

# MARCH

Student  
Transition Guide

Involvement Network  
Events

TRANSCEND  
Pathway to Success

## NEWSLETTER HIGHLIGHTS

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**transfers**



Student Transitions  
*Student Affairs*  
UNIVERSITY OF GEORGIA



transitions.uga.edu | @ugatransitions  
706-583-0830 | 126 Tate Student Center

# TRANSFER EXPERIENCE

“

**TRANSFER SHOCK** refers to the tendency of students **transferring** from one institution of higher education to another to experience a **temporary dip** in grade point average **during the first or second semester** at the new institution as defined by Hills (1965). A subsequent recovery in grade point average is also common.

”

## WAYS TO COMBAT TRANSFER SHOCK

### FIND A MENTOR

LOOK FOR SOMEONE WHO CAN ADVISE YOU ACADEMICALLY, PROFESSIONALLY, AND PERSONALLY.

### SEEK TUTORING

FIND SOMEONE WHO CAN HELP YOU UNDERSTAND CLASS CONTENT AND GIVE GOOD STUDY TIPS.

### GET INVOLVED

LOOK FOR ORGANIZATIONS AND EVENTS RELATED TO YOUR INTERESTS TO MEET OTHER STUDENTS.

Hills, J. R. (1965). Transfer shock: The academic performance of the junior college transfer. *Journal of Experimental Education*, 33(3), 210–215. <https://doi.org/10.1080/00220973.1965.11010875>



# SUMMER COURSES

## GOOD INFORMATION TO KNOW:

- [Summer courses](#) at UGA are available both in-person and [online](#)
- Costs for credit hours can be found [here](#)
  - **Note** | Zell Miller and HOPE scholarships CAN be used to help pay for summer classes
- As a current student, you don't need to apply for admission
  - Simply register for summer classes in Athena the same way that you register for classes any other semester

## SUMMER COURSE DATES:

May Session	May 18 - June 9
Extended Session	May 18 - August 5
Thru Term	June 10 - August 5
Short Session 1	June 10 - July 8
Short Session 2	July 11 - August 5

\*Content originated from Summer School (University of Georgia)



# RETURNING HOME?

Summer Break will be here before we know it!  
How can you stay productive at home?

## Summer Employment Opportunities

Part-time summer jobs are a great way to make extra money in your free time over the summer. You should:

- Look out for places that are hiring
  - Consider places you frequent as a customer (e.g., coffee shops or fast food restaurants) or try local businesses
- Reach out to friends or peers who have part-time jobs and could recommend you for a position
- Apply for a job as **EARLY** as possible once you're home as most part-time jobs will be ready to train you right away

## Community College Courses

Is there a community college near or in your hometown? Taking community college courses are a great way to complete some course credits while you're home for the summer while saving money. To get started:

- Use [Georgia transfer credits](#) to find the community college's equivalents
- Contact the college
- Complete the school's admissions and registration process

## Shadowing and/or Internships

You may want to find a part-time position that relates to your interests or future career field. To shadow a professional in a certain field or find an internship, you could:

- Contact local offices
  - Ask them about their processes, any available internship opportunities, or other ways to get connected/involved

This process will look different for every field/company/position, but the most important thing is that you never be afraid to **ASK QUESTIONS** and do your **RESEARCH**!



# TRANSFER RESOURCES

## Academic Coaching

Academic Coaches helps students assess where they are now and articulate where they want to be going forward. Coaches help students identify their best next actions steps and how to connect those steps with their long-term goals and core values.

## UNIV 2302 Course

**Register for this course!**

Designed specifically to assist students during their transfer experience, the course will introduce students to key campus resources as well as the missions, purpose, and character of UGA.

## UGA Mentor Program

Become part of the UGA Mentor Program and get connected with a mentor who can help you during your time at UGA. You can search based on a variety of criteria including industry, major, location and more.

## Student Success Workshops

Student Success Workshops are offered by the Division of Academic Enhancement (DAE) to provide a comfortable environment where students can feel free to ask questions and engage with faculty, academic coaches, mentors, and peers.

## Experiential Learning

**Engage with Experiential Learning at UGA!**

Experiential Learning can elevate a student's trajectory, enhance competencies and enable opportunities, now and for years to come.

