

# SPRING FIRST YEAR CHECKLIST

## BELONG | BE HERE FOR YOURSELF; FIND YOUR PASSION

### PERSONAL WELLNESS:

Physical and mental health resources, including fitness, counseling, and wellness programs.

- 1. Audit your involvement. Did you over-commit in your first semester or do you need more out-of-class opportunities?
- 2. Workout, swim, or play basketball in the RecPlex (<https://www.jcu.edu/student-life/wellness/recreation>).
- 3. Sign up for intramural sports ([imleagues.com/jcu](http://imleagues.com/jcu)).
- 4. Participate in a weekly group fitness class (<https://shorturl.at/mrJUB>).
- 5. Schedule a wellness coaching session by emailing [wellness@jcu.edu](mailto:wellness@jcu.edu) or by using the following form: <https://forms.gle/Gmv5tguzBbmw1K1C7>
- 6. Go screen-free for 12 hours (technology detox).
- 7. Visit University Circle and check out the Cleveland Cultural Gardens.

### SPIRITUAL GROWTH AND FAITH:

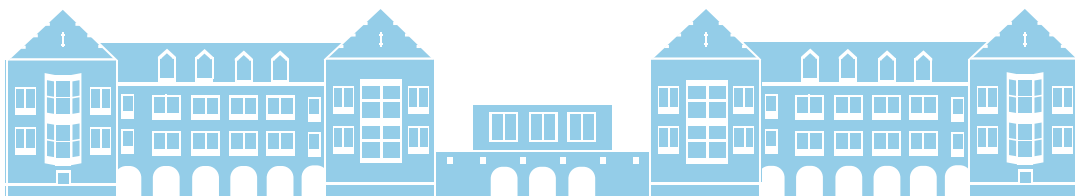
Faith-based activities, retreats, and interfaith communities for spiritual enrichment.

- 8. Join a Carroll Faith Community.
- 9. Go to Murphy Mass (Wednesday nights, 9:30 PM, St. Francis Chapel).
- 10. Attend an event sponsored by the Tuohy Center for Interreligious Understanding.
- 11. Attend the Manresa Retreat.
- 12. Attend an activity during Mission Week 2025 from January 26-February 2.

### STRESS MANAGEMENT AND MINDFULNESS:

Workshops, counseling, and mindfulness activities to support emotional well-being.

- 13. Reflect on what you learned about how you managed stress during your first semester. What worked well? What would you like to change? What resources can best help you manage your stress productively?
- 14. Attend a performance at the Playhouse Square District.
- 15. Check out a book, movie, or graphic novel from the library.
- 16. Grab a coffee at the reopened Den and explore the Curiosity Lab (extra credit for making suggestions for this new space in the Grasselli Library & Breen Learning Center).
- 17. Go to one of the performances by Actors from the London Stage.
- 18. Ask a question at the Grasselli Library Help Desk.



# SPRING FIRST YEAR CHECKLIST

## BECOME | DEFINING YOUR PATH; FIND YOUR PURPOSE

### PREPARE TO BE A SOPHOMORE:

Housing decisions, academic advising, deciding your major, talking with financial aid, and completing your FAFSA.

- 19. Reflect on your journey so far. What have you learned? What are you proud of? What would you like to explore more? What resources have been most helpful for you?
- 20. Talk to Global Education about studying abroad, and work with your advisor to make this part of your academic plan.
- 21. Attend the Taste for Travel event on February 4 from 2:30-4:00 PM in the O'Malley Center Atrium.
- 22. Identify a club in your major you are interested in joining.
- 23. Update your 4-year academic plan (Peer Success Advisors can assist you).
- 24. Update your information in Banner - emergency contact, pronouns, name.
- 25. Fill out your Housing Application for 2025-2026, and participate in the Rising Sophomore Housing Selection process.

### CAREER PREPARATION:

Career fairs, internship and research experiences, and resume-building workshops.

