



Student Success
Resource Center at HSS

SPRING 2021 WEEKLY PLANNER



WELCOME TO UNC!



Hey Bears! Welcome to the Spring 2021 Semester. We are so glad to have you in our community!

This UNC digital planner can be either printed out or downloaded for use on your PC. Using this weekly planner will help you plan and work toward your goals and also keep track of your busy college schedule and personal life.

SPRING 2021 COURSE INFORMATION

Use this page to save your advisor and your professors' contact information and their office hours.

SPRING 2021 SEMESTER AT A GLANCE

We have filled in important dates (like when to Register) and events to keep an eye on already. You can then fill in the rest of the page with your exam dates, project deadlines, and personal events.

WEEKLY SPREADS

Each week, plan how you want to spend your days and what tasks should be the focus. We also gave you space to track your habits and write your To Do lists.

MONTHLY REFLECTION

At the end of every month, take a few minutes to write down the good things that happened, the things you want to happen next month, and the steps you are taking. At the end of the semester, you can look back on how you felt!

The Student Success Resource Center wishes you the BEST semester, and we hope this Digital Planner gets you a step closer to your goals. The Coaches love filling out weekly spreads, so click here to schedule an appointment for that extra boost:

[SSRC MAIN BOOKING PAGE](#)

SPRING 2021 COURSE INFORMATION

Major Advisor Name _____ Advisor Email _____

Office Location _____ Office Hours _____

Watch this video to find your class schedule details in URSA and grab the syllabus your instructors provided for your classes. Use that information to fill in the time, location, office hours, and email for each class.

[VIDEO LINK to SPRING 2021 SCHEDULE](#)



Course Name

Days & Time

Location

Instructor

Office Location

Email

Course Name

Days & Time

Location

Instructor

Office Location

Email

Course Name

Days & Time

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Office Location

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Days & Time

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Office Location

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SPRING SEMESTER AT A GLANCE

Writing down and sharing your goals increases your ability to follow through! Screenshot this page and tag @unco_success on Instagram with your goals for Spring.

JANUARY

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31						

FEBRUARY

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SEMESTER GOALS:

MARCH

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APRIL

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ACADEMIC EVENT REMINDERS:

Monday, January 11	First Day of Classes
Friday, January 15	Add deadline
Monday, January 18	Martin L. King Day (campus closed)
Friday, January 25	Drop deadline
Friday, January 25	Grade replacement deadline
Monday, February 1	Universal Scholarship app deadline
Thursday, Feb 18	Job and Internship Fair
Monday, Mar 1	FAFSA deadline
Mon Mar 15-19	SPRING BREAK WEEK
Monday, April 5	Summer/Fall 21 Registration opens
Mon-Fri., May 3-7	Finals Week
Sat. May 8	Undergraduate Commencement

MAY

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WEEKLY PLANNER

WEEK 1 - DATES: Monday, January 11 - Friday, January 15

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Drinking water daily will be vital to your good health in our Colorado air. Track other habits of your own choice here in the block below each week.

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Friday, January 15 - Course Add Deadline

Believe in yourself and feel the confidence to set and complete your goals.

WEEKLY PLANNER

WEEK 2 - DATES: Monday, January 18 - Friday, January 22

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*New suggestions for habit tracking:
journaling, reading, exercise*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Monday, January 18 - MLK Day (No Classes)

Intelligence plus character, that is the goal of true education—Martin Luther King

WEEKLY PLANNER

WEEK 3 - DATES: Monday, January 25 - Monday, January 29

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*You can use a habit tracker for literally anything.
Using this tracker will help you build healthy habits.*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Friday, January 25 - Course Drop Deadline

Friday, January 25 - Grade Replace Deadline

TIP: *Try planning out your To-Do list the night before this week.
You might wake up feeling focused and ready to run.*

WEEKLY PLANNER

WEEK 4 - DATES: Monday, February 1 - Friday, February 5

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*New suggestions for habit tracking:
no spend month, cleaning your room or study space*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Monday, Feb.1 - Universal Scholarship deadline

Tell someone how much they matter to you. It costs \$.0 to put a smile on someone's face.

