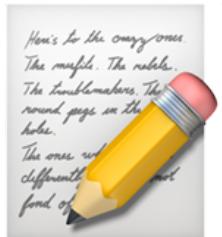
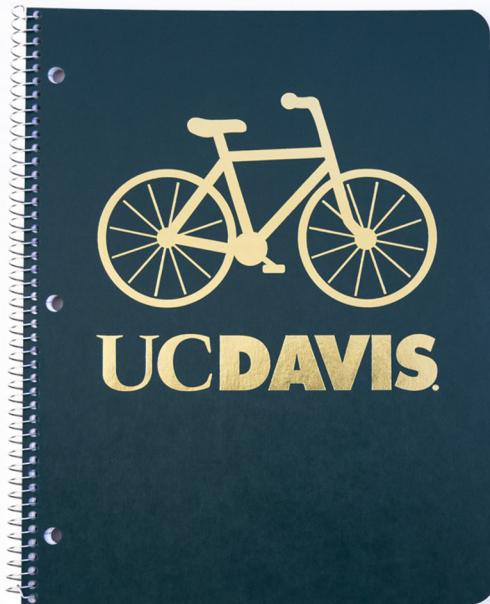
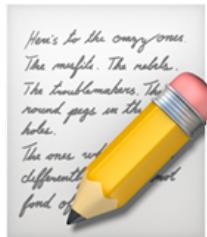


My UC Davis Toolkit



Name of New Aggie: _____



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Welcome New Aggies!!



As a New UC Davis Aggie you
probably have lots of questions!



Use this toolkit to:

- Jot down resources you learn about during orientation
- Learn about tips for common college struggles
- Refer to whenever you feel stuck or want help



Remember to add to the toolkit
as you learn and grow!

Created for you by UC Davis students and faculty

What's Included in the Toolkit?



Fill in. Answer the scavenger hunt-type questions. You might want to check with other students, advisors and professors for ideas. Write down a phone/email for resources identified.



Tips. Tips to be successful from faculty, staff, and other students.



Activities. Activities to build community, learn about UC Davis resources, or practice college skills.



Reflections. Questions to reflect on during your time at UC Davis.



Some advice from Aggies just like you!

We asked current students what advice they have for students starting at UC Davis in the Fall

“It can be easy to fall behind, so stay up to date with lectures and class materials. You can do this!”

“Use a planner to write down assignments that are due each week. It’s easy to forget when things are due.”



“Form study groups to support each other.”

“Seek out resources and use them. UC Davis offers a lot of resources that everyone should take advantage of.”

“Take breaks when you start to feel tired.”



“Set achievable goals.”

“In class, find someone you know and reach out to them after class.”



“Stay connected with programs like Discord and Google docs.”



“My advice is to reach out to other students even though it might feel awkward at first. It seems scary, but more people than not would welcome new friends, and the potential friend is worth much more than the initial awkwardness. It’s important to go to office hours and connect with professors. Office hours are a great way to get to know your professors and the other students who attend office hours. Plus, it can help lead you to research opportunities and letters of recommendation.”

Find advice from current students helpful? Share your reflections to help other students with their transition to UC Davis? Post your experiences to **#New2UCDavis**. We might include it in next year’s toolkit!



