





This [digital planner](#) has been designed to support your success at UNC. It will help you plan and work toward your goals and also keep track of your busy college schedule and personal life. This file is available for use on your personal computer, whichever you prefer.

2023

Use this page to document your advisor(s) and your professors' contact information and their office hours for easy access.

2023

We have added important dates and events to remember throughout the semester. You can complete the rest of the page with your exam dates, assignment and project deadlines, and personal events.

You can use the weekly planner in a variety of ways, including as a master syllabus. At the start of the semester, gather your syllabi from each course and transfer all of your assignments, projects, papers, and exam dates to this weekly planner. If you prefer being extra detail-oriented, you can add your weekly readings, too. When all of your due dates are combined, you can anticipate your busy weeks and plan ahead. Likewise, you can identify your lighter weeks and schedule in some fun and relaxation. Taking the time to get organized at the start of the semester will benefit you now and later! The planner can also be a great tool for tracking healthy habits, maintaining awareness of important university deadlines, and creating relevant to-do lists for your courses.

At the end of every month, take a few minutes to reflect on the experiences you've had, the things you are looking forward to next month, and the steps you are taking toward your goals. At the end of the semester, you can review your entries and set new goals for the following semester!

The Student Success Resource Center (SSRC) is available to provide support and we hope this digital planner helps you reach your academic goals. Click below to schedule an appointment with one of our Success Coaches to discuss tips on setting goals, getting yourself organized, etc.

2023

Major Advisor Name _____ Advisor Email _____

Office Location _____ Office Hours _____

*To complete this information, find the syllabus your instructor(s) provided for each of your classes.
Use that information to fill in the days/time and location of the course, along with instructor name and email.*



Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

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Email

2023

Developing a plan for your goals will increase your ability to meet your goals - See the Goal Setting Worksheet at the back of this planner to help make this happen.

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S

Monday, Aug 21
 Friday, Aug 25
 Friday, Sept 1
 Monday, Sept 4
 Tuesday, Sept 5
 Thursday, Sept 28
 Sunday, Oct 1
 Monday, Oct 2
 Thursday, Oct 13
 Wednesday, Nov 1
 Nov 22-24
 Friday, Dec 1
 Dec 4 - 8
 Saturday, Dec 9
 Wednesday, Dec 13

First Day of Classes
 Add Deadline
 Drop Deadline
 Labor Day holiday (no classes)
 Interim/Spring Schedule on URSA
 Commencement Fair
 CAFSA application opens
 Interim, Spring Registration opens
 Ind Course Withdraw Deadline
 Universal Scholarship Opens
 Thanksgiving Holiday (no classes)
 Complete Course Withdrawal
 Finals Week
 Undergraduate Commencement
 Final Grade Deadline (at 5 p.m.)





1 - Monday, August 21 - Friday, August 25

Empty rectangular box for notes.

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Empty rectangular box for notes.

Empty rectangular box for notes.

Empty rectangular box for notes.

Empty rectangular box for notes.

Drinking water will be vital for your good health in our dry Colorado air. Track other healthy habits of your own in the block below.

Water: _____

_____ - Fri, Aug 25



2 - Monday, August 28 - Friday, September 1



*New suggestions for habit tracking:
journaling, exercising, healthy eating, or getting
a full eight hours of sleep every night.*

Water:

- Fri, Sept 1

Check out the UNC Bucket List at the end of this planner to explore some of our amazing resources, make new friends on campus, and get involved with the UNC campus life.



3 - Monday, September 4 - Friday, September 8



You can use a habit tracker for anything. Come up with your own ideas of new healthy habits that you'd like to build for yourself.

Water:

! - Mon, Sept. 4 UNC Closed

- Tues, Sept 5

- Aug 21-Sept 22

- Fri, Sept 8 at 9th Street Plaza

Designate time each week to empower yourself by creating a weekly to-do list. "To-Do lists help us break life into small steps." — Randy Pausch



4 - Monday, September 11 - Friday, September 15

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Think about the many simple ways you can let people know you care. You will never know how that positive feedback can help sustain them through difficult moments.



Habit tracking suggestions: budgeting, hobbies, keeping your space clean.

Water:

Three horizontal lines for tracking water intake

- Aug 21-Sept 22

Five horizontal lines for habit tracking



- Monday, September 25 - Friday, September 29

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Empty rectangular box for notes.



*Habit tracking suggestion:
try something new at the dining hall.*

Water:

Three horizontal lines for tracking water intake.

- Thurs, Sept 29

Five horizontal lines for tracking activities on Thursday, Sept 29.

*Set aside time this week to answer a big question: what is valuable to you and why?
"The great aim of education is not knowledge but action." – Herbert Spencer*



- Monday, October 2 - Friday, October 6



Repetition can be especially rewarding

Water:

Don't be afraid to ask for help/advice when you need it from a professor, a mentor, a counselor, etc. You might find a new way to do things that will help you succeed.



Monday, October 9 - Friday, October 13



*Habit tracking suggestion:
Listen to music or read an interesting book*

Water:

- Oct 9-14

Schedule an appointment with a Student Success Coach for some goal accountability:



Monday, October 16 - Friday, October 20



Choose a habit you care about doing regularly. Don't worry about whether others think it's important.



