

STUDENT SUCCESS COACHING PROGRAM (SSCP)

FIRST YEAR ROADMAP



****indicates it will be completed on the SSCP Canvas Course**

Week 0 (only for Fall Quarter)

- **Attend the SSCP First Year Welcome event!**
- Visit the [Office of Academic Support and Instructional Services \(OASIS\) website](#) to learn about the [Math and Science Tutorial Program \(MSTP\)](#) courses & the [Language Arts Tutorial Services \(LATS\)](#) writing resource; (enroll as needed)
- Visit the [Teaching + Learning Commons website](#) to explore their academic resources:
 - [Writing Hub](#)
 - [Supplemental Instruction](#)
 - [Content Tutoring](#)
- [Explore campus!](#)

Weeks 1-3

- Review & note down important [academic deadlines](#)
- Schedule a [one-on-one meeting](#) with your Success Coach **and** Peer Coach. Meet with them each **at least 1x per quarter**.
 - Individual booking links can be found in the weekly emails we send you & on successcoaching.ucsd.edu
- **Review each course syllabus to identify important dates (exams, assignments, etc.) & add them to your planner/calendar**
- Engage with the the SSCP Canvas course & submit the assignments on time to receive [Co-Curricular Record \(CCR\) validation](#)
 - ****Submit your quarterly S.M.A.R.T goal**
 - ****Take your FREE Clifton Strengths Assessment**
- Visit the [University Centers](#) website to find an upcoming event(s)
- Utilize the tutoring resources mentioned in Week 0 as often as you find supportive (remember they are a judgement-free space to help you!)

Weeks 4-6

- Prep for midterms by attending [office hours](#); check out the Faculty Interaction Module** on how to approach office hours
- Visit the [Virtual Advising Center \(VAC\)](#) to [meet with academic advising](#) & prepare for enrollment (e.g. ask questions about sequences, retaking classes, review academic plans, etc.)
 - Please note you have an advisor for GE's/college requirements & **another** for any major(s) or minor(s)
- ****Complete the Strengths Finder assignments**

Weeks 7-10

- **Enroll in courses for next quarter on [WebReg](#)**
- Review grades for each class to identify any additional support to finish the quarter strong (e.g. tutoring, office hours, etc.)
 - We recommend scheduling a second meeting with your Peer Coach to explore together & have an accountability buddy!
- **Start creating your finals study plan (plan ahead to not stress about completing final assignments & preparing for finals!)**
- ****Submit your end of the quarter reflection**
- ****Submit your reflection form**
- Visit the OASIS website to sign up for an [MSTP workshop](#) for next quarter (as needed)

Finals Week: Get enough rest, breathe, do your best!

TIPS FOR A SUCCESSFUL YEAR

TIPS FOR THE QUARTER & YEAR

Academics

- **Create the habit of checking your student email at least once a day.** This is where you will receive important (and time sensitive) information from [Financial Aid](#), [Academic Advising](#), & other campus resources.
 - This includes weekly emails from your Peer Coach & Success Coach with details of SSCP/campus events, [academic deadline reminders](#), & more!
- **Get comfortable using the [Virtual Advising Center \(VAC\)](#).** This is how to [connect with your Major/College Academic Advising](#) via drop-ins. You can also connect with them through the "Ask a Question" feature, which is useful for sending quick questions to advising.
- **Familiarize yourself with all the resources on [TritonLink](#),** as this is where you will enroll for classes, review financial aid info, order transcripts, & more!
- It's normal if the study habits/tools you used in high school aren't as effective in college. **Embrace trying out new methods to study (if you feel stuck, this is where your Peer Coach/Success Coach can help!)** [Here are some resources](#)
- Be sure to use these SSCP resources to help you stay on top of your responsibilities & keep track of all deadlines!
 - [SSCP Weekly Time Finder](#) & [SSCP Quarter at a Glance](#)
- Classes fill up FAST. If you are unable to enroll in a class, you have time to take it in a future quarter. **Enroll in another GE class & message Advising for suggestions via the VAC.** (please keep in mind course enrollment deadlines)

Personal

- The quarter system moves fast. As you plan your quarter/week, schedule in time for activities that re-energize you. **Self-care is not only for when you feel burnout, it should be a part of your routine!**
- Keep in mind that you are navigating a big transition. It's okay to slow down your first year to set the foundation for a successful journey at UCSD. You have time!
- It's okay if you need some help sometimes, you have a lot of people on campus that are here to support you. You're never alone!
- **Remember you can ALWAYS text your Peer Coach or Success Coach. We're real people reaching out and are here to support you!**
 - **Please note:** we only monitor text messages during business hours. If this is an emergency, call 911 or the [Counseling and Psychological Services \(CAPS\)](#) After-Hours Crisis Counseling (24 Hours): 858-534-3755 (select Option 2)
- **Remind yourself that you are here for a reason! Your talents and skills got you to UCSD! YOU BELONG HERE!**