Section 1: Building Connections



Building Connections

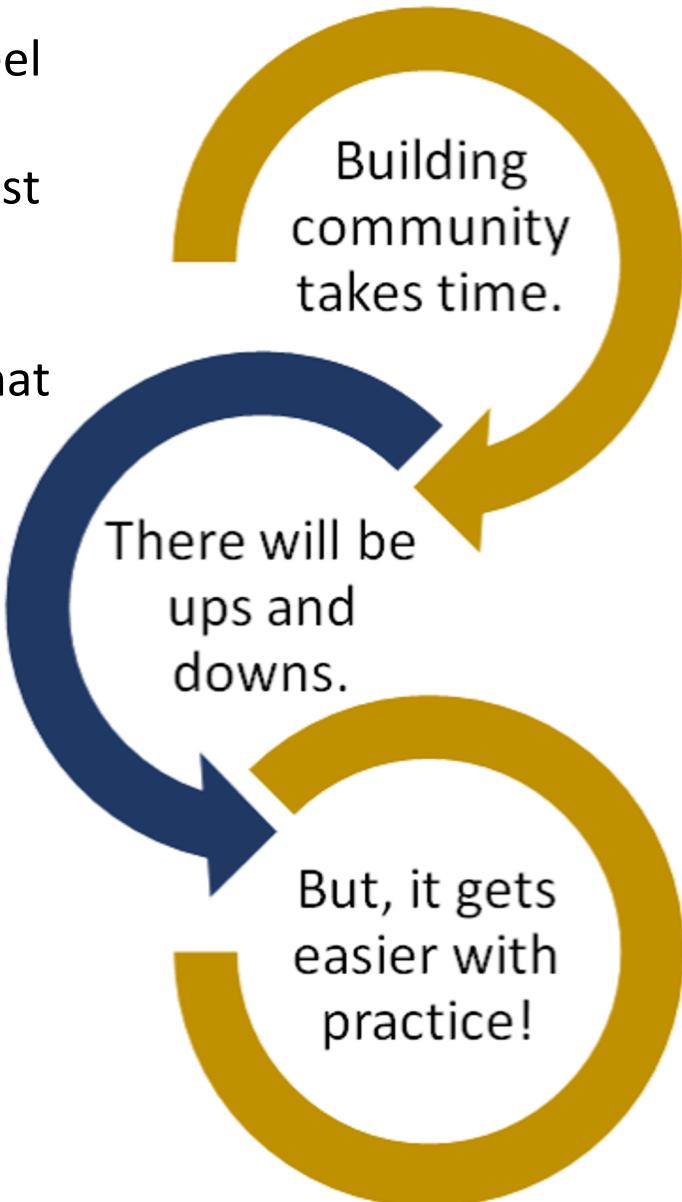


Invest in Building Social Support



"There are still moments when I feel like I'm questioning myself and whether I really belong. But, I'm just really lucky that I found a great support network, mentors, and friends that have helped me feel that sense of belonging."

-UC Davis Senior



Building Connections



Invest in Building Social Support



“It’s ironic—everyone comes to college and feels that they are different from everyone else when, really, in at least some ways we are all pretty similar. Since I realized that, my experience at college has been 100% positive.”

-UC Davis Junior



See Activities on Page 12 for ideas for building your social circle.

Building Connections



Tips



Invest in Building Social Support



Struggles
are a
normal part
of college



Be
prepared to
rise to the
challenge

“Change is difficult and scary. I am so nervous for college and don’t know what to expect. I am worried I won’t be able to keep up. I am also scared that I’ll focus too much on school and won’t make new friends. But, I’ve heard enough stories and am confident that UCD will start to feel like home if I put myself out there.”

-UC Davis First Year Student

Building Connections



Invest in Building Social Support



Places to Meet Other Students

On-Campus

ASUCD Coffeehouse; Gunrock Gaming; Shields Library; The Silo; Mondavi Center



Virtually

Gunrock Gaming Discord; Club Discord Pages; UC Davis Social Media Pages

Remember, building social support includes connecting with professors and advisors in addition to making friends.



Don't know where to start?

Check out this website. You'll find links to resources and answers to questions frequently asked by your fellow students

<https://ebeler.faculty.ucdavis.edu/resources/faq-student-resources/>

Building Connections



Like any journey in life, a supportive team can help make the transition more smooth and fun!

What organizations or groups can you find to connect with campus members...

...who share **similar interests** (e.g., goals, hobbies, social or academic interests)?

...who share **similar identities** (e.g., gender, ethnicity)?

Which **social media pages** at UC Davis will you follow?



Hint: ask your orientation group, professors, advisors, and friends if you aren't sure how to answer.

