

2012-2013 MAP-Works First-Year Fall Transition Report

Welcome Danae! The following report is about you; created from your responses to the Fall Transition Survey. It's designed to help support you and ensure your success here at University of Northern Iowa.

Did you know...

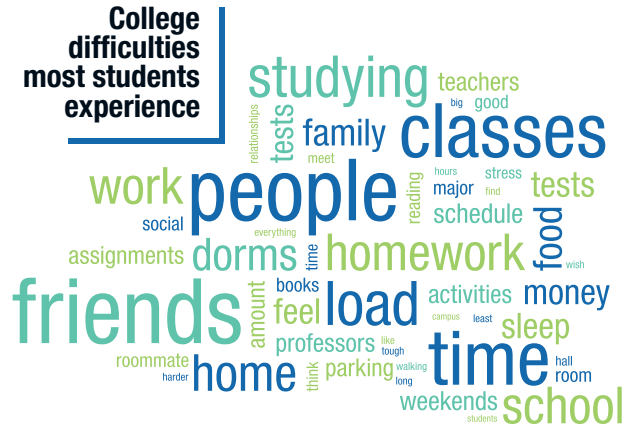


While **9 out of 10** students anticipate making all A/Bs...

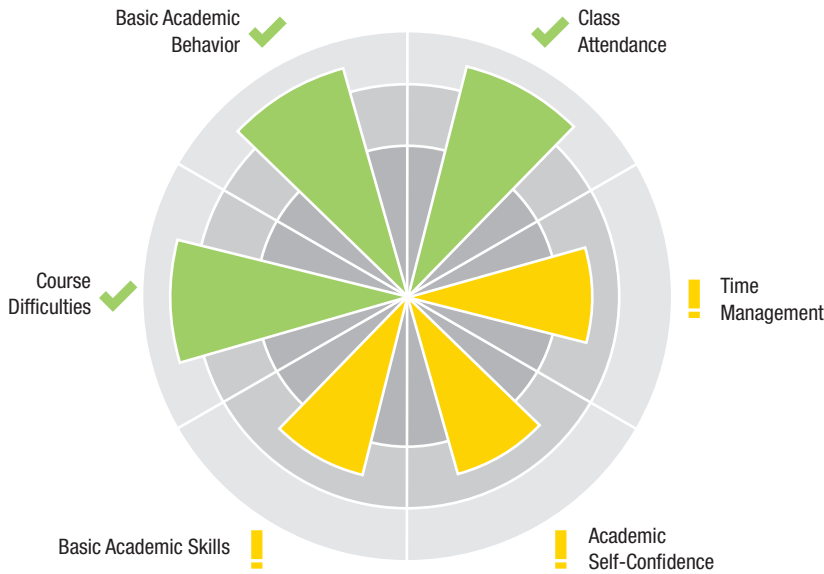


...only **67%** do.

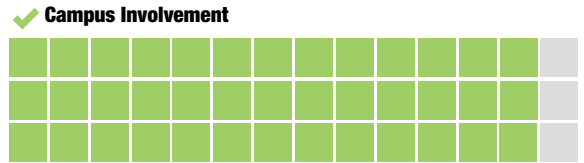
The truth is, there are many factors that play a part in your academic success and it's easy to get held back by something you least expect. Class attendance, study habits, even adequate sleep all have an affect on your ability to achieve your goals.



Earning the Grades You Want

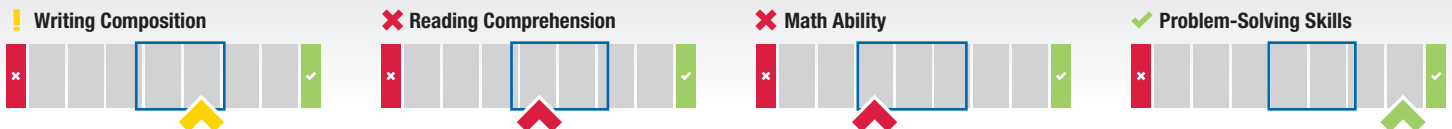


Connecting with Others



Key
 ✓ Good ▲ You
 ⚠ Needs Work □ Middle 2/3 of Peers
 ✗ Issue

Basic Academic Skills



Earning the Grades You Want

You expect to earn C grades this term. You may be concerned about your academic preparation and ability to succeed in college. There are many resources on campus that can help or visit with one of your Direct-Connect faculty/staff members (see the list below) to explore resources for assistance.

