

Your Guide to the First Year

GOLD BOOK PLANNER

2024 - 2025



UNIVERSITY OF MINNESOTA
Driven to Discover®



JOIN *our* TEAM!

FIND YOUR
PASSION
WITH US!

LET'S TALK
PERKS



FLEXIBLE
SCHEDULES



WORK WHERE YOU
LIVE & STUDY



FREE FOOD

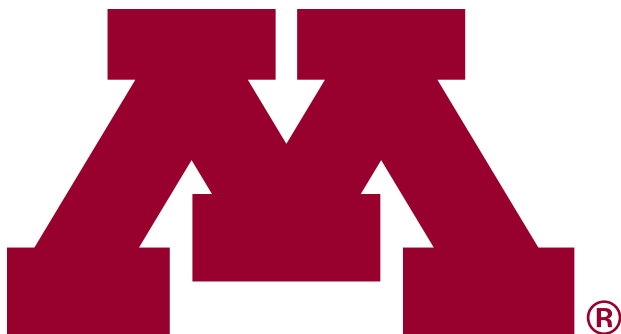


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DINING.TC.UMN.EDU/STUDENTJOBS



GOLD BOOK PLANNER 2024 - 2025

The official campus guide and planner for the
University of Minnesota

The full Gold Book version can be found online



This publication is produced by Orientation & Transition Experiences

Project manager:

Chad Sewich

OTE Assistant Director,
Communications
& Marketing

Design:

Teah Marks

OTE Communication
& Design Intern

Photographers:

Eric Miller,

Craig Lassig,

Teah Marks,

Rachel Kempinger

ORIENTATION & TRANSITION EXPERIENCES

OFFICE OF UNDERGRADUATE EDUCATION

WELCOME TO THE UNIVERSITY OF MINNESOTA AND ORIENTATION

Orientation & Transition Experiences and you:

Partners in transitioning to college life

The mission of Orientation & Transition Experiences is to provide high quality, dynamic experiences that cultivate community while empowering students to champion their development and leverage campus resources. Our goals are to help students understand their transition and how to thrive during it, communicate academic expectations and pathways, share information on how to navigate resources, foster community, and convey the importance of student engagement.

Orientation & Transition Experiences will be a constant in your first two years at the University of Minnesota—long after you have completed Orientation and experienced Welcome Week. This publication, along with the full online version, will answer your questions and help you navigate the vast resources on campus. Use Gold Book into your first semester to ensure a successful first year at the University.

ORIENTATION & TRANSITION EXPERIENCES

OFFICE OF UNDERGRADUATE EDUCATION

315 Coffman Memorial Union
612-624-1979 or 800-234-1979

oteinfo@umn.edu

ote.umn.edu

EXPECTATIONS FOR YOUR EXPERIENCE

During Orientation and Welcome Week you may hear about Student Learning Outcomes and Student Development Outcomes. These outcomes provide a framework for your undergraduate experience. The University of Minnesota Twin Cities recognizes that an undergraduate education is made up of a liberal education curriculum and a wide variety of experiences in and out of the classroom. By advancing these outcomes you are positioning yourself for success.

INCLUSION AND DIVERSITY AT THE U

We all share responsibility for equity and diversity. It's everybody's everyday work.

We value having a diversity of views and experiences that enrich campus life and the academic experience. Equity and diversity is fundamental to everything we do at the University of Minnesota.

THE UNIVERSITY OF MINNESOTA HAS A PLACE FOR EVERYBODY

Find your community. Find your people. Find your support.



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COMMITMENT TO STUDENT SUCCESS

Student success at the University of Minnesota focuses on the success of all students, their student learning and development, satisfaction with their experience, and the University's ability to retain and graduate its students.

We want students to be engaged in meaningful experiences, such as campus involvement, research, leadership opportunities, internships, study abroad, community engagement, or any experience that enhances their learning, career and personal development, and overall enjoyment of college.

STUDENT SUCCESS METRICS

The University is making great strides with its student success metrics, reporting dramatic improvements in retention and graduation rates the campus has achieved since the 1992 entering cohort. Student retention rates have improved from 78.6% in 1992 to 93.5% in 2019, a record-setting number. The four-year graduation of 75.3% in 2022 and the six-year rate at 85.0% in 2023—both all-time highs.

STUDENT SUCCESS FRAMEWORK



ACADEMIC SUCCESS

Students are here to earn a college degree from the University of Minnesota, with a major and an academic home that supports their personal and career goals.

We want students to learn and grow in their pursuit of a degree, make timely progress toward graduation, and navigate setbacks or academic challenges with the support of the University.



SENSE OF BELONGING

Feeling a sense of belonging allows students to be their full selves and actively engage as members of the campus community. This includes feeling respected, safe, valued as an individual, and respected, safe, and valued, and feeling that they belong on campus.

We want every student to feel connected to their UMTC experience and find a community where they feel belonging.



WELLBEING

Student wellbeing provides the foundation for which students can be healthy, thrive, and grow. Wellbeing refers to students' mental health, physical health, financial wellness, and basic needs.

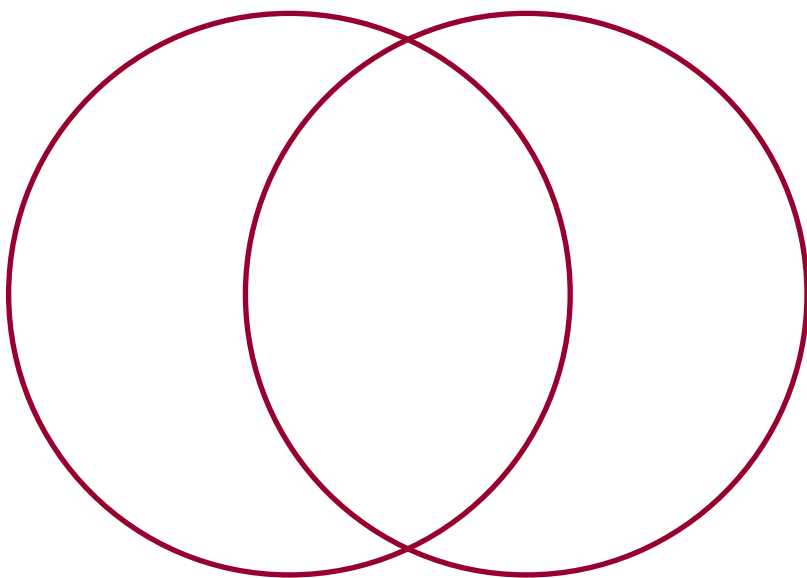
We want students to receive the resources and holistic support that allows them to be healthy, well, and ultimately successful in pursuing their degree.



THRIVING

At UMTC, we want students to thrive during their undergraduate experience. This means making the most out of students' college experience and taking advantage of the range of opportunities in and out of the classroom.

HIGH SCHOOL VS COLLEGE



HOW WILL YOU SPEND YOUR TIME?

<input type="checkbox"/>	hours:	_____
<input type="checkbox"/>	hours:	_____
<input type="checkbox"/>	hours:	_____
<input type="checkbox"/>	hours:	_____
<input type="checkbox"/>	hours:	_____
<input type="checkbox"/>	hours:	_____

THINKING ABOUT YOUR EXPERIENCE

INTERESTS & PASSIONS

OPPORTUNITIES TO EXPLORE

STRESSORS & WORRIES

CURRENT STRESSORS & WORRIES

FUTURE STRESSORS & WORRIES

STRESS INDICATORS

- ☐ Sleeping Less or More
- ☐ Shoulder Neck/Pain
- ☐ Overwhelmed by Responsibilities
- ☐ Procrastinating
- ☐ Withdrawn from Others
- ☐ Increased Irritability

☐

☐

☐

☐

SELF CARE: WHAT CAN YOU DO?

PHYSICAL

SOCIAL

EMOTIONAL

SPIRITUAL



We are
driven.





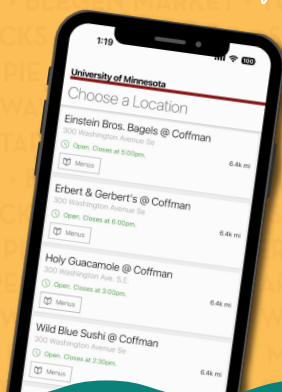
FOOD CO.

Let's eat!

VIEW MENUS AND HOURS AT
DINEONCAMPUS.COM/UMN



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boost
Get the app

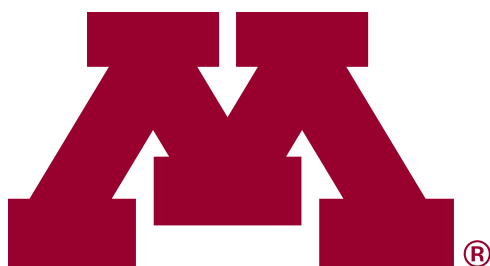


Boost Ordering





#MORETOYOURMEALPLAN
WHERE MEALS UNITE AND FRIENDSHIPS IGNITE



2024-25 STUDENT PLANNER

SEPTEMBER

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30						

OCTOBER

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

M	T	W	T	F	S	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY

M	T	W	T	F	S	S
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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		

FEBRUARY

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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

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

MAY

M	T	W	T	F	S	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2024

M	T	W	T	F	S	S
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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	1

26 Monday

27 Tuesday

28 Wednesday

• Welcome Week starts!