Building Connections



Activities

Try these activities to start building your community at UC Davis

- Find a way to meet one new person a week (e.g., social media, Canvas discussion board, try out a club)
- In the first month of school, invite a friend you met in class to join you for an activity (e.g., coffee, movie, game)
- Find at least one student club that interests you and attend a meeting (sounds scary, but remember there will be other new people there too)
- Send a professor, advisor, or another student a question (e.g., using email, text, social media)
- Ask a question in class
- Share an encouraging comment with another student (e.g., Thanks for asking that question!)
- Form a study group for one of your classes



Connect with a new friend via social media or text message

Building Connections



Reflection

Taking time to pause and reflect helps you to make meaning from and learn from your experiences

Share your experiences

and advice

#New2UCDavis



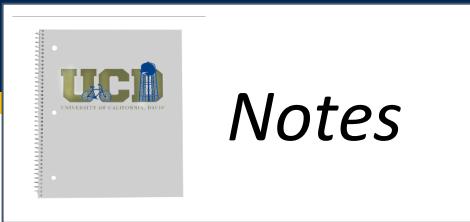
How did it feel to meet a new person or ask a question in class? Was it harder than expected? Easier than expected? What might you do differently next time?

Asking for help can be hard! Practice by asking a friend or family member to do you a small favor or to give you an opinion or feedback on something you are working on. How did it feel to ask? Were you surprised by the answer you received?

“I’d recommend that students reach out to their professors and TA’s early on. If you don’t reach out, how will they know you? They can be a valuable source of support at all times, especially now with so many changes going on.”

-Current UC Davis student

Building Connections



Jot down any tips you learn at UC Davis or on your own about building connections (include relevant contact information)

Academic Connections



Tips

Faculty and staff are valuable resources for growing your career and getting help when you need it

Build connections early to get the most benefit!

Professors can help you with...

- Study tips
- Guidance on essays and/or developing project ideas
- Connecting to other academic resources
- Identifying research and internship opportunities
- Connecting to career opportunities and resources
- Letters of recommendation

Office hours are a great time to talk with professors

- It's OK to feel nervous talking to professors
- Take along a friend and ask questions together
- Prepare some questions ahead of time
- Ask about their research or how they got interested in their work
- You might be surprised to hear their own stories of struggle, excitement and growth too!

"If you're afraid that you're going to sound stupid in front of the professor, you're an undergrad. They don't expect you to know anything! So, the bar is really low, and all you can go is UP from there. So just go talk to them, they're really nice!!"

-UC Davis Senior



Academic Connections



Tips

Faculty and staff are valuable resources for growing your career and getting help when you need it

Academic advisors are here to support you in reaching your academic goals.

Academic advisors can help you with...

- Academic plans
- Course selection and major requirements
- GE checks
- Changing majors
- Late drops and P/NP petitions
- Connecting to internship and career resources
- Connecting to faculty
- Connecting to other campus resources
- And much more....

Where and how can you find an advisor?

- **CA&ES:**
<http://www.caes.ucdavis.edu/students/advising>
- **CBS/BASC:**
<https://basc.ucdavis.edu>
- **CoE:**
<http://engineering.ucdavis.edu/undergraduate/>
- **L&S:**
<https://ls.ucdavis.edu/advising>
- Each major also has an academic advisor and peer advisors. Check out the websites for contact information.
- Meet with your advisor several times a year!

“Academic advisors are like the GPS on your phone, effectively guiding you to your goals based on where you want to go and where you are now.”

-UC Davis Academic Advisor



Academic Connections



Activities

Identify UC Davis members for each category below, that you can go to for support

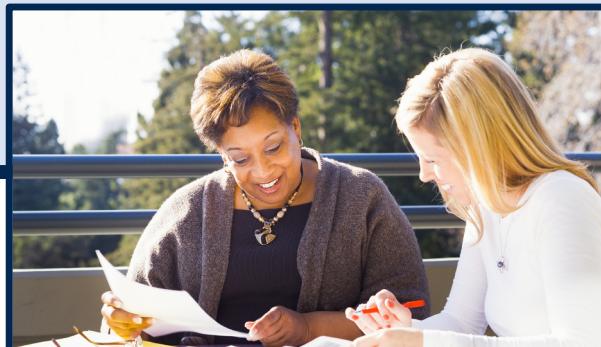
Professors:

Advisors:

Staff/Administrators:

Other:

Include contact information (phone, email)



Meeting Professors



Activities

Try the following activities to build connections with professors

- Ask both a class-related and non-class-related question in office hours (e.g., how did you decide to pursue this field of study?)
- Email Professors (see next page for tips)

True or False?

