STUDENT SUCCESS COACHING PROGRAM (SSCP)
FIRST YEAR ROADMAP

Week 0 (only for Fall Quarter)

- Explore campus (using this map as a guide) & start visiting where your classes will be at
- Choose a physical or online planner to keep track of important "academic deadlines", homework, & more (the quarter moves fast, so this is important to help stay organized!) You can also use the SSCP Weekly Time Finder and Quarter at a Glance resources
  - Review each course syllabus to identify important dates (exams, papers, assignments, etc.). Add them to your planner/set reminders for due dates

Weeks 1-3

- Visit the Office of Academic Support and Instructional Services (OASIS) website to learn about the Math and Science Tutorial Program (MSTP) courses and the Language Arts Tutorial Services (LATS) writing resource; enroll (if needed)
- Review and note down important academic deadlines for each quarter
- Schedule your quarterly one-on-one meeting with your Success Coach ***and*** Peer Coach (we recommend you meet with our team 2x a quarter)
  - Individual booking links can be found in the emails we send you and/or you can text us for our booking links
- Begin engaging with the the SSCP Canvas course (weekly) and submit the assignments on time to receive Co-Curricular Record (CCR) validation
- Explore the Teaching and Learning Commons website
  - Review the Supplemental Instruction and the Content Tutoring schedules; attend a session (if needed and as often as needed)
- Visit the University Centers website to find an upcoming event to attend

Weeks 4-6

- Prep for midterms by meeting with your professor/TA during office hours (check out the Faculty Interaction module on Canvas on how to prepare to attend)
- Meet with your major/college academic advisor in-person or through the Virtual Advising Center to prepare for enrollment (e.g. ask questions about sequences, retaking classes, academic plans, etc.)

Weeks 7-10

- Enroll for courses next quarter on Triton Student System (TSS)
- Review grades for each class to identify any additional support you might need to finish the quarter strong (e.g. tutoring, office hours, etc.)
  - We recommend scheduling your second meeting with your Peer Coach to explore this together and have an accountability buddy!
- Start creating your finals study plan (plan ahead to not stress about completing final assignments *and* preparing for finals!)
- Visit the OASIS website to sign up for an MSTP course for next quarter (if needed)
- Submit any final assigments on the SSCP Canvas course

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

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TIPS FOR A SUCESSFUL YEAR

(THROUGHOUT 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 sometimes time sensitive) information from Financial Aid, Academic Advising, and other campus resources.
  - You'll also get emails from your Peer Coach and Success Coach with details of SSCP/campus events, academic deadline reminders, and more!
- Get comfortable using the Virtual Advising Center (VAC). This is an important resource where you can connect with your Major/College Academic Advising via their drop-in options and the "Ask a Question" feature (which is useful for sending quick questions to advising).
- It's normal if the study habits/tools you used in high school aren't as effective in college (or you didn't have any in high school). Embrace trying out new methods to study - if you feel stuck, this if where your Peer Coach/Success Coach can help!
  - Checkout the SSCP Tools and Resources page and the SSCP Canvas course for tips and resources for studying, time management, faculty interaction, and more!
- Be sure to use these SSCP resources to help you stay on top of your responsibilities and keep track of all deadlines! You can also use your own planner, like a Google calendar.
  - SSCP Weekly Time Finder and SSCP Quarter at a Glance
  - Set up a meeting with your Peer Coach and/or Success Coach to discuss these resources more.

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 burnt out, it should be a part of your routine to minimize burnout!
- Reflect on what allowed you to thrive in high school (e.g. connecting with loved ones, setting boundaries, being involved in orgs) and explore if that's still supportive for college.
- 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 time at UCSD (even if you feel "behind" compared to others). You will reach your goals!
- Remember you can ALWAYS text your Peer Coach or Success Coach at any time. We're real people reaching out and are here to support you!
  - Please note: we only monitor text messages during business hours (8am-4:30pm, Monday-Friday). If you are experiencing an emergency, please 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!**

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