WEEK OF AUGUST 26 - SEPTEMBER 1

This week's tip: Get enough sleep to feel rested.

29 Thursday

30 Friday

31 Saturday

1 Sunday

SEPTEMBER 2024

M	T	W	T	F	S	S
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						

2 Monday

- University closed (Labor Day)

3 Tuesday

- Start of fall semester

4 Wednesday

WEEK OF SEPTEMBER 2 - 8

This week's tip: Take a walk around campus every day.

5 Thursday

6 Friday

7 Saturday

8 Sunday

SEPTEMBER 2024

M	T	W	T	F	S	S
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						

9 Monday

• Last day to recieve a 100% tuition refund

10 Tuesday

11 Wednesday

WEEK OF SEPTEMBER 9 - 15

This week's tip: Clear your mind. Focus on your breathing. Slow, steady breaths.

12 Thursday

13 Friday

14 Saturday

15 Sunday

SEPTEMBER 2024

M	T	W	T	F	S	S
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						

16 Monday

- Last day to change grade basis (A-F or S/N)
- Last day to drop full semester and first 7-week session classes without receiving a “W”

17 Tuesday

18 Wednesday

WEEK OF SEPTEMBER 16 - 22

This week's tip: Notice your thoughts without assigning emotion to them.

19 Thursday

20 Friday

21 Saturday

22 Sunday

SEPTEMBER 2024

M	T	W	T	F	S	S
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						

23 Monday

· Last day to recieve a 50% tuition refund
for dropping full semester classes

24 Tuesday

25 Wednesday

WEEK OF SEPTEMBER 23 - 29

This week's tip: Visit mentalhealth.umn.edu for mental health resources.

26 Thursday

27 Friday

28 Saturday

29 Sunday

OCTOBER 2024

M	T	W	T	F	S	S
30	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			

30 Monday

- Last day to drop first 7-week session classes without college approval. “W” recorded on transcript

1 Tuesday

2 Wednesday

- Rosh Hashanah begins

WEEK OF SEPTEMBER 30 - OCTOBER 6

This week's tip: Get a flu and covid vaccination.

3 Thursday

• Navratri begins

4 Friday

5 Saturday

6 Sunday

OCTOBER 2024

M	T	W	T	F	S	S
30	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			

7 Monday

8 Tuesday

9 Wednesday

WEEK OF OCTOBER 7 - 13

This week's tip: Drink more water. Stay hydrated.

10 Thursday

11 Friday

• Yom Kippur

12 Saturday

• Vijayadashami

13 Sunday

OCTOBER 2024

M	T	W	T	F	S	S
30	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			

14 Monday

• Indigenous People’s Day

15 Tuesday

16 Wednesday

• Sukkot begins

WEEK OF OCTOBER 14 - 20

This week's tip: Eat more fruits and vegetables.

17 Thursday

18 Friday

19 Saturday

20 Sunday

OCTOBER 2024

M	T	W	T	F	S	S
30	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			

21 Monday

22 Tuesday

- Start of your fall second 7-week session

23 Wednesday

- Shemini Atzeret

WEEK OF OCTOBER 21 - 27

This week's tip: Declutter your room.

24 Thursday

• Simchat Torah

25 Friday

26 Saturday

27 Sunday

OCTOBER 2024

M	T	W	T	F	S	S
30	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	1	2	3

28 Monday

• Last day to recieve a 100% tuition refund
for dropping 7-week session classes

29 Tuesday

30 Wednesday

WEEK OF OCTOBER 28 - NOVEMBER 3

This week's tip: Be kind to yourself.

31 Thursday

1 Friday

• Diwali

2 Saturday

3 Sunday

NOVEMBER 2024

M	T	W	T	F	S	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	

4 Monday

• Last day to drop second 7-week session classes without receiving a “W”

5 Tuesday

6 Wednesday

WEEK OF NOVEMBER 4 - 10

This week's tip: Have grace for yourself and others.

7 Thursday

8 Friday

9 Saturday

10 Sunday

NOVEMBER 2024

M	T	W	T	F	S	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	

11 Monday

- Veterans Day
- Last day to drop full semester classes without college approval with a “W” recorded on transcript

12 Tuesday

- Spring semester registration begins for students admitted to degree or certificate programs

13 Wednesday

WEEK OF NOVEMBER 11 - 17

This week's tip: Turn notifications off for periods of time.

14 Thursday

15 Friday

16 Saturday

17 Sunday

NOVEMBER 2024

M	T	W	T	F	S	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	

18 Monday

- Last day to drop 7-week session classes without college approval with a “W” recorded on transcript

19 Tuesday

20 Wednesday

WEEK OF NOVEMBER 18 - 24

This week's tip: Do one thing at a time. Avoid multitasking.

21 Thursday

22 Friday

23 Saturday

24 Sunday

NOVEMBER 2024

M	T	W	T	F	S	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	1

25 Monday

26 Tuesday

27 Wednesday

WEEK OF NOVEMBER 25 - DECEMBER 1

This week's tip: Hug your friends.

28 Thursday

- Thanksgiving (University closed)
- Fall Break

29 Friday

- Native American Heratige Day
- University closed

30 Saturday

1 Sunday

DECEMBER 2024

M	T	W	T	F	S	S
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					

2 Monday

3 Tuesday

4 Wednesday

WEEK OF DECEMBER 2 - 8

This week's tip: Check in with yourself. How is your mental energy today?

5 Thursday

6 Friday

7 Saturday

8 Sunday

DECEMBER 2024

M	T	W	T	F	S	S
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					

9 Monday

10 Tuesday

11 Wednesday

- Last day of instruction

WEEK OF DECEMBER 9 - 15

This week's tip: Start your day with stretching.

12 Thursday

- Study Day

13 Friday

- Final Exams

14 Saturday

- Final Exams

15 Sunday

- Study Day

DECEMBER 2024

M	T	W	T	F	S	S
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					

16 Monday

• Final Exams

17 Tuesday

• Final Exams

18 Wednesday

• Final Exams

WEEK OF DECEMBER 16 - 22

This week's tip: Plan, but don't obsess over the future.

19 Thursday

- Final Exams
- End of fall semester

20 Friday

21 Saturday

22 Sunday

DECEMBER 2024

M	T	W	T	F	S	S
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					

23 Monday

24 Tuesday

- University closed

25 Wednesday

- Christmas Day (University closed)
- Hanukkah begins

WEEK OF DECEMBER 23 - 29

This week's tip: Read for fun.

26 Thursday

- Kwanzaa begins
- University closed

27 Friday

28 Saturday

29 Sunday

JANUARY 2025

M	T	W	T	F	S	S
30	31	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		

30 Monday

31 Tuesday

1 Wednesday

• New Year’s Day (University closed)

WEEK OF DECEMBER 30 - JANUARY 5

This week's tip: Remember the good times, but don't live in the past.

2 Thursday

3 Friday

4 Saturday

5 Sunday

JANUARY 2025

M	T	W	T	F	S	S
30	31	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		

6 Monday

7 Tuesday

8 Wednesday

WEEK OF JANUARY 6 - 12

This week's tip: Take a social media break for a day or a week.

9 Thursday

10 Friday

11 Saturday

12 Sunday

JANUARY 2025

M	T	W	T	F	S	S
30	31	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		

13 Monday

14 Tuesday

15 Wednesday

WEEK OF JANUARY 13 - 19

This week's tip: Connect with a friend.

16 Thursday

17 Friday

18 Saturday

19 Sunday

JANUARY 2025

M	T	W	T	F	S	S
30	31	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		

20 Monday

• Martin Luther King Jr. Day
(University closed)

21 Tuesday

• Start of spring full semester and first 7-week sessions

22 Wednesday

WEEK OF JANUARY 20 - 26

This week's tip: Utilize the Nutritious U Food Pantry at CMU if needed.

23 Thursday

24 Friday

25 Saturday

26 Sunday

JANUARY 2025

M	T	W	T	F	S	S
30	31	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	1	2

27 Monday

- Last day to receive a 100% tuition refund for dropping full semester and first 7-week session classes

28 Tuesday

29 Wednesday

- Lunar New Year

WEEK OF JANUARY 27 - FEBRUARY 2

This week's tip: Get an annual physical.

30 Thursday

31 Friday

1 Saturday

2 Sunday

FEBRUARY 2025

M	T	W	T	F	S	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		

3 Monday

- Last day to drop full semester and first 7-week session classes without receiving a “W”
- Last day to change grade basis (A-F or S/N) or variable credits for full semester and first 7-week session classes

4 Tuesday

5 Wednesday

WEEK OF FEBRUARY 3 - 9

This week's tip: Volunteer once a month for an organization you love.

6 Thursday

7 Friday

8 Saturday

9 Sunday

FEBRUARY 2025

M	T	W	T	F	S	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		

10 Monday

11 Tuesday

12 Wednesday

WEEK OF FEBRUARY 10 - 16

This week's tip: Learn how to maintain a good credit score.