- 26. Attend the Prepare Fair on Wednesday, January 29 from 4:00-6:00 PM in the Student Center Atrium to learn what the Career Exploration Fair is all about.
- 27. Attend the Career Exploration Fair on Thursday, February 6 from 5:00-7:00 PM to meet employers and ask what you should be doing now to prepare to apply for jobs later.
- 28. Meet with a peer advisor in Career Services to start your college resume.
- 29. Learn about research positions and internships.
- 30. Find a staff member to job shadow for a day.
- 31. Attend a scholarly talk related to your interests.
- 32. Participate in Career Advising if you haven't selected a major AND career yet.
- 33. Connect with a graduating senior in your major.
- 34. Attend a networking event: Speakers, Alum, or any Career events.
- 35. Use your summer for career exploration by shadowing, researching, or securing an internship.

### ACADEMIC SUPPORT AND SUCCESS:

Learning from your first semester academic experience: study skills, time management, tutoring, and academic advising.

- 36. Consider using Academic Coaching to start the semester strong.
- 37. Use the Learning Commons regularly to create strong habits.
- 38. Explore the Academic Bulletin for 2nd major or minor options.
- 39. Mid-Year Major check-in with your advisor or Department Chair.
- 40. Explore the full year 2025-2026 course schedule published in March of 2025.
- 41. Attend a DISCOVER Day presentation on April 9, 2025.
- 42. Run your degree evaluation.
- 43. Attend faculty office hours.
- 44. Meet with your Advisor at least one week before your registration time to discuss your 4-year academic plan, upcoming classes, holds on your account, and options for summer internships or research.
- 45. Register for summer and fall courses.

# SPRING FIRST YEAR CHECKLIST

## BE A BLUE STREAK | BE HERE FOR OTHERS; FIND YOUR PEOPLE

### COMMUNITY AND CONNECTION BUILDING:

Programs fostering friendships, networking, and community service.

- 46. Attend a club sports home game or tournament on campus.
- 47. Go to coffee with your resident advisor.
- 48. Go to lunch with your peer mentor or an upperclass student.
- 49. Sign up for weekly service at [jcu.edu/service](http://jcu.edu/service).
- 50. Register for Jesuit Day of Service at [jcu.edu/service](http://jcu.edu/service).
- 51. Go to a JCU basketball game or other athletic event.
- 52. Attend a Student-Alumni Board meeting.
- 53. Apply for the CSSA Summer in the City internship program by January 26, 2025.
- 54. Apply to become an early literacy tutor through the Carroll Reads program by January 24, 2025.
- 55. Give a thank you note to a support person on campus.
- 56. Join the JCU Votes Student Organization to promote voter registration for the May elections (many at the municipal level).
- 57. Attend the Celebration of Service event on Tuesday, January 28, 2025 in the Dolan Atrium.
- 58. Watch the JCU Theatre Club production of "Radium Girls" on April 11 or 12, 2025.
- 59. Connect with another Jesuit school through one of the many Jesuit initiatives or groups such as Laudato Si'.
- 60. Attend a floor program hosted by your Resident Assistant.

### BUILD LEADERSHIP SKILLS:

Opportunities for leadership roles, training programs, and mentorship.

- 61. Try a new club.
- 62. Join a social, fitness, cultural, or business/major group.
- 63. Apply for Peer Leadership positions such as Resident Assistant (RA), Navigator, or Streak Week guide.

### CULTURAL AWARENESS AND DIVERSITY:

Events, clubs, and opportunities to learn from and engage with diverse cultures and perspectives.

- 64. Make friends with an international student and learn about each other's cultures.
- 65. Tour the "Undesign the Redline" exhibit in Murphy Commons.
- 66. Attend cultural events through Global Ed and CSDI.
- 67. Visit a new neighborhood in Cleveland.
- 68. Stop into CSSA or email [service@jcu.edu](mailto:service@jcu.edu) to get involved with off-campus community engagement activities.
- 69. Consider taking a language course or an additional language course at JCU.