10 -



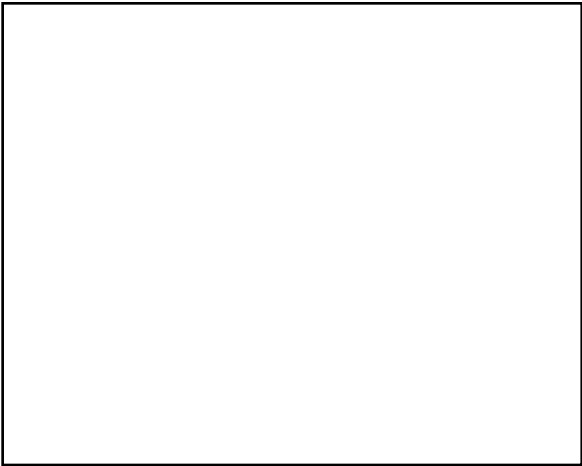
Monday, October 23 - October 27

*Make a list of the tasks you have been putting off.
This week, cross off everything on that list!*



*Habit tracking suggestion:
Get an early start to your day. You will have
more time in your day to get things done.*

Water:





13 -

Monday, November 13 - Friday, November 17

*Take time to write down **THREE** things you're proud of this week.
If you haven't done so already, visit our coaches for some great finals study tips.*



Habit tracking helps you focus on your goals and the process rather than the result.

Water:



14 -



Monday, November 20 - Friday, November 24

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Empty rectangular box for notes.

Empty rectangular box for notes with a blue decorative graphic in the bottom left corner.



*Habit tracking suggestion:
Try something grounding like yoga,
meditation or deep breathing exercises.*

Water:

Three horizontal lines for tracking water intake.

Handwriting practice area with a red decorative graphic at the top and seven horizontal lines for writing.





1 - Monday, December 4 - Friday, December 8



*You've made it to the end of the semester!
Reflect on all the healthy
habits you've worked toward!*

Water:

- - Dec 4-8 *We're rooting for you!*

- Dec 9

Do well on your finals and have a great winter break - think of some new goals for next semester and keep in touch with your new UNC friends while you are gone.

[HSS Digital Planner](#) - Your first self-care step each semester should be to download this handy tool to help you be successful

[Bear Pantry](#) - Every UNC student is able to visit the pantry once per week and choose up to 10 items at no cost

[Campus Calendar](#) - Where you can find out about all the amazing student events going on around campus

[Campus Recreation](#) - Our facility provides many services and activities that support your health and wellness

[Campus Safety Tips](#) - UNC is committed to providing the safest possible living and learning environment for our students

[Center for Career Readiness](#) - We are your career connection, all the way from developing your resume to finding employment

[Clubs & Organizations](#) - Get involved, develop new relationships on campus by joining a club that engages your interests

[Counseling Center](#) - Our team provides a safe place for you to talk about issues or concerns that are important to you

[Cultural & Resource Centers](#) - We provide safe places and resources to all who identify with a specific population on our diverse campus

[Disability Resource Center](#) - Disability is a valued aspect of diversity and we provide access to services as a matter of equity

[Handshake](#) - This is UNC's job posting platform to help you discover professional opportunities on and off campus

[Math Study Center](#) - We offer free drop-in learning assistance to students enrolled in math classes at UNC

[Office of Equity & Inclusion](#) - We provide support to you by advocating for equity and inclusion throughout campus life

[Outdoor Pursuits](#) - Rent gear from our extensive collections for free or find opportunities for outdoor education or experiences

[Student Health Center](#) - All UNC students are eligible to use this on-site medical clinic while enrolled at UNC

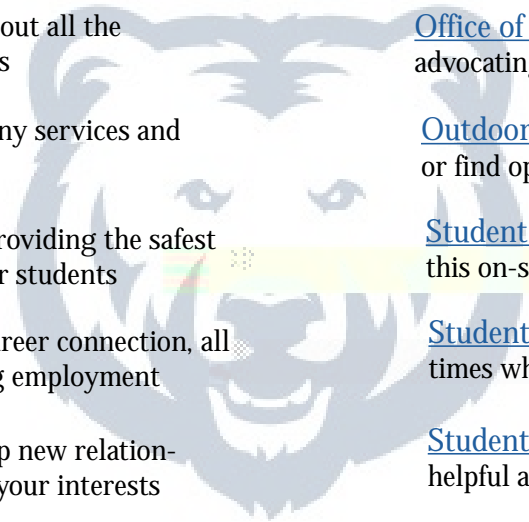
[Student Outreach & Support](#) - We assist students during difficult times which may include illness, injury, or personal/family crisis

[Student Success Center Advising](#) - Find caring support and helpful advice from a success coach to meet your goals

[Tutoring Center](#) - Build on your skills and knowledge with free individual or group tutoring sessions on many subjects

[Universal Scholarship](#) - Our application process opens on Nov 1st, apply quickly to see if you qualify for any funds

[Writing Center](#) - Strengthen and demystify the writing process and learn how to use styles and academic citations



Crafting a success goal allows you to set concrete actions in five steps to accomplish big things! When creating your success goal, be concise and clear in your language. Your Success Coach can work with you to design your goals with the following questions. Contact your success coach at _____ or _____ for questions, resources, and support.

1 Write down the goal you have in mind. What do YOU want? *Ex. Graduation from UNC!*

2 What action steps should be your primary focus to reach your big picture? *Ex. maintain good grades and register for the correct courses.*

3 Some is not a number. How will you track your progress towards your goal? *Ex. check DegreeWorks before and after registration, meet with my advisor, attend classes regularly.*

4 Break your options into doable chunks. Be real and honest: what will you DO to achieve your goal? *Ex. meet with my advisor TWICE per semester; visit the Writing Center 3 days before every paper; attend a tutoring session once a week, attend classes.*

5 Why are you setting this goal? How will the options help you achieve your big picture? *Ex. Meeting regularly with my advisor and using my resources on campus will help me stay focused and on track for graduation.*

6 Soon is not a time. What's the deadline and is it realistic? WHEN will you complete each action step to reach your big picture? *Ex. meet with my advisor by next week, mark in my planner the days to visit the Writing Center, schedule tutoring sessions on Wednesday afternoons.*

7 What else could you have done? How does the thought of meeting your big picture goal make you feel?