13 Thursday

14 Friday

15 Saturday

16 Sunday

FEBRUARY 2025

M	T	W	T	F	S	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		

17 Monday

- President’s Day
- Last day to drop first 7-week session classes without college approval with a “W” recorded on transcript

18 Tuesday

19 Wednesday

WEEK OF FEBRUARY 17 - 23

This week's tip: Take proactive steps to take care of your mind and body.

20 Thursday

21 Friday

22 Saturday

23 Sunday

FEBRUARY 2025

M	T	W	T	F	S	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	1	2

24 Monday

25 Tuesday

26 Wednesday

• Maha Shivatri

WEEK OF FEBRUARY 24 - MARCH 2

This week's tip: Save a few dollars each week so you can splurge on something later.

27 Thursday

- Summer semester registration begins for students admitted to degree or certificate programs

28 Friday

- Ramadan begins

1 Saturday

2 Sunday

MARCH 2025

M	T	W	T	F	S	S
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						

3 Monday

4 Tuesday

5 Wednesday

WEEK OF MARCH 3 - 9

This week's tip: Meet with a Boynton dietitian.

6 Thursday

7 Friday

8 Saturday

9 Sunday

MARCH 2025

M	T	W	T	F	S	S
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						

10 Monday

• Spring Break

11 Tuesday

• Spring Break

12 Wednesday

• Spring Break

WEEK OF MARCH 10 - 16

This week's tip: Get an annual eye exam at Boynton Health.

13 Thursday

- Purim begins
- Spring Break

14 Friday

- Holi begins
- Spring Break

15 Saturday

16 Sunday

MARCH 2025

M	T	W	T	F	S	S
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						

17 Monday

• St. Patrick’s Day

18 Tuesday

• Start of spring second 7-week session

19 Wednesday

WEEK OF MARCH 17 - 23

This week's tip: Get involved in a student organization!

20 Thursday

21 Friday

22 Saturday

23 Sunday

MARCH 2025

M	T	W	T	F	S	S
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						

24 Monday

• Last day to receive a 100% tuition refund for dropping second 7-week session classes

25 Tuesday

26 Wednesday

WEEK OF MARCH 24 - 30

This week's tip: Stay up to date with your annual dental exams.

27 Thursday

28 Friday

29 Saturday

• Eid al-Fitr begins

30 Sunday

APRIL 2025

M	T	W	T	F	S	S
31	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 Monday

- Last day to drop second 7-week session classes without receiving a “W”
- Last day to change grade basis (A-F or S/N) or variable credits for session 7-week session classes

1 Tuesday

2 Wednesday

WEEK OF MARCH 31 - APRIL 6

This week's tip: Eat regular meals and snacks throughout the day.

3 Thursday

4 Friday

5 Saturday

6 Sunday

• Rama Navami

APRIL 2025

M	T	W	T	F	S	S
31	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				

7 Monday

• Last day to drop full semester classes without college approval with a “W” recorded on transcript

8 Tuesday

9 Wednesday

WEEK OF APRIL 7 - 13

This week's tip: Move your body in ways that feel good!

10 Thursday

11 Friday

12 Saturday

• Passover begins

13 Sunday

APRIL 2025

M	T	W	T	F	S	S
31	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				

14 Monday

• Last day to drop 7-week session classes without college approval with a “W” recorded on transcript

15 Tuesday

16 Wednesday

WEEK OF APRIL 14 - 20

This week's tip: Try Yoga and meditation.

17 Thursday

18 Friday

• Good Friday

19 Saturday

20 Sunday

• Easter

APRIL 2025

M	T	W	T	F	S	S
31	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				

21 Monday

22 Tuesday

23 Wednesday

WEEK OF APRIL 21 - 27

This week's tip: Learn from everything.

24 Thursday

25 Friday

26 Saturday

27 Sunday

MAY 2025

M	T	W	T	F	S	S
28	29	30	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	

28 Monday

29 Tuesday

30 Wednesday

WEEK OF APRIL 28 - MAY 4

This week's tip: Be patient and show gratitude.

1 Thursday

2 Friday

3 Saturday

4 Sunday

MAY 2025

M	T	W	T	F	S	S
28	29	30	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	

5 Monday

- Cinco de Mayo
- Last day of instruction

6 Tuesday

- Study day

7 Wednesday

- Study day

WEEK OF MAY 5 - 11

This week's tip: Plan ahead and prioritize tasks.

8 Thursday

- Final Exams

9 Friday

- Final Exams

10 Saturday

- Final Exams

11 Sunday

- Study day

MAY 2025

M	T	W	T	F	S	S
28	29	30	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	

12 Monday

• Final Exams

13 Tuesday

• Final Exams

14 Wednesday

• Final Exams
• End of spring semester

WEEK OF MAY 12 - 18

This week's tip: Set boundaries. It's okay to say no.

15 Thursday

16 Friday

17 Saturday

18 Sunday

MAY 2025

M	T	W	T	F	S	S
28	29	30	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	

19 Monday

20 Tuesday

21 Wednesday

WEEK OF MAY 19 - 25

This week's tip: Make distinctions between work time and play time.

22 Thursday

23 Friday

24 Saturday

25 Sunday

MAY 2025

M	T	W	T	F	S	S
28	29	30	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	1

26 Monday

• Memorial Day (University closed)

27 Tuesday

28 Wednesday

WEEK OF MAY 26 - JUNE 1

This week's tip: Find joy in the little things.

29 Thursday

30 Friday

31 Saturday

1 Sunday





Make yourself at home
UNIVERSITY HOUSING

Don't miss important deadlines in November.

Learn more at z.umn.edu/RoomSignUp



**HOUSING &
RESIDENTIAL LIFE**



[umnhousing](#)

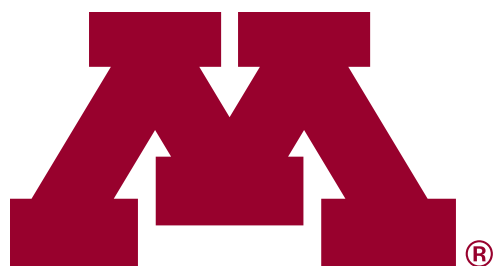


WAM

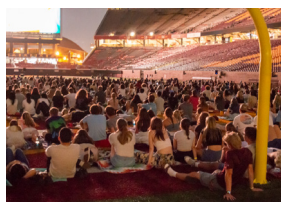
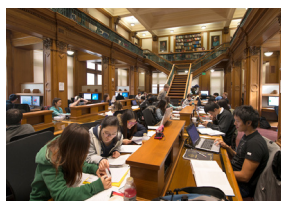
UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

See Art • Make Art • Rent Art
FREE ADMISSION
wam.umn.edu

Weisman Art Museum
333 E. River Road
Minneapolis, MN



2024-25 UNIVERSITY RESOURCES



LIFE AT THE UMN



Goldy Gopher
Mascot



UNIVERSITY
OF MINNESOTA

U CARD OFFICE

Your U Card is your official University of Minnesota ID, giving you access to your meal plan, Dining Dollars, Gopher GOLD, student and library accounts, campus buildings, and more! Make sure to keep your U Card with you at all times while on campus. Questions? The U Card Office is located on the Ground Floor of Coffman Memorial Union and online at ucard.tc.umn.edu.



HUNTINGTON BANK

Between studying, working, and having a social life, you've got a lot on your plate. Stash the cash you need for books, bills, and more. Huntington Bank is right here on campus to help make managing your money as easy as possible!



HOUSING & RESIDENTIAL LIFE

Housing & Residential Life offers lots of opportunities to make campus your new home away from home. Over 5,000 new students live in the University's nine residence halls and four apartment buildings. Research shows that students who live on campus are more academically successful and are more engaged in college life. Comstock Hall-East
612-624-2994.



OFF-CAMPUS LIVING (OCL)

Off-Campus Living provides a variety of services and programs to meet the practical, social, and advocacy needs of commuter students and students living in surrounding campus neighborhoods. Visit ocl.umn.edu for tips and tools on renting, commuting, and getting involved on and near campus.



STUDENT LEGAL SERVICE (SLS)

Student Legal Service has a staff of experienced attorneys and provides free legal services, advice, representation, and education to eligible UMN students. Some of the practice areas where SLS can offer advice and representation include tenant rights, criminal cases, immigration, consumer, employment, wills, health care directives, power of attorney, name changes, and gender changes. SLS also offers notary services and programs on topics like business start-ups and career mentoring.





STUDENT CONFLICT RESOLUTION CENTER (SCRC)

The Student Conflict Resolution Center (SCRC) is a confidential, impartial, and informal resource that helps students with campus-based problems and concerns. SCRC staff members can help students develop a plan to address issues and to learn skills to resolve other conflicts that may arise. Visit z.umn.edu/SCRCstudents for resources on common student concerns including course success, roommate conflicts, and stress management. To schedule a confidential appointment, contact sos@umn.edu.





M FOOD CO.

M Food Co. offers you a variety of meal plans to support the student journey and enhance your campus experience. Our commitment extends to ensuring memorable experiences and our online menus provide full nutritional details, while our chefs and dietitians accommodate dietary restrictions. We support the local community through our purchasing practices. With six dining halls and over 20 restaurants and coffee cafes, our goal is to provide convenient and nourishing dining options for all students.



