00

### TRANSITIONING TO COLLEGE

- Finding classrooms
- Going over the class schedule
- Discoveries Debrief

- Homesickness
- Social anxiety
- Differences between school & college
- Housing/residence Life
- Meal Plans

WEEK  
01

### TIME MANAGEMENT

- Class workload
- Time management techniques & strategies
- Organization techniques & strategies (see FSEM resource website for tools/worksheets)

- Difficult transitions
- Finding spaces to study & relax
- Residence hall or commuting experience

WEEK  
02

### SUCCESS IN LECTURE COURSES

- How to participate in class
- Tips on note-taking, etc.
- Learning styles
- Library resources & Help Centers (see FSEM resource website for tools/worksheets)

- Student engagement: clubs, organizations, etc.

WEEK  
03

### STUDY SKILLS FOR MIDTERMS & FINALS

- Organizing study materials, synthesizing large chunks of material
- 5-day test-preparation tool (FSEM resources website)

- Stress management techniques
- Student support resources & offices offered at DU

WEEK  
04

### PAPER WRITING

- Brainstorming, outlining, structuring college-level papers
- Style tips
- Start scheduling advising appts.

- Connecting with professors/classmates
- Keeping in touch with family & friends from home

WEEK  
05

### USING FACULTY OFFICE HOURS

- Go over faculty office hours expectations
- Faculty office hours video and guide (FSEM resource website)

- Organizations, commuting to campus, life in the residence halls, food in the dining hall

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## WEEKLY TOPIC

## ACADEMIC CHECK-IN

## PERSONAL CHECK-IN

WEEK  
06

### COURSE SELECTION

- Conduct advising appts.
  - Prepare for registration (go over degree audit, delete PIN)
  - Look at account holds
  - Review how to register
- Organizations, commuting to campus, life in the residence halls, food in the dining hall

WEEK  
07

### MANAGING STRESS

- Conduct advising appts.
  - Prepare for registration (go over degree audit, delete PIN)
  - Look at account holds
  - Review of how to register
- Stress management
  - Long-term personal goals

WEEK  
08

### CHOOSING A MAJOR

- Academic interest exploration
  - Career & Professional Development Office
- Study abroad interests & process
  - Organizations, commuting to campus, life in the residence halls

WEEK  
09

### CAREER PLANNING

- Talk about Strengths Finder and/or other career assessments
  - Visit Career & Professional Development office website
  - Long-term goals
- Stress levels
  - Organization strategies
  - Relaxation strategies
  - Look for campus opportunities for stress relief

WEEK  
10

### STUDYING FOR FINALS

- Preparing for finals
  - Reflect on the fall quarter
  - Goals for next quarter
  - Taking advantage of the winter interterm (research, classes, internships, etc.)
- Plans for the break
  - Packing for the break
  - Goals for next quarter

WEEK  
11

### END OF QUARTER OUTING

Faculty mentors should end the quarter with a fun outing with all of their mentees. This may be a dinner at the mentor's home, a campus performance or concert, an athletic event, or a holiday party. The final session should celebrate the strides the mentees have made in acclimating to college life, exploring their academic and career interests, and getting involved in campus life and culture.