- ✓ **Basic Academic Behaviors** -- *Taking notes, Turning in homework, Recording your assignments, and Spending sufficient time studying.*
You have excellent academic behaviors! These skills typically lead to good grades; keep up the good work! It is important to sustain your current level of performance throughout the entire term. TIP: Talking with your instructors is a proven way to get the most from your classes! At any point you need help, contact your MAP-Works Direct-Connect faculty/staff members (see the list at the end of this report).
- ✓ **Class Attendance**
Congrats! You understand the importance of class attendance. Many students don't realize that attending every class is crucial to academic success in college. Did you know that students who miss a class every once in a while earn an average GPA nearly a letter grade lower than students with perfect or near perfect class attendance? Furthermore, it is important to be active in class. Being mentally present in the class is just as important as being physically present.
- ! **Basic Academic Skills** -- *Writing, Reading, Math, and Problem-Solving*
You have fair basic academic skills. You need to work to improve these skills; they are the foundation of your academic success.
- ! **Academic Self-Confidence**
You have moderate confidence in your academic abilities. Students with moderate confidence tend to do well until they face a challenge. They might give up on a task early when they feel stressed. If this happens, contact one of us immediately for help.
- ! **Time Management** -- *Showing up on time, Planning out your time, Making "to-do lists", and Balancing academic and social time*
You have fair time management skills, but to achieve good grades you will likely need to improve them. It is important to organize your time and to keep academics high on your priority list. Did you know that good time management skills are linked to higher GPAs? Improving your skills will allow you to be more efficient with your time and more effective in achieving good grades.
- ✓ **Course Difficulties**
You reported that you aren't having any difficulties with your courses. That's great news! If you do need help, please don't hesitate to contact one of us immediately.

If you want to improve your likelihood of earning the grades you want, here are some examples of steps you should take:

- **Create a study group:** Assemble a group of others in your classes who can study together, provide feedback on work, share notes, and motivate each other to do well in the class.
- **Talk to your instructors:** If you're struggling in a class, contact the instructor immediately and discuss steps you can take to improve your performance. Also, make an appointment with your academic advisor to discuss resources that are available such as tutoring and study skill seminars.
- **Take personal responsibility:** Make a commitment to practice good academic behaviors such as attending all classes and completing all class assignments on time. Get a planner or install software on your computer/phone that allows you to record all assignments and their due dates so you can manage your time and class demands more effectively.
- **Take advantage of campus resources:** There are many resources on campus that can help you overcome academic hurdles. Please see the list of Campus Resources at the end of this report.

Connecting with Others

Connecting with others at University of Northern Iowa is a vital step on your road to graduation. We are committed to helping you discover opportunities that will enhance your social, academic, and professional network while in college. The following are two factors that contribute to your overall social integration.

✓ Campus Involvement

You want to be involved on our campus – that's great news! We love your enthusiasm. Getting involved is a great way to make the most of your college experience. The foundation for success extends beyond the classroom; the opportunities and experiences provided by campus activities are as important as your classroom experience when it comes to your future success.

! Sense of Belonging

Everyone feels like an outsider at one time or another. A great way to make friends and build new relationships is by joining a student organization, playing intramural sports, and/or volunteering for service projects. Don't be afraid to try new things! Give yourself time to adjust to this environment. You're only just beginning to meet and connect with people who share your interests, values, or professional goals.

If you want to improve your connections with campus, here are some examples of concrete steps you could take:

- Making connections with students, faculty, and staff often takes time and effort. Reach out to others who may be struggling to make a connection and be open to building friendships with those who reach out to you.
- Consider joining a social/professional organization, activity, intramural sport, or volunteer your time to a cause that is important to you.
- If our institution doesn't have a club that matches your interest, consider developing one. Contact our student activities/student life about how you may be able to do this.

✓ Paying for College

✓ To stay in college you have to pay for college, and if you're a little unsure of how you'll pay for next term's tuition and fees, you're not alone! Don't wait; contact the financial aid office for help right away. There are people here who can help you find ways to meet your financial needs. A list of campus resources is provided in this report to help you along.