PARKING & TRANSPORTATION SERVICES (PTS)

Parking & Transportation Services is your way around the U. Whether you are walking, biking, using transit, or driving, PTS has resources to help you on and around campus. You can reach us at **616-626-7275**, **parking@umn.edu**, or **pts.umn.edu**.



UNIVERSAL TRANSIT PASS

U of M students who pay the Transportation and Safety Fee have unlimited access to the regional transit system in the Twin Cities metro area, including buses and light rail.



LIFE AT THE UMN

DEPARTMENT OF PUBLIC SAFETY (UMPD)

The University of Minnesota Department of Public Safety (DPS) consists of the University of Minnesota Police Department (UMPD), the Public Safety Emergency Communications Center (PSECC), and University Security.

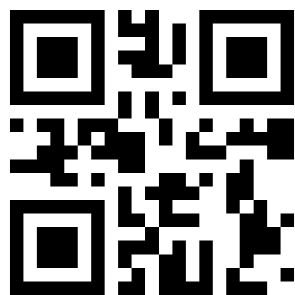
Emergency: **9-1-1**

Non-Emergency: **(612) 624-COPS (2677)**



THE AURORA CENTER FOR ADVOCACY & EDUCATION

The Aurora Center provides free, confidential services to students, faculty, and staff who are victims/survivors or concerned people of sexual assault, relationship violence, sexual harassment, or stalking. Services include one-to-one crisis counseling, safety planning, help with academic accommodations, legal advocacy during criminal, civil, or Title IX processes, medical advocacy at sexual assault exams, and support groups. If you or someone you know has been impacted by sexual misconduct, the Aurora Center is here to help. Aurora also offers educational workshops focused on prevention for student groups and departments on campus, as well as volunteer/leadership opportunities.



SEXUAL MISCONDUCT PREVENTION PROGRAM

The University of Minnesota is committed to creating an environment where all students can learn, grow, and thrive. We require new students to complete online training sessions related to: The Gopher Equity Project, Alcohol and Substance Use, and Preventing and Responding to Sexual Misconduct. You will receive information in your U of M email account about these online modules in July. Thank you for completing these required trainings.

ONE STOP & ACADEMIC SUPPORT RESOURCES (ASR)

One Stop Student Services is your first stop for expert help in learning to manage the business of being a student. Everything you need to know about registration, financial aid, billing, payment, student records, and veterans' benefits and resources is available from One Stop. If you don't find answers to your questions online, One Stop Student Services can be reached at onestop@umn.edu or by calling **612-624-111** from 9 a.m.- 4 p.m Monday-Friday.



MYU PORTAL

MyU is the official University of Minnesota web portal, personalized for you with tools to help you be successful at the U. You'll use MyU to register for classes, access your financial aid and billing, track your degree progress, see your grades, learn about resources and events, manage your information, and much more.



OFFICE OF NATIONAL AND INTERNATIONAL SCHOLARSHIPS (ONIS)

The Office of National and International Scholarships coordinates the nomination process for competitive awards, such as Rhodes, Marshall, Truman, and Goldwater Scholarships. ONIS supports undergraduates applying for Fulbright awards and other opportunities to engage in study, research or teaching abroad after graduation. Undergraduates interested in applying for competitive awards are encouraged to work with ONIS. Students can contact the office at natschol@umn.edu.



LIFE AT THE UMN

STUDENT CRISIS LINE

UMN Student Crisis Line call **612-301-4673** or **text “UMN” to 61222** for 24/7 support. No appointment needed for urgent counseling same-day services for mental health concerns which are available at Boynton Health’s East Bank Clinic, Monday - Friday, 8 a.m. - 4:30 p.m. Not sure where to start? MentalHealth.umn.edu can connect you to the right help in moments of need. If someone is a threat to themselves or others, call 911.

Call: **612-301-4673**

Text: **“UMN” to 61222**



BOYNTON HEALTH

Boynton Health serves the University of Minnesota Twin Cities, providing comprehensive health care with a public health approach to campus well-being. Our goal is to provide the highest quality of care for you in a culture that supports equity, inclusion and respect. Our mission is to improve the health and wellbeing of University of Minnesota students and the campus community. Our vision is to be the healthiest campus in the nation.



RECWELL

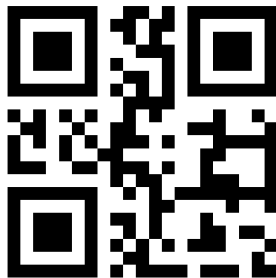
Whether you want to work out, play a sport, explore the outdoors, or simply find a quiet space to study, University Recreation and Wellness (RecWell) has something for you. At RecWell, we strive to create an environment where everyone, regardless of background, abilities, or interests can feel a sense of belonging. Our mission is to provide spaces and activities that help you discover and achieve physical, mental, emotional, and social wellbeing.



GETTING INVOLVED

STUDENT UNIONS & ACTIVITIES (SUA)

Student Unions & Activities is here to help University of Minnesota students find community and connect to campus. Student Unions & Activities offers diverse opportunities to get involved, engage in events, join student groups, find jobs, resources, leadership opportunities, and more.



FRATERNITY AND SORORITY LIFE (FSL)

Fraternity and Sorority Life provides involvement and belonging for nearly 3,000 students in over 54 chapters. Membership in the Interfraternity Council (IFC), Multicultural Greek Council (MGC), National Pan-Hellenic Council (NPHC), or the Panhellenic Council (PHC) provides unique opportunities to feel supported in and out of the classroom, experience campus traditions, build life-long friendships, and network with our broad alumni base.



GENDER AND SEXUALITY CENTER FOR QUEER AND TRANS LIFE (GSC)

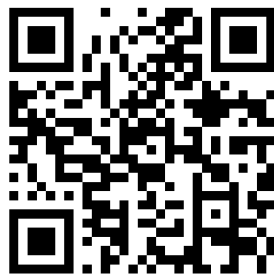
The Gender and Sexuality Center for Queer and Trans Life provides education, advocacy, outreach, and support to students, staff, faculty, alum and community members. We strive to create a campus climate where more inclusive understandings of gender and sexuality foster a sense of belonging for all. If you have any questions or concerns please email [**gsc@umn.edu**](mailto:gsc@umn.edu).



GETTING INVOLVED

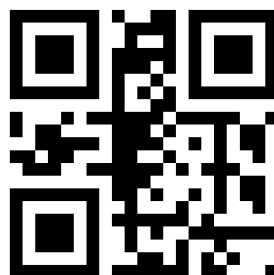
THE WOMEN'S CENTER

The Women's Center advances gender equity across identities. Serving students, staff, and faculty of all genders, we advance an empowering intellectual environment, educate and inspire bold feminist leaders, and advocate for an equitable University culture and world.



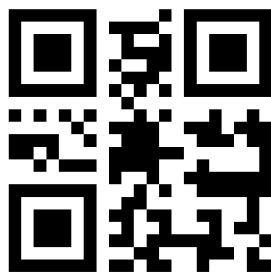
MULTICULTURAL STUDENT ENGAGEMENT (MCSE)

Multicultural Student Engagement (MCSE) provides diverse opportunities that support student success with leadership development and educational programming. Join us for one of our programs or workshops. Learn more at our website.



CIRCLE OF INDIGENOUS NATIONS (COIN)

COIN is a Native student support office that offers a welcoming & comfortable on-campus space to hang out between classes and connect with other Native students as well as staff. COIN also offers 1:1 advising, connections to resources, cultural programming, Elders in Residence, academic support, Dakota & Ojibwe Language Tutoring, free printing, a scholarship database, weekly study nights, and community gatherings throughout the year. For upcoming events & programs, follow us on Instagram [**@umncoin**](https://www.instagram.com/umncoin).



STUDENT PARENT HELP CENTER (SPHC)

The Student Parent HELP Center provides assistance to undergraduate, graduate, and professional students who are pregnant or parenting. In addition to providing centrally located on-campus spaces, the SPHC can help students navigate questions around pregnancy leave, title IX rights, and attendance advocacy. The SPHC is the primary entry and screening point for the Post Secondary Child Care Grant and the Student Service Fees Child Care Assistance Grant.



MULTICULTURAL CENTER FOR ACADEMIC EXCELLENCE (MCAE)

The Multicultural Center for Academic Excellence is a community-based space focused on the academic experiences of first-generation students, students of Color, and American Indian Students.



INTERFAITH CAMPUS COALITION

Religious and Spiritual Life Students at the U of M will find a variety of religiously affiliated student organizations. Almost 70 student groups and many off-campus organizations make up the large variety of traditions (including non-belief) on and around campus. Students are encouraged to be curious about their own beliefs or nonbeliefs and respectful toward people with beliefs different from their own. The student groups include a wide variety of theological beliefs, practices, and activities.



BAKKEN CENTER FOR SPIRITUALITY & HEALING WELLBEING COURSES

Learn health and wellbeing skills that will challenge you and leave an impact both academically and spiritually.