Reach out for help early on, when a problem is small (e.g., struggling on homework; failing a quiz).

- True
- False

Let professors know about if a personal emergency is impacting your ability to do well in class.

- True
- False

Ask a professor for help if you are feeling lost in class.

- True
- False

Ask classmates for notes/help if you miss class.

- True
- False

*See page 48 for answers!
Try them first and ask for
help before checking!*



Have a question in class?
It's OK to ask--chances are
someone else has the same
question too!

Emailing Professors



Activities

Practice writing an email to one or two professors. Ask another student for feedback.

General Tips

Include professors' titles (Dr., Professor)

Include your student ID number and UCD email

Remember to say thank you and please (don't use text lingo)

Ask about things you need clarification on

Practice 1: Write an email to a professor asking for help in understanding a course concept.

Practice 2: Write an email to a professor asking about ways you can participate in research opportunities with them.



Meeting Professors



Reflection

Taking time to pause and reflect helps you to make meaning from and learn from your experiences

How did it feel meeting professors in office hours for the first time? Was it about the same as you expected, easier or harder? Why?

What was one thing you enjoyed about meeting with professors in office hours?

What is one thing you can do next time when meeting with professors in office hours?

Share your experiences
and advice
#New2UCDavis



Meeting Professors



Jot down any tips you learn from faculty, or about connecting with faculty (include relevant contact information)

Section 2: Expanding Your Support Network



Expanding Your Support Network



Tips

Visit Teaching Assistants' office hours; don't wait till the end of the quarter!

Add UC Davis email to your phone and check it regularly

Familiarize yourself with Google Drive, Box, Dropbox, and Canvas to manage course material

Visit the Academic Assistance and Tutoring Centers to receive tutoring on a variety of subjects (e.g., biology, writing). Visit the following link for more information: <https://tutoring.ucdavis.edu>

Keep a planner (e.g., google calendar, paper planner) to stay organized and keep up with coursework (at the beginning of the quarter, write down all of your deadlines)

Attend Office of Educational Opportunity and Enrichment Services workshops to develop time management/organization skills. Visit the following link for more information: <https://opportunity.ucdavis.edu/services/scls>

Expanding Your Support Network



Who would you reach out to....

...if you're thinking of changing your major or are unsure of what classes to take?

...if you're falling behind in your classes or feeling lost?

...if you want one-on-one help with learning or mastering course concepts?

...if you want to drop a course or change a course grade to a Pass/No Pass?

What tools/resources can you use to complete a group assignment virtually?

Hint: ask your orientation group, professors, advisors, and friends if you aren't sure how to answer.



Who's in YOUR support network?

Expanding Your Support Network



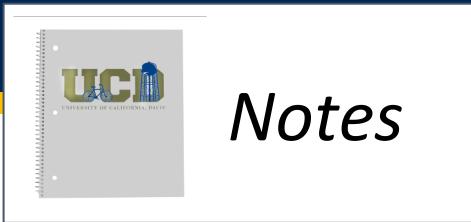
Taking time to pause and reflect helps you to make meaning from and learn from your experiences

How did the first week of classes go? Did anything surprise you?

After your first midterm, take a few moments to reflect. Did you feel prepared before the midterm? What went well? What would you do differently to prepare for the next exam?

How did your first quarter go? What was the most meaningful academic experience of your first quarter at UC Davis? Did you have a favorite class or teacher? If so, why?

Expanding Your Support Network



Jot down other tips and resources to guide you through your time at UC Davis (include resource contact information)

UC Davis Resources



01

Download the Library VPN to access library resources remotely.

<https://www.library.ucdavis.edu/service/connect-from-off-campus/>

02

Download the CANVAS app to access materials/announcements

03

Subscribe to the Office of Educational Opportunity and Enrichment Services newsletter, and attend their free workshops

04

Visit the following website for more resources:
<https://ebeler.faculty.ucdavis.edu/resources/fag-student-resources/>

UC Davis Resources



Who would you contact...

...to learn more about research opportunities?

...if you need help accessing remote resources such as Zoom, CANVAS, or Library Databases?

...if you need help with writing a paper?