If you need help paying for college, here are some examples of concrete steps you could take:

- Make an appointment with the Financial Aid Office to discuss available assistance.
- Reach out to one of us (see the list of Direct-Connect faculty/staff at the end of your report) and we will help direct you to the appropriate person/office that can provide you with information.
- If the stress of financial issues begins to affect your academic focus and performance, please speak to one of us, a counselor, or an advisor before you become overwhelmed.

Taking Action

Now it's your turn! We challenge you to develop steps to improve your current behaviors and become a more successful student. In this report, we have indicated areas of strength with green icons and areas with potential for improvement with yellow or red icons. We have also included a list of Campus Resources to help you improve your areas of weakness and further build upon your areas of strength.

- Areas of Strength (green icons): In college, it is important to build on your current skill/behavior level. You should find opportunities on campus to utilize and improve your skills/behaviors.
- Areas of Improvement (yellow & red icons): Low scores on academic areas, sense of belonging, or financial issues need to be addressed so you can become as successful as possible. Please schedule time to a meet with one of your Direct-Connect Faculty/Staff listed below to develop a plan of action.

Below are areas where there is room for improvement. We ask you set three specific steps you'll take to improve or change:

- Choosing a Major
- Basic Academic Skills
- Academic Self-Confidence
- Time Management
- Sense of Belonging
- Expected Grades this Term

First Steps	When

Direct-Connect Faculty/Staff

The following is a list of faculty/staff available to assist you at University of Northern Iowa:

Name	Phone	Email
Roxie Tucker <i>Lawther Hall Residence Life Coordinator (Residence Halls: Hall Name: Lawther)</i>	273-2148	roxie.tucker@uni.edu
Roxie Tucker <i>Lawther Hall Residence Life Coordinator (Residence Halls: House Name: Galliano)</i>	273-2148	roxie.tucker@uni.edu
Lyn Redington <i>Director of Residence Life (Residence Halls: Hall Name: Lawther)</i>	273-2333	lyn.redington@uni.edu
Roxane Kaale <i>PAIR (Residence Halls: Hall Name: Lawther)</i>		kaaler@uni.edu
Lyn Redington <i>Director of Residence Life (Residence Halls: House Name: Galliano)</i>	273-2333	lyn.redington@uni.edu
Roxane Kaale <i>PAIR (Residence Halls: House Name: Galliano)</i>		kaaler@uni.edu
David Marchesani <i>Academic Advisor/Career Development Coord. (Academic Advisors: Academic Advising Office)</i>	273-3406	David.Marchesani@uni.edu
Jean Neibauer <i>Director, Academic Advising (Academic Advisors: Academic Advising Office)</i>	273-3406	jean.neibauer@uni.edu
Josh Sankey <i>Academic Advisor (Academic Advisors: Academic Advising Office)</i>	273-3406	joshua.sankey@uni.edu

Kimberly Schirm <i>Academic Advising advisor</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3406	kimberly.schirm@uni.edu
Anthony Smothers <i>Academic Advisor</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3406	Anthony.Smothers@uni.edu
Angie Tudor <i>Academic Advisor</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3406	Angie.Tudor@uni.edu
Cayla Loew <i>Desk Assistant</i> <i>(Academic Advisors: Academic Advising Office)</i>		loewcaa@uni.edu
Chris Cole <i>Desk Assistant</i> <i>(Academic Advisors: Academic Advising Office)</i>		chcole21@uni.edu
Janessa Townsley <i>Desk Assistant</i> <i>(Academic Advisors: Academic Advising Office)</i>		townslej@uni.edu
Marcus McDowell <i>Desk Assistant</i> <i>(Academic Advisors: Academic Advising Office)</i>		mcdowmaa@uni.edu
Caitlyn Altoff <i>Graduate Assistant - Academic Advising</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3406	althocaa@uni.edu
Michelle Peck <i>Academic Advisor/Academic Advising Coord</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3406	Michele.Peck@uni.edu
Lindsey Rhodes <i>Grad Assistant, Academic Mentor</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-3175	rhodesl@uni.edu
Jennifer Gibbs <i>Grad Assistant, Academic Mentor</i> <i>(Academic Advisors: Academic Advising Office)</i>	273-6409	gibbsjab@uni.edu