GETTING INVOLVED



OFFICE OF UNDERGRADUATE EDUCATION: FIRST GEN

Explore resources and tips for students who are first in their families to attend a 4-year college (aka first-gen students).



TRANSFER STUDENT EXPERIENCE PROGRAM

The Transfer Student Experience Program (TSE) helps transfer students connect to the University and each other through transfer-specific student groups, communications, and events.



NORTHROP

Directly across from Coffman Union on the East Bank, Northrop is a performing arts center that welcomes all students. Northrop hosts concerts, comedians, dance performances, speakers, films, and more. Students receive special discounts, rush tickets, and sometimes free access to many events. Six study lounges and a bistro make Northrop a great place to study, meet for a group project, or grab coffee and a bite to eat. Check out our schedule of events and join the Email Club at northrop.umn.edu.



GETTING INVOLVED

ROTC

The Reserve Officers Training Corps (ROTC) prepares University students for future officer leadership in the United States Air Force, Space Force, Army, Marine Corps, or Navy.

AIR FORCE ROTC

Greetings from Air Force Reserve Officer Training Corps Detachment 415 at the University of Minnesota! Our mission is to develop quality leaders for the Air Force and Space Force. We accomplish this through an integrated training program that combines academics, physical fitness, and character development. Please contact us at **612-624-2884** or email at **afrotc@umn.edu** if you have any questions or would like to hear more about what we have to offer!



ARMY ROTC

Army ROTC is one of the best leadership courses in the country and can be a part of your college curriculum.



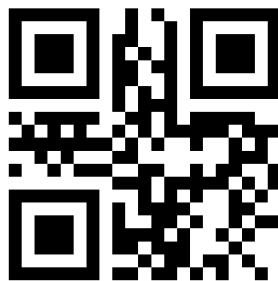
NAVY AND MARINE CORPS ROTC

Both the Navy and Marine Corps ROTC are dedicated to service to the local community, state, and nation.



INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)

International Student and Scholar Services (ISSS) is the office dedicated to serving the University of Minnesota's international community. ISSS offers advising to international students and scholars. ISSS also coordinates several programs where international and domestic students can make new friends and gain leadership experience while learning about other cultures, and nationalities.



NATIONAL STUDENT EXCHANGE IN THE CENTER FOR COMMUNITY ENGAGED LEARNING (NSE)

Through National Student Exchange (NSE), students can go to another campus in the U.S. or Canada to study. NSE is affordable, accessible, and credits transfer back easily to the U of M. Take new classes! See new places! Meet new people!



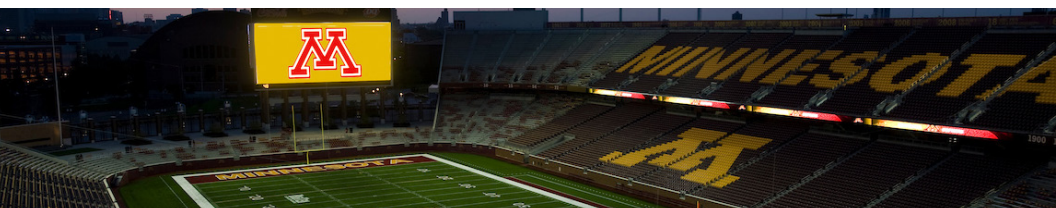
THE UNIVERSITY SENATE OFFICE

The Student Senate and senate committees offer opportunities for students to interact and collaborate with faculty, staff, and administrators to consult on issues and changes made to policy and procedures.



ATHLETICS

For more than 125 years, the Golden Gophers have been competing in the Big Ten Conference and have won 29 national and 215 regular season conference championships. From Homecoming to Spring Jam and meeting Goldy, your school spirit is an important part of University life.



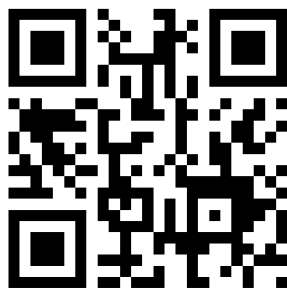
UNIVERSITY BOOKSTORES

The University of Minnesota Bookstores at Coffman Memorial Union is located on the ground level of Coffman Memorial Union with easy access to Metro Transit bus stops, the Metro Green Line and campus parking. We are the largest public college bookstore in Minnesota, and one of the largest independent college bookstores in the nation. The Bookstores at Coffman Memorial Union offers apparel, gifts, supplies, books, and more. There's something for everyone at the U of MN Bookstores!



UNIVERSITY OF MINNESOTA ALUMNI ASSOCIATION (UMAA)

What could you achieve with unlimited support from more than half a million U of M alumni worldwide? As you work toward your degree, the Alumni Association is here to help you connect with alumni to accelerate your career. Get started today with the Maroon & Gold Network, the free, online platform for career advice, networking, and mentorship brought to you by the Alumni Association.



CAREER DEVELOPMENT NETWORK

Deciding on your major or career can feel like an overwhelming decision. It is important to understand that making these decisions is a process and will take some time. The U of M has many great resources on campus to help you along the way. Every college has a career center with career counselors or coaches who can help you with major and career exploration. Find your career office at career.umn.edu/career-offices.

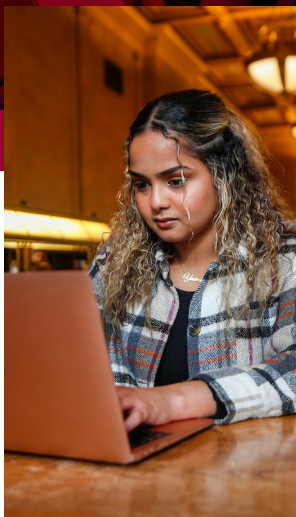


LEARNING AT THE U



UNIVERSITY LIBRARIES

Visit our 10 campus libraries with study spaces, 60-plus reservable rooms, makerspaces, peer tutoring, coffee shops, and atmosphere! Give the library website a try for research! Read an online newspaper, explore online books or watch a streaming documentary from anywhere with your UMN email. Your UCard is your library card - use it to check out books and more. You can “Ask a Librarian” by appointment, by email, by phone, or by chat 24/7.



OFFICE FOR COMMUNITY STANDARDS (OCS)

The Office for Community Standards (OCS) works with students, faculty, and staff to uphold the Student Conduct Code (SCC) as it applies to academic and non-academic behavior and expectations. If a student violates the SCC, they will likely meet with someone from this office to discuss options for resolution. To schedule virtual or in-person appointments with an OCS staff member, email [**ocs@umn.edu**](mailto:ocs@umn.edu).



ACADEMIC SUCCESS CENTER, AND THE TUTORING & ACADEMIC SUCCESS CENTER (TASC)

The Tutoring & Academic Success Center provides a variety of services and resources to help you enhance your study skills. Our support services include: tutoring, academic success coaching, academic skills classes, Effective U (self-guided study skill tutorials), and more! Contact us at [**UMNsuccess@umn.edu**](mailto:UMNsuccess@umn.edu).



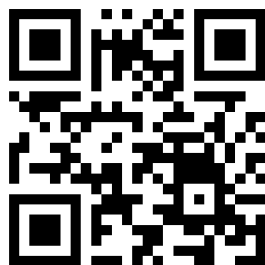
MINNESOTA ENGLISH LANGUAGE PROGRAM (MELP)

The English language program supports multilingual students through credit courses as they continue to develop their language skills while at the University.



STUDENT ENGLISH LANGUAGE SUPPORT (SELS)

Multilingual students can schedule a free, 45-minute consultation or attend a small group meeting with an English language professional to work on a particular language skill such as grammar, reading, or pronunciation.



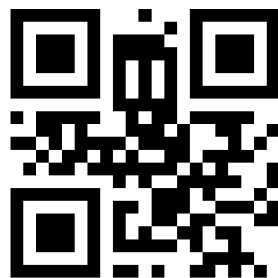
DISABILITY RESOURCE CENTER (DRC)

The Disability Resource Center serves as a central resource for students, faculty, and staff to collaboratively address barriers to access on campus. The Student Access team works with students to identify barriers and, in collaboration with faculty and staff, determine reasonable accommodations to reduce them. If you have a disability or health condition and would like to discuss accommodations, please contact the DRC at drc@umn.edu or **612-626-1333**.