...to learn how to find research topics or academic journal articles?

Hint: ask your orientation group, professors, advisors, and friends if you aren't sure how to answer.



Who's in YOUR support network?

UC Davis Resources



Who would you contact...

...to learn about internships?

...if you need coaching on time management, or study skills?

...if you want information about future career possibilities?



Hint: ask your orientation group, professors, advisors, and friends if you aren't sure how to answer.

Who's in YOUR support network?

UC Davis Resources



Taking time to pause and reflect helps you to make meaning from and learn from your experiences

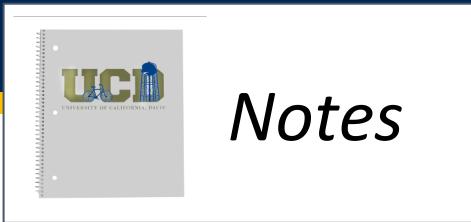
Which resources...

...were most helpful for your first quarter? When did you use them, and when will you use them again?

...were most helpful for your first year?

...have you not visited, and that you would like to use? When and how frequently will you plan to use them?

UC Davis Resources



Jot down notes of how/when you would use resources you learn about during your time at UC Davis

Section 3: Emotional Wellbeing

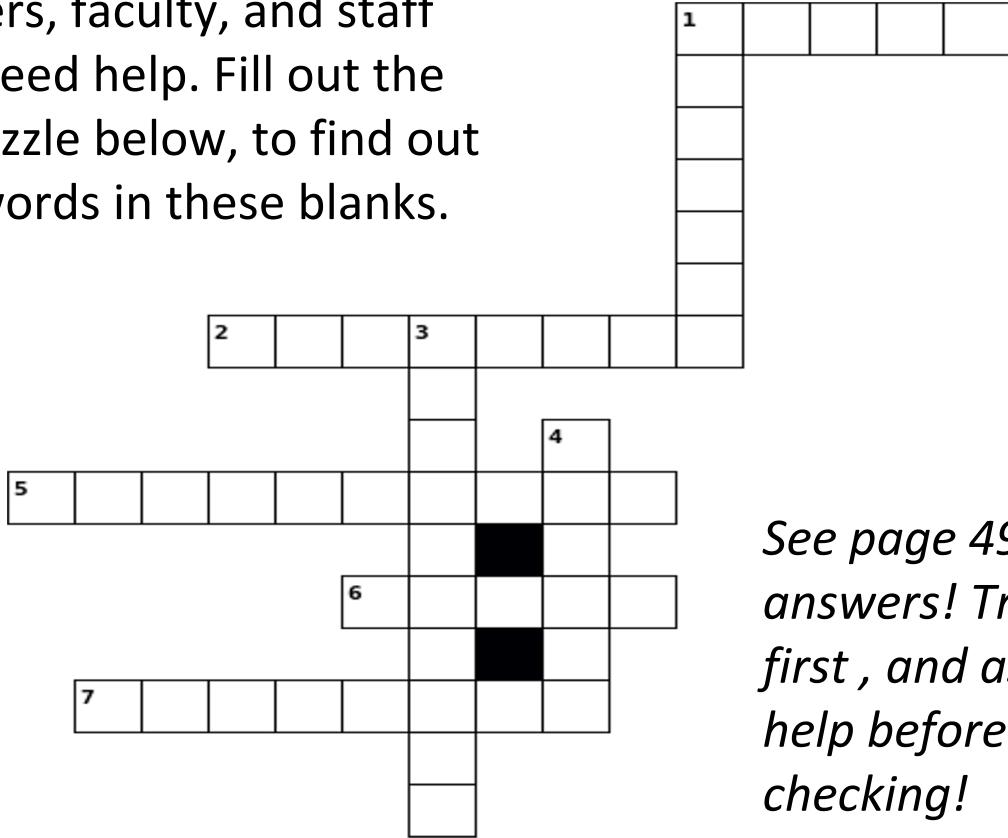


Emotional Wellbeing



Activities

College is not meant to be traveled alone; let peers, faculty, and staff know if you need help. Fill out the crossword puzzle below, to find out the missing words in these blanks. Ask for help!



See page 49 for answers! Try them first, and ask for help before checking!

