

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 assignments on the SSCP Canvas course

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

STUDENT SUCCESS COACHING PROGRAM (SSCP) TIPS FOR A SUCCESSFUL 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 is 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!**