UNIVERSITY HONORS PROGRAM (UHP)

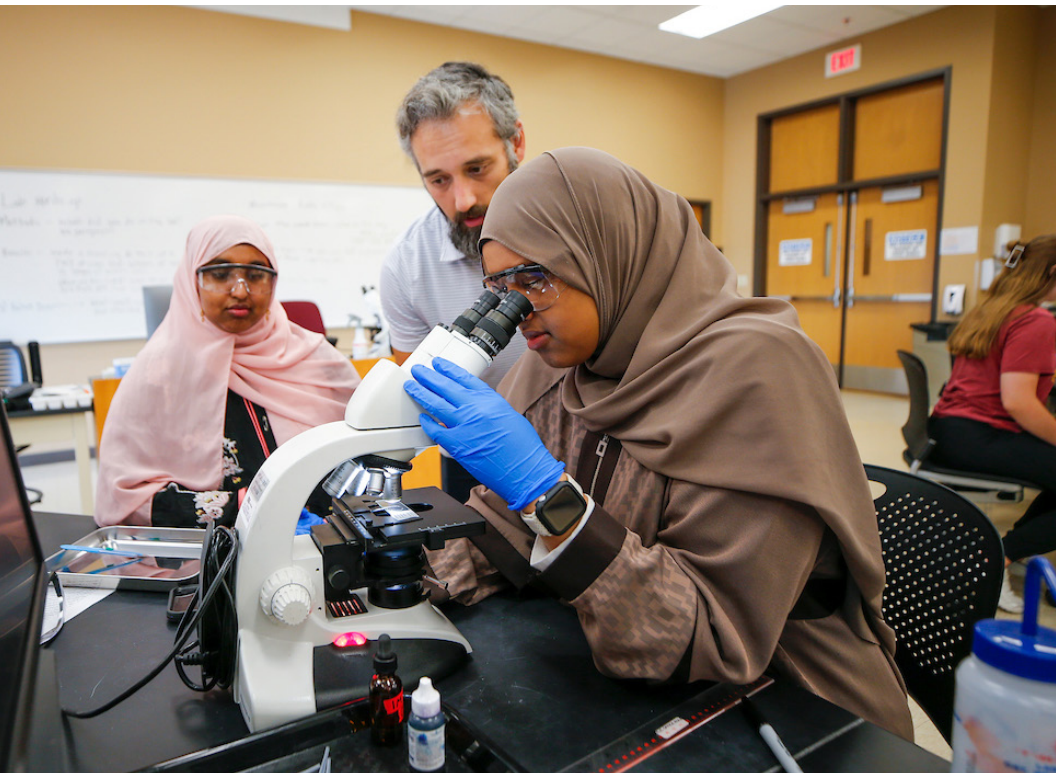
The University Honors Program promotes an interdisciplinary approach to education by providing students an enhanced learning experience that crosses academic boundaries. UHP students are part of a supportive community of driven and intellectually curious peers with diverse backgrounds and interests. UHP students integrate Honors experiences into their academic journey with an exciting curriculum comprising Honors courses, non-course experiences, and a thesis project.



LEARNING AT THE U

CENTER FOR COMMUNITY-ENGAGED LEARNING (CCEL)

The University of Minnesota's Center for Community-Engaged Learning is an essential academic resource for students, faculty, and staff seeking high-quality and meaningful opportunities to engage with communities in their learning, teaching, and research, and for community partners seeking reciprocal relationships with the University. Students can connect with CCEL for Volunteer Peer Advising, Community-Engaged Learning Courses, and the Community Engagement Scholars Program.





CENTER FOR ACADEMIC PLANNING AND EXPLORATION (CAPE)

Deciding on a major can feel challenging. The Center for Academic Planning and Exploration offers services and resources to help students identify a good-fit major! Through 1-1 coaching appointments, drop-ins, or a 1-credit course, students will gain self-awareness about their goals, interests, and values, and discover what majors are a good fit for them. Visit our website to explore resources or schedule an appointment.



LEARNING AT THE U

OFFICE OF UNDERGRADUATE EDUCATION (OUE)

Academic advising at the University is a partnership that helps you create and achieve your academic, career, and personal development goals. Your Academic Advisor will provide an environment in which you can share your questions, concerns, and aspirations, help you explore your interests and strengths, and support you in creating an educational plan aligned with your goals. Every college tailors its advising services to meet the unique needs of its students. Learn how to contact your advisor at our website, and much more.



LEARNING ABROAD CENTER

A learning abroad opportunity has the potential to be one of the most profound parts of your education. However, the process to make it happen can seem daunting. Your academic advisor and staff in the Learning Abroad Center can help guide you through the process, address your concerns, and help you select a program out of 180 that fits your academic, career, and life goals. Earn resident credit, gain an international perspective, develop new friendships, and build your confidence.



LEADERSHIP MINOR

Major in anything. Minor in Leadership. No matter your college, you can earn a Leadership Minor in just four core classes plus one elective. We also have learning abroad, field & internship experiences, directed research and other leadership opportunities. Try out our first class, LEAD 1961W, for leadership practice, community connection and a LibEd double-dip.



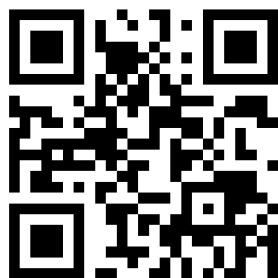
OFFICE OF UNDERGRADUATE RESEARCH (OUR)

The Office of Undergraduate Research provides undergraduate students with several opportunities to get involved with research alongside a faculty mentor. Looking for the right opportunity? Chances are it's available at OUR. Connect with faculty to complete an exciting research project for an Undergraduate Research Opportunities Program (UROP) scholarship (\$1,800 for a 120 hour project). Go abroad and do research through the International UROP program.



ROTHENBERGER INSTITUTE (RI)

The Rothenberger Institute wants to provide every student with knowledge on health topics that support a healthy, productive, and balanced life via convenient, online, 1-credit wellbeing courses. Course offerings address stress, personal technology, alcohol and substance use, sexuality, nutrition, physical activity, and sleep. Half-term options are available for fall, spring, and summer.





YOUR TRANSITION

ORIENTATION & TRANSITION EXPERIENCES (OTE)

Your transition doesn't stop after Orientation and Welcome Week! Orientation & Transition Experiences (OTE) will be with you through your first two years at the University through Student Transition Experiences (STE). STE offers experiences, programs, and communications for first-year students, transfer students, and second year students, with a goal of building connections with your classmates and providing resources pertinent to your University experiences.



OFFICE OF UNDERGRADUATE ADMISSIONS



Welcome to the University! Our admissions staff are here to help you with any final credit transfer support (PSEO, AP courses or classes from another college). The transfer credit report is prepared by the Office of Admissions. This electronic document shows how college-level coursework you have completed at other institutions transfers to the U of M to fulfill liberal education and major requirements. The information on your report will be used by you and your advisor during Orientation to determine which degree program requirements you have met and which ones you still need to complete. You will receive transfer credit report updates each time new transfer course information is recorded on your official student record.



PARENTS & FAMILIES

PARENT AND FAMILY PROGRAM

Encourage your parents and family members to connect with the Parent & Family Program. We can answer your family members' questions so they can best support you and provide helpful information they can share with you about campus events and services. If they are not already a member of our online portal for families, share the link with them so they can receive email newsletters about campus events and services to share with you too:

gopherfamilyconnection.umn.edu.



DO YOU KNOW YOUR U OF M ABBREVIATIONS & ACRONYMS?

The University of Minnesota is an extensive network of colleges, departments, offices, and resources. To help students, faculty, and staff remember all of the many resources, you'll often hear abbreviations and acronyms such as OTE, which stands for Orientation & Transition Experiences. You'll learn many of these during your time at the U, but follow the below links to get a headstart on our own U language.



WELCOME WEEK

AUGUST 28 - SEPTEMBER 2, 2024

Take the M photo at Pride & Spirit. Attend a Gopher Football game. Find a student group at Explore U. These are all ways Welcome Week helps all new students get acclimated to campus. Additionally, there are events that address the specific needs of freshmen and transfer students.



STUDENT TRANSITION EXPERIENCES

Your transition doesn't stop after Orientation and Welcome Week! Orientation & Transition Experiences (OTE) will be with you through your first two years at the U through Student Transition Experiences, which includes programs, communications, and events just for you!





SAFETY RESOURCES

Active Threat Online training
z.umn.edu/activethreat

Campus Safety Resources Video
z.umn.edu/safetyvideo

624-WALK (Safe Walk Escort Program)
Call: (612) 624-WALK (9255)
or visit z.umn.edu/624walk

Self Defense Workshop
z.umn.edu/sdefenseworkshop

Sign up for our newsletter
z.umn.edu/dpsnewsletter

Request a CET member or presentation
z.umn.edu/dpsrequest



CONNECT WITH US!

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present this coupon and get a

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STUDY ABROAD

150

Programs

80

Countries



LEARNING ABROAD CENTER

UNIVERSITY OF MINNESOTA

MULTICULTURAL STUDENT ENGAGEMENT



**CHANGE
MAKER**

MCSE provides diverse opportunities for all students!

SIGNATURE EVENTS

- Social Justice Leadership Certificate Program
- Emotionally Intelligent Leadership Workshop
- Power & Privilege Series
- First Gen Day

GET INVOLVED:

- Join a Cultural Center
- Sign up for one of our programs/workshops

Learn more at:
MCSE.UMN.EDU



MULTICULTURAL
STUDENT ENGAGEMENT
UNIVERSITY OF MINNESOTA

A UNIT OF STUDENT AFFAIRS

The University of Minnesota is an equal opportunity educator and employer.

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FREE \$10 DINING DOLLARS

When you purchase at least \$300 Dining Dollars and use
PROMO CODE: GOPHERGUIDE10

BUY ONLINE @ Z.UMN.EDU/DININGDOLLARS

Only one use per student. Can not be used on the purchase of a meal plan. Valid
June 3 - Sept. 15, 2024 and Jan. 1 - Feb. 2, 2025. Questions: dining@umn.edu

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THE LINK MINNEAPOLIS



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FOR THE FANS



BOOKSTORES
UNIVERSITY OF MINNESOTA





FOOD CO.