Across	
1.	_____ out if you are feeling harassed/discriminated against at UC Davis or in the classroom setting.
2.	Student Health and Counseling Services has wellness workshops and _____ on mental health.
5.	UCD SHIP offers _____ counseling services in the community
6.	Find a place close by, to go to if you need time to _____.
7.	The UC Davis Activities and Recreation Center has virtual & in-person _____ classes.

Down	
1.	Create _____ for yourself when you finish a task or exam (e.g., favorite food)
3.	_____ is free through Student Health and Counseling Services. You can speak with a counselor via phone or virtually. Visit: https://shcs.ucdavis.edu
4.	Text “_____” to 741741, to chat with a volunteer counselor

Emotional Wellbeing



Activities



JOT
DOWN...

One small thing you can do each day to self-care

One large thing you can do once a month to self-care

A few people you can talk to if you are feeling sad or alone

Something that makes you happy

Set up a positive study environment

Decorate one portion of your room with positive messages and UC Davis related things (e.g., print pictures, use UC Davis colors). Add to this throughout your time at Davis.

Section 4: Reflection



Reflection: Introduction



Reflection

Taking time to pause and reflect helps you to make meaning from and learn from your experiences

During your time at UC Davis, come back here to reflect on your experiences. The following pages have some reflection activities. We recommend reviewing these questions periodically, and using them to reflect on your current thoughts and feelings and remind yourself of your past thoughts and feelings.

As you reflect on your experiences, think on the following:

Has anything surprised you?

What have you learned about yourself?

Find advice from current students helpful? Share your reflections to help other students with their transition to UC Davis? Post your experiences to **#New2UCDavis**. We might include it in next year's toolkit!



Reflection Time



Reflection

Write down one thing you are worried about, and one thing you are excited about, as you start at UC Davis. After the first year of college, spend some time looking over your responses. Did these worries and excitements stay the same or change? What resources/strategies did you find most helpful?

Reflection Time



Reflection

Write one affirmation about yourself each month. It can be either academic or social. How do these affirmations shape how you feel about yourself? Have they changed as time goes on?

Once a Month

Reflection Time



Reflection

Find a spot nearby where you live that you find peaceful or relaxing. At the end of each quarter and the academic year, reflect on your goals. Did you accomplish your goals? Did your goals change over time?

Write down one piece of advice you have learned each quarter at UC Davis. Ask yourself, did this advice change over time, or follow the same themes?

End of Each Quarter

Reflection Time



Reflection

At the end of each quarter, write out one thing that you are proud of having done at UCD, and one way that you grew in your skills. In what ways did you grow? How does reflecting on your gains make you feel?

End of Each Quarter

Reflection Time



Reflection

Write a brief letter to your future self. Knowing what you know now about college, give advice for what you can do to succeed in the future. What are the resources that you would encourage yourself to use? What activities would you recommend when you are feeling stressed? Do this each year that you are at UC Davis.

End of Each Year

Reflection Time



Reflection

How has the toolkit changed as you have been in college (e.g., resources you used, things crossed out, times used)? How do you see yourself using it in the future?