April Chatham-Carpenter <i>Co-chair, First-Year Council (Cornerstone: Cornerstone student)</i>	273-5901	april.chatham-carpenter@uni.edu
Deirdre Heistad <i>Liberal Arts Core Director (Cornerstone: Cornerstone student)</i>	273-2518	d.heistad@uni.edu
Sarah Duster <i>Peer TA (Cornerstone: Cornerstone student)</i>	5635817525	dusters@uni.edu
April Chatham-Carpenter <i>Co-chair, First-Year Council (Cornerstone course: UNIV:1059:10)</i>	273-5901	april.chatham-carpenter@uni.edu
Deirdre Heistad <i>Liberal Arts Core Director (Cornerstone course: UNIV:1059:10)</i>	273-2518	d.heistad@uni.edu
Nikki Zumbach Johnson <i>Instructor - LAC (Cornerstone course: UNIV:1059:10)</i>	273-3707	nichole.johnson@uni.edu
Erin Harms <i>Peer TA (Cornerstone course: UNIV:1059:10)</i>		harmseaa@uni.edu
Sarah Duster <i>Peer TA (Cornerstone course: UNIV:1059:10)</i>	5635817525	dusters@uni.edu
Angie Tudor <i>Academic Advisor (Advisor Code: Tudor,Angela K)</i>	273-3406	Angie.Tudor@uni.edu

Primary Contact

Campus Resources

Academic Advising
273-3406
kimberly.schirm@uni.edu
102 Gilchrist
<http://www.uni.edu/advising/>

Career Development and Internships
319.273.2084
sarah.goblirsch@uni.edu
102 Gilchrist Hall
<http://www.uni.edu/careerservices/>

Center for Multicultural Education
273-2250
tabatha.cruz@uni.edu
109 Maucker Union
<http://www.uni.edu/cme/>

Counseling Center

273-2676
david.towle@uni.edu
103 Student Health Center
<http://www.uni.edu/counseling/>

Financial Aid

273-2700
jennifer.bell@uni.edu
105 Gilchrist Hall
<http://www.uni.edu/finaid/>

Math and Science Services (Academic Learning Center)

319.273.2489
latricia.hylton@uni.edu
007-008 Innovative Teaching and Technology Center
<http://www.uni.edu/unialc/MathIndex.html>

Smoking Cessation

273-6921
kathy.green@uni.edu
101 Wellness and Recreation Center
<http://www.uni.edu/wellrec/wellness/smoke/index.html>

Victim Services Advocate

273-2137
joan.thompson@uni.edu
101 Wellness and Recreation Center
<http://www.uni.edu/wellrec/wellness/sexualabuse/support/>

Dean of Students

319.273.2332
melissa.payne@uni.edu
118 Gilchrist Hall 0010
<http://www.uni.edu/deanofstudents/>

Health Clinic

273-7224
shelley.matthews@uni.edu
016 Student Health Center
<http://www.uni.edu/health/>

Meal Plans and On-campus Housing (Department of Residence)

319.273.2333
betsy.stone@uni.edu
Ground Floor of Redeker Center
www.uni.edu/dor

Substance Abuse Services

319.273.3423
mark.rowe-barth@uni.edu
101H Wellness
<http://www.uni.edu/wellrec/wellness/subabuse/>

Violence Intervention Services

273-3423
mark.rowe-barth@uni.edu
101 Wellness and Recreation Center
<http://www.uni.edu/wellrec/wellness/sexualabuse/>

Disability Services

273-2677
ashley.brickley@uni.edu
103 Student Health Center
<http://www.uni.edu/sds/>

Healthy Eating Issues

273-2137
joan.thompson@uni.edu
101 Wellness and Recreation Center
http://www.uni.edu/wellrec/wellness/healthy_eating/index.html

Reading and Learning/Academic Coaching (Academic Learning Center)

273-2361
emily.borcherding@uni.edu
007 Innovative Teaching and Technology Center
<http://www.uni.edu/unialc/Reading&Learning.html>

Veteran Student Services

273-2278
jennifer.suchan@uni.edu
115 Gilchrist
<http://www.uni.edu/registrar/visitors/military/veterans-resources>

Writing Center (Academic Learning Center)

319.273.6424
deanne.gute@uni.edu
007-008 Innovative Teaching and Technology Center (ITTC)
<http://www.uni.edu/unialc/writingcenter.html>