Welcome to Campus!

Beyond just dining hall access, your meal plan cultivates social connections and enriches your on-campus student experience. With diverse cuisines, special events, and work opportunities, we foster community and student well-being.

special offers
+ events

behind-the-
scenes access

sneak peeks
+ giveaways

First Year EATS
DINEONCAMPUS.COM/UMN

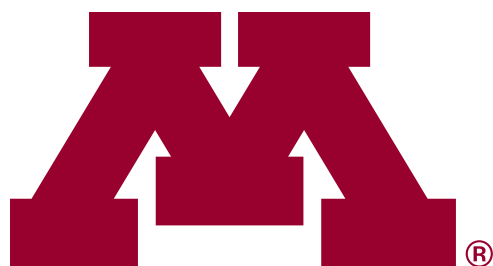


MAPS

YOUR SAFETY

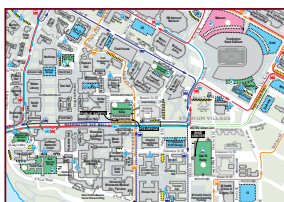
The safety of students is of the highest priority at the U of M. Here are some tips and resources to use while on campus:

- Call or text 911 if you find yourself in an emergency situation. Non emergency 612-624-2677
- If you see something, say something. Call 911 or push the button on the blue emergency columns located around campus
- Opt-in for SAFE-U Alerts on your phone
- Use a free, safe ride home using the Gopher Chauffeur app
- 624-WALK is available to walk with you to and from campus locations and nearby adjacent neighborhoods 24/7, 365 days a year
- Never leave your personal devices unattended, even for a few moments
- Take a free self-defense class through UMPD

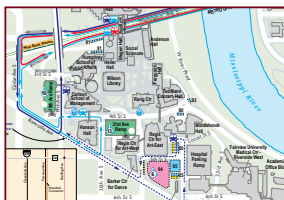


2024-25 CAMPUS MAPS

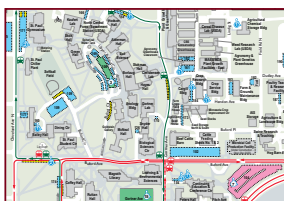
MINNEAPOLIS - EAST BANK



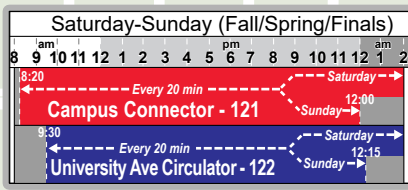
MINNEAPOLIS - WEST BANK



ST. PAUL



UNIVERSITY OF MINNESOTA MINNEAPOLIS EAST BANK



Find real-time bus tracking at z.umn.edu/gophertrip

- Public (lower daily max)
- Public (higher daily max) & Contract parking
- U of M meter parking (time limits vary)
- Contract parking
- Facility entrance and/or exit
- Disability parking area - 3 hours free (number indicates capacity)
- Disability parking area - posted rates apply (number indicates capacity)
- Disability transfer zone
- Electric vehicle charging station
- Motorcycle contract parking area
- Campus Transit Routes**
 - Campus Connector
 - East Bank Circulator
 - University Avenue Circulator
 - 4th Street Circulator
 - Bus stop (color indicates route)