End of Each Year

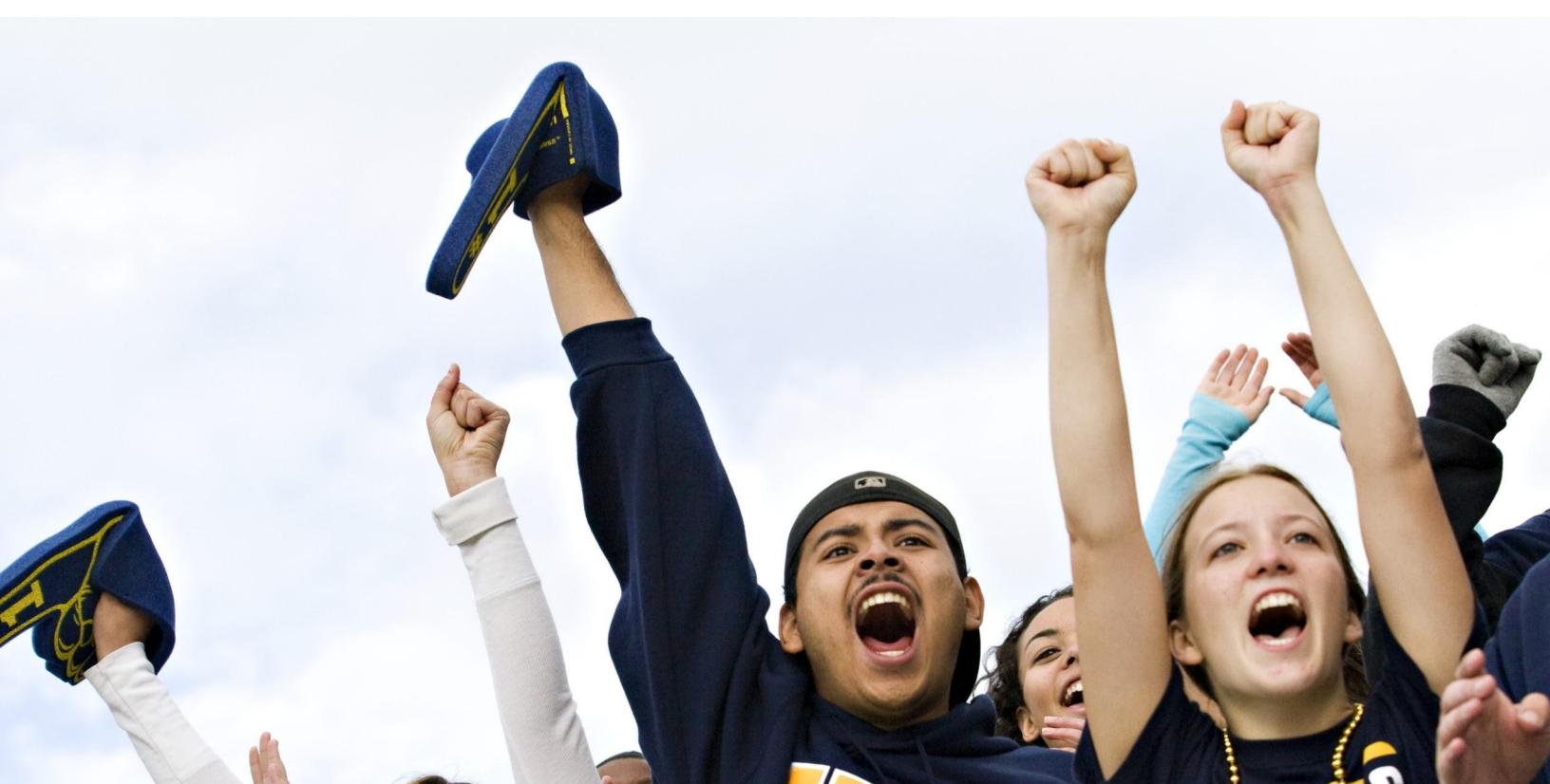
YOU GOT THIS!

We hope that you continue to use this toolkit during your time at UC Davis, not just the first year. We'll even send you reminders throughout the year.

Remember, struggles in college are part of the experience. If you reach out for help things can get better.

We wish you the best during your time here at UC Davis and know you will go far!

**AND REMEMBER, ALWAYS AND FOREVER,
GO AGS!**



Additional Notes

Jot down any other notes, tips, and resources that you learn during your time at UC Davis (include contact information for resources).

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Answer Key

Meeting Professors (page 18) True/False Answers (in order): True, True, True, True

Emotional Health Crossword Puzzle (page 33) Answers:

Across:

1. reach
2. podcasts
5. discounted
6. relax
7. exercise

Down

1. rewards
3. counseling
4. relate



Acknowledgements

Many thanks to UC Davis for the pictures of our beautiful campus! Photos are derived from UC Davis social media accounts (instagram, facebook, twitter), UC Davis websites, The UC Davis Campus Bookstore, and the official UC Davis Photoshelter Page. Many thanks specifically to the following photographers: Karin Higgins/UC Davis, Leslie Suarez, Gregory Urquiaga/UC Davis.

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Emotional Health Crossword Puzzle created via Crossword Labs: <https://crosswordlabs.com>.