## Career Center

**Connect with the Career Center!**

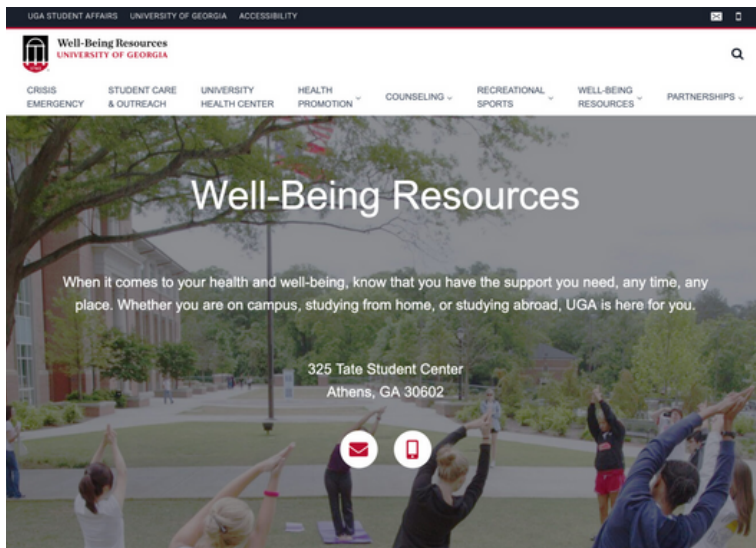
The career center is committed to assisting employing organizations and establishing university partnerships for the benefit of University of Georgia students.

\*Content originated from the Career Center, Division of Academic Enhancement, Experiential Learning, and UGA Mentor Program (University of Georgia)



# USEFUL RESOURCES

## UGA Well-Being Resources



UGA is here to support YOU in many areas including, but not limited to, financially, socially, and physically. Visit the website ([well-being.uga.edu](https://well-being.uga.edu)) to learn more about the initiative and what services can be utilized during your time here in Athens.

**#BeWellUGA Blog** | timely health and well-being information, helpful tips and tricks, education, and meaningful stories from healthcare providers, educators, and the students they serve.

Click [here](#) to view a video about this initiative.

## Let All the Big Dawgs Eat Food Scholarship

The Let All the Big Dawgs Eat Food Scholarship is a need-based scholarship that awards meal plans to several UGA students each fall and spring semesters, as well as summer terms.

### Applications Dates:

For Spring/Fall 2023: **March 4 – April 8**

Click [here](#) for more information.



\*Content originated from Tate Student Center and Well-Being Resources (University of Georgia)

# STUDYING FOR FINALS

As you enter the home stretch of the semester, make the most out of your time with these study tips:

## Study Tips (click for more info)

- ☒ plan ahead \_\_\_\_\_
- ☒ stay organized \_\_\_\_\_
- ☒ determine a study technique that suits you \_\_\_\_\_
- ☒ it's okay to take breaks when studying \_\_\_\_\_
- ☒ take advantage of UGA's resources \_\_\_\_\_

## Avenues to Prioritize Well-Being During Midterms and Finals

- Don't underestimate the power of a walk
- Prioritize sleep
  - Eliminate screen time before bed
  - Journal before bed
  - Create an ideal calming environment
- Implement and plan for study breaks
- Eat well & stay hydrated

\*Content originated from Saatva and Harvard Business Review





# EVENTS

## Involvement Network Events

(Click each event for more information)

### Mini Engagement Fair – Academic and Professional

Meet with students from a variety of student organizations

Day: April 7

Time: 10:30 AM–1 PM

Location: Tate Plaza

### Global Buddies Game Night

Enjoy time with friends, fun, and food; hosted by ISL and the International Student Advisory Board (ISAB).

Day: April 7

Time: 5–7 PM

Location: Hall of Nations (Memorial Hall)

### International Street Festival

An annual event that promotes cultural awareness within the Athens community.

Day: April 9

Time: 12–5 PM

Location: Tate Plaza and Lawns

### Spring 2022 Cultural Night

An evening hosted by the Indian Student Association that showcases Indian culture.

Day: April 16

Time: 7–10 PM

Location: Memorial Ballroom/Tate Grand Hall

### Nutrition Basics: Grocery Shopping on a Budget

Attend to discuss basic components of a nutritious diet, meal planning strategies, and common nutrition concerns for UGA students.

Day: April 26

Time: 7–8 PM

Location: Zoom

### International Coffee Hour

A weekly program hosted by international student organizations and campus departments to bring UGA students and staff together over coffee and international cuisine.

Day: Every Friday

Time: 11:30–1 PM

Location: Memorial Hall Ballroom

\*Content originated from Engagement, Leadership, and Service, International Student Life, Ramsey Student Center, and University Health Center (University of Georgia)