Paratransit service: z.umn.edu/paratransit

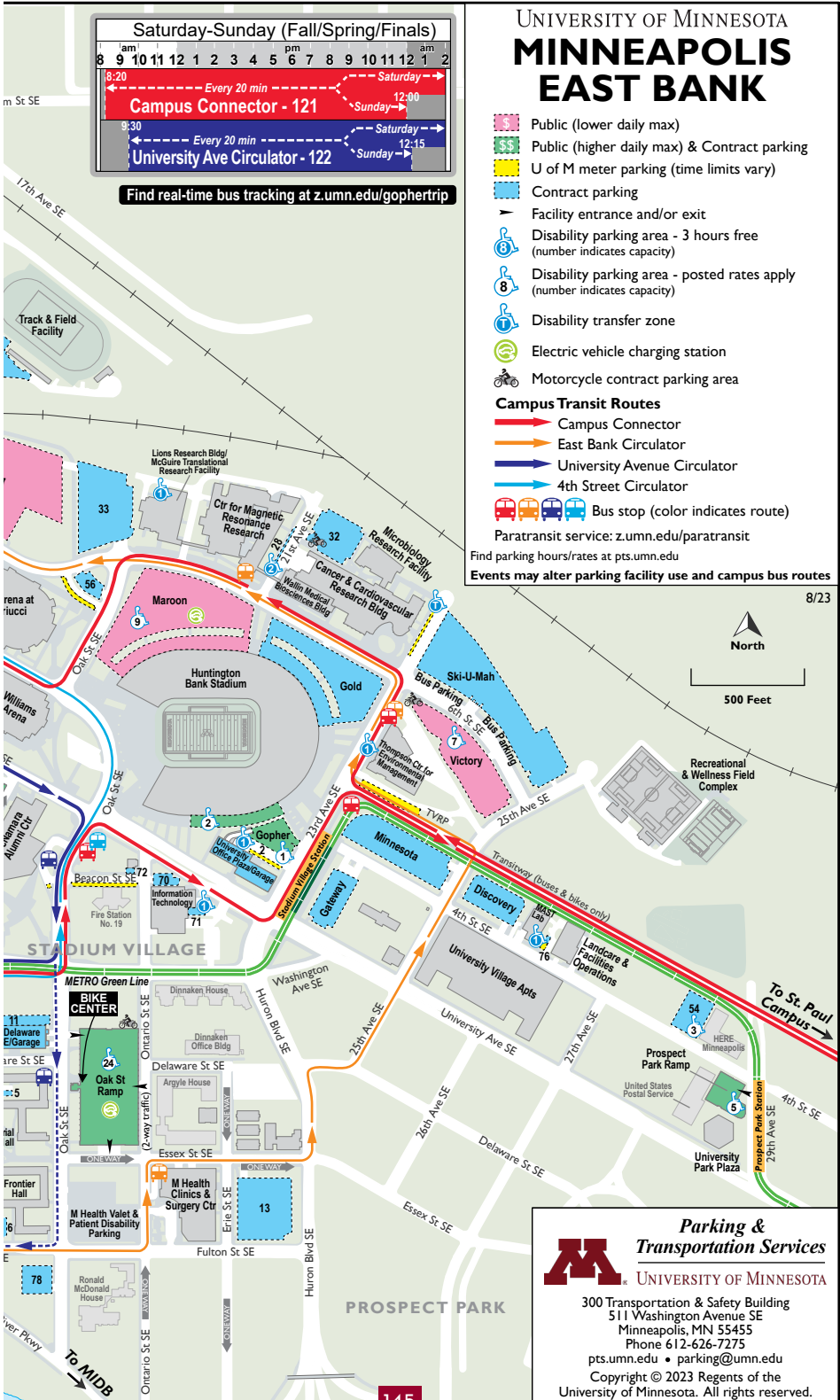
Find parking hours/rates at pts.umn.edu

Events may alter parking facility use and campus bus routes

8/23



500 Feet



Parking & Transportation Services



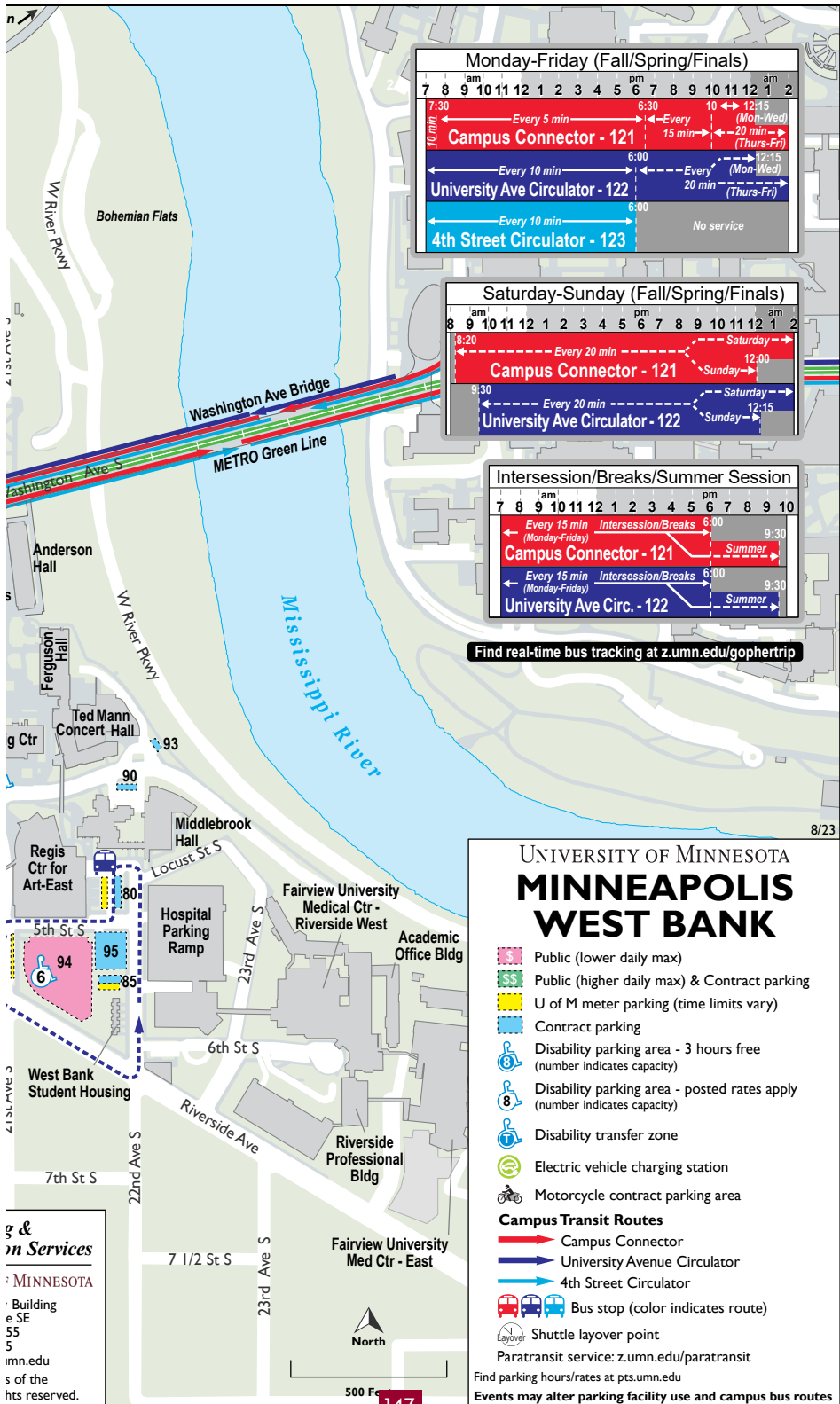
UNIVERSITY OF MINNESOTA

300 Transportation & Safety Building
511 Washington Avenue SE
Minneapolis, MN 55455
Phone 612-626-7275

pts.umn.edu • parking@umn.edu

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ST. PAUL CAMPUS

- Public (lower daily max) & Contract parking
Public (higher-daily max) & Contract parking
U of M meter parking (time limits vary)

 Disability parking area - 3 hours free
(number indicates capacity)





- Disability parking area - posted rates apply
(number indicates capacity)

- Disability transfer zone

Electric vehicle charging station

Motorcycle contract parking area

Campus Transit Routes

-  Campus Connector
 St. Paul Campus Circulator
  Bus stop (color indicates route)

Shuttle layover point

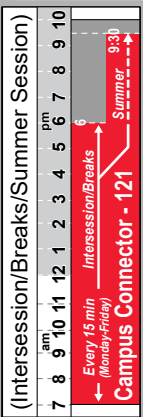
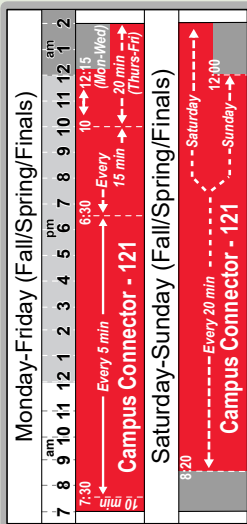
Paratransit service: z.umn.edu/paratransit

parking hours/rates at pts.umn.edu

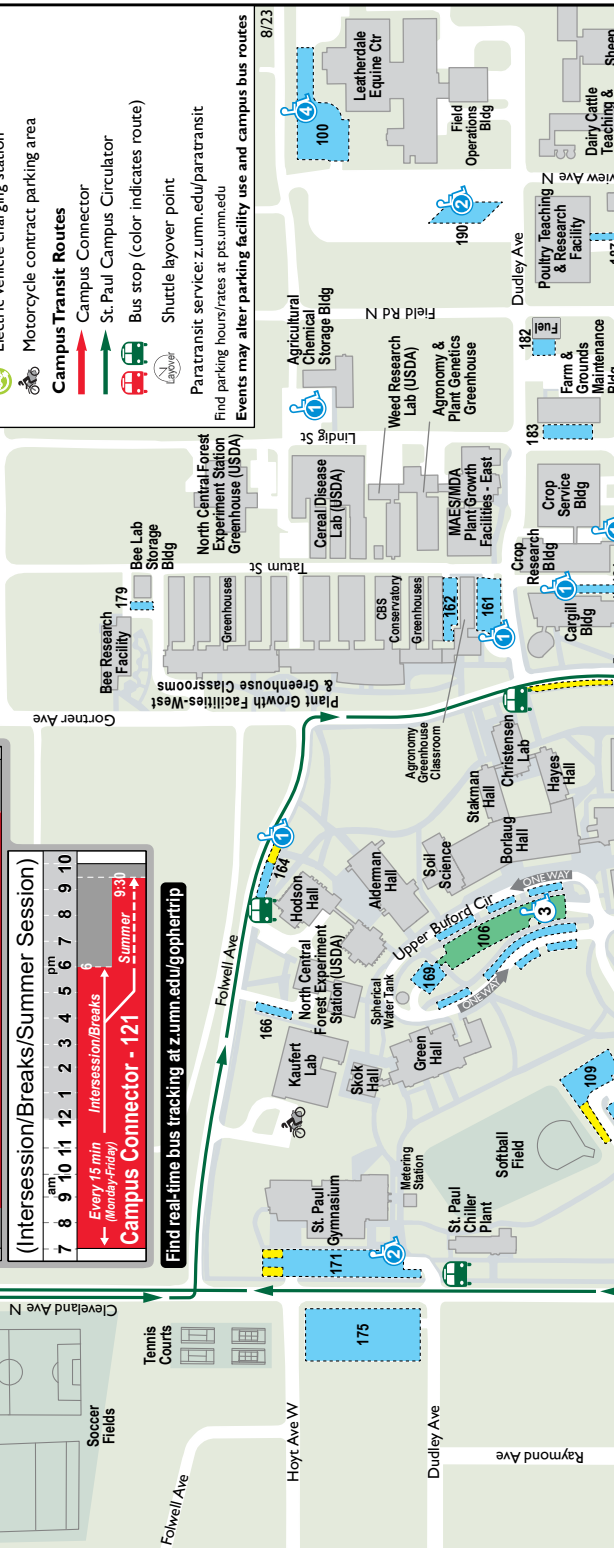
Students may alter parking facility use and campus bus routes



500 Feet



Find real-time bus tracking at z.umn.edu/gophertrip



HELPFUL RESOURCES

General Information

University Information: (www.umn.edu)

612-625-5000

University of Minnesota Police Department:

612-624-2677

Housing & Residential Life: 612-624-2994

Metro Transit: (metrotransit.org) 612-373-3333

One Stop Student Services (Billing & Financial Aid): 612-624-1111

Orientation & Transition Experiences: 612-624-1979

Parent & Family Program: 612-626-8770

Parking and Transportation Services: 612-626-7275

University of Minnesota Bookstores: 612- 625-6000

Health and Wellness

Urgent/Crisis Counseling 24/7 Crisis Line:
612-301-4673

Student Mental Health: www.mentalhealth.umn.edu

Student Counseling Services: 612-624-3323

Boynton Health: 612-625-8400

Aurora Center for Advocacy and Education:
612-626-2929

Disability Resource Center: 612-626-1333
(v/tty)

University Recreation & Wellness: 612-626-9222

Academic Assistance

Center for Academic Planning & Exploration (CAPE): 612-624-3076

Center for Writing: 612-625-1893

Tutoring and Academic Success Center (TASC): 612-624-3076

University Libraries: 612-624-3321

Student Life

Computer and Technology Information: 612-301-4357

Gopher Athletics Ticket Information: 1-800-846-7437

Office for Student Affairs: 612-626-1242

Student Conflict Resolution Center:
612-624-7272

Student Employment: 612-626-8608

Student Legal Services: 612-624-1001

Student Unions & Activities: 612-624-4636

U Card Office: 612-626-9900

Diversity and Multiculturalism

Multicultural Center for Academic Excellence (MCAE): 612-624-6386

Office of Equity and Diversity: 612-624-0594

The Gender and Sexuality Center for Queer and Trans Life: 612-625-0537

Women's Center: 612-625-9837

College Offices

Carlson School of Management (CSOM): 612-625-0027

College of Biological Sciences (CBS):
612-624-9717

College of Continuing and Professional Studies (CCAPS): 612-624-4000

College of Design (CDes): 612-626-3690

College of Education and Human Development (CEHD): 612-625-3339

College of Food, Agricultural and Natural Resource Sciences (CFANS):
612-624-1234

College of Liberal Arts (CLA): 612-625-2020

College of Science and Engineering (CSE): 612-624-2890

School of Nursing: 612-625-7980

Orientation



Welcome Week

Student Transition Experiences

ORIENTATION & TRANSITION EXPERIENCES

OFFICE OF UNDERGRADUATE EDUCATION

ote.umn.edu



UNIVERSITY OF MINNESOTA
Driven to Discover®