WEEKLY PLANNER

WEEK 5 - DATES: Monday, February 8 - Friday, February 12

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Simply pick 3 or 4 habits and get into the habit of using your tracker. It creates a visual cue to act on, and using a tracker will change your life!

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Do ONE thing this week that your future self will thank you for.

WEEKLY PLANNER

WEEK 6 - DATES: Monday, February 15 - Friday, February 19

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*New suggestion for habit tracking:
try a new food item at the dining hall.*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Job and Internship Fair Feb 18 - Handshake

Set aside time this week to answer a big question: what is valuable to you and why?

WEEKLY PLANNER

WEEK 7 - DATES: Monday, February 22 - Friday, February 26

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The most rewarding thing about tracking habits is you can stop when the new behavior is automatic.

HABIT TRACKER:

Water:

TO-DO's or NOTES:

*TIP: Ask someone for advice this week: a professor, a mentor, a counselor, etc.
You might find a new way to do things that help you succeed.*

WEEKLY PLANNER

WEEK 8 - DATES: Monday, March 1 - Friday, March 5

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*New suggestions for habit tracking:
Listen to music or start a new hobby*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

March 1 - FAFSA deadline

Schedule an appointment with a student success coach for some goal accountability:

BOOK A CONVENIENT APPOINTMENT TODAY!

WEEKLY PLANNER

WEEK 9 - DATES: Monday, March 8 - Friday, March 12

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Choose a habit you care about doing regularly. Don't worry about whether other's think it's important. It just has to matter to you.

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Ind. course withdrawal deadline - March 8

Write down THREE things that went well this week and TWO things that could have gone better (and how you learned from them).

WEEKLY PLANNER

WEEK 10 - DATES: Monday, March 15 - Friday, March 19

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

HABIT TRACKER:

Water:

TO-DO's or NOTES:

SPRING BREAK WEEK!

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

WEEKLY PLANNER

WEEK 11 - DATES: Monday, March 22 - Friday, March 26

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

HABIT TRACKER:

Water:

TO-DO's or NOTES:

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

WEEKLY PLANNER

WEEK 12 - DATES: Monday, March 29 - Friday, April 2

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*New suggestion for habit tracking:
no process sugar, medications or vitamins.*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

REMINDER: Visit your advisor to get PIN

*TIP: When a negative thought pops in your head this week,
stop and think of **THREE** positive things instead.*

WEEKLY PLANNER

WEEK 13 - DATES: Monday, April 5 - Friday, April 9

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Habit tracking helps you to keep your eye on the ball: you're focused on the process rather than the result.

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Summer/Fall Registration opens - April 5

*Take time this week to clean and organize your space.
A clean work area can help you focus on your studies and class projects.*

WEEKLY PLANNER

WEEK 14 - DATES: Monday, April 12 - Friday, April 16

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*New suggestion for habit tracking:
Try something out like yoga or meditating.*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Complete schedule withdrawal deadline-April 16

*Take time to write down **THREE** things you appreciate this week.
If you haven't done so already, see your advisor about classes for next semester.*

WEEKLY PLANNER

WEEK 15 - DATES: Monday, April 19 - Friday, April 23

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When habit tracking is relevant to your life and goals, it can help push you towards accomplishment and bring more happiness in your life.

HABIT TRACKER:

Water:

TO-DO's or NOTES:

This week, learn the UNC Fight Song and sing it loud!

WEEKLY PLANNER

WEEK 16 - DATES: Monday, April 26 - Friday, April 30

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*New suggestions for habit tracking:
no alcohol, no junk food, stretching routine*

HABIT TRACKER:

Water:

TO-DO's or NOTES:

Check out this video for study tips to prepare for your final exams:
GIVE YOURSELF AN ADVANTAGE ON YOUR FINALS!

WEEKLY PLANNER

WEEK 16 - DATES: Monday, May 3 - Friday, May 7

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We hope your habit tracking this semester helped you to focus, be accountable, and to reach your goals!

HABIT TRACKER:

Water:

TO-DO's or NOTES:

GOOD LUCK ON YOUR FINALS, BEARS!

Look back over your semester and make notes about what you are most proud of.

IMPORTANT LINKS & PHONE NUMBERS



ACADEMIC RESOURCES

Writing Center

Tutorial