



UNIVERSITY OF
NORTHERN

HSS Student
Resource Center

FALL 2024
WEEKLY PLANNER
& MASTER SYLLABUS

GOAL SETTING WORKSHEET

UNC BUCKET LIST

RESOURCES & CONTACTS

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WELCOME

COURSE INFO

SEMESTER CALENDAR

WK 1 WK 2 WK 3 WK 4 WK 5 WK 6 WK 7 WK 8 WK 9 WK 10 WK 11 WK 12 WK 13 WK 14 WK 15 WK 16

This 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 for use on your personal computer, whichever you prefer.

FALL 2024 COURSE INFORMATION

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

FALL 2024 SEMESTER AT A GLANCE

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.

CREATE A MASTER SYLLABUS

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

FALL 2024 COURSE INFORMATION

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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Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email



GOALS FOR YOUR SEMESTER:

WEEKLY PLANNER

WEEK 1 - DATES: Monday, August 26 - Friday, August 30

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

Water:

DEADLINE TO ADD CLASSES - Fri, Aug 30

Use the start of a new semester to get organized & make new connections with fellow Bears.

WEEKLY PLANNER

WEEK 2 - DATES: Monday, September 2 - Friday, September 6

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

Water:

WEEKLY PLANNER

WEEK 3 - DATES: Monday, September 9 - Friday, September 13

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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:

*Designate time each week to empower yourself by creating a weekly to-do list.
"We need to do a better job of putting ourselves higher on our own 'to do' list" - Michelle Obama*

WEEKLY PLANNER

WEEK 4 - DATES: Monday, September 16 - Friday, September 20

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Ask yourself what purpose a bad habit is serving.

Water:

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.

WEEKLY PLANNER

WEEK 5 - DATES:

*Habit tracking fosters accountability and
can change your life moving forward!*

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WEEKLY PLANNER

WEEK 6 - DATES: Monday, September 30 - Friday, October 4

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

Water:

*Set aside time this week to answer a big question: what is valuable to you and why?
"Education is the most powerful weapon you can use to change the world." – B.B. King*

WEEKLY PLANNER

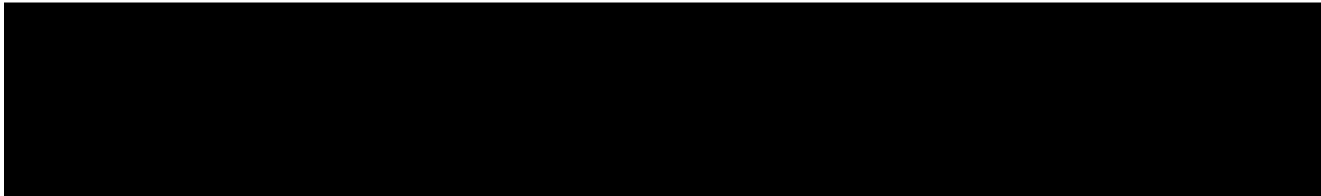
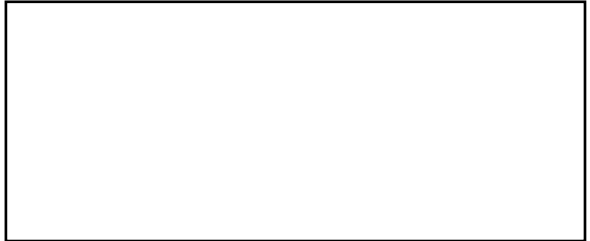
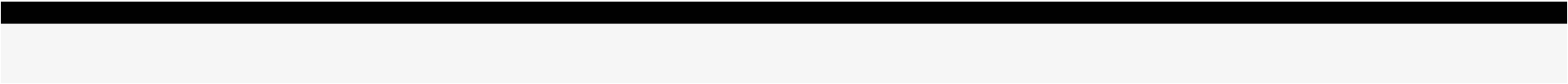
WEEK 8 - DATES: Monday, October 14 - Friday, October 18



Water:

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WEEKLY PLANNER

WEEK 11 - DATES: Monday, November 4 - Friday, November 8

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*Take time this week to clean and organize your room and study space.
A clean work area can help you focus on your projects and be more productive.*



*How are you doing with your habit tracker?
Research shows that people who use a tracker are
more likely to succeed with their goals.*

Water:

WEEKLY PLANNER

WEEK 12 - DATES: Monday, November 11 - Friday, November 15

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*Habit tracking suggestion:
schedule regular study times in your day.*

Water:

*“We must use our lives to make the world a better place to live, not just to acquire things.
That is what we are put on the earth for.” – Dolores Huerta*

GOAL SETTING WORKSHEET

UNC BUCKET LIST

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WEEKLY PLANNER

WEEK 13 - DATES: Monday, November 18 - Friday, November 22

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

Water:

*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.*

WEEKLY PLANNER

WEEK 14 - DATES: Monday, November 25 - Friday, November 29

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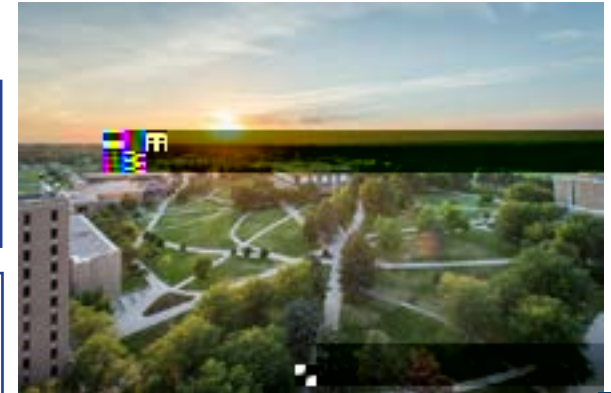
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Check out this video for study tips to prepare for your final exams:



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

Water:

THANKSGIVING BREAK - Nov 27-29 no classes

GOAL SETTING WORKSHEET

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WEEKLY PLANNER

WEEK 15 - DATES: Monday, December 2 - Friday, December 6

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Finals can be stressful - remember to integrate self-care and wellness throughout your study plans. Use your habit tracker this week to make that happen.



Stack new habits by connecting them with ones you already do daily. (e.g. enjoy your daily coffee during a morning walk around campus before class).

Water:

COURSE WITHDRAWAL DEADLINE - Dec 6

GOAL-SETTING WORKSHEET

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WEEKLY PLANNER

WEEK 16 - DATES: Monday, December 9 - Friday, December 13



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

Water:

AM PM



BEARS SELF-CARE BUCKET LIST

[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

BEARS SUCCESS GOAL WORKSHEET

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.

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

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

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 Ex3.5 (wardsew)10 (o) is noTj(-)our)39.-32las1 1tradatuluw26cVMEsome i0U wt a numbeBig k (oal?)TJ/Tope ste., Bebig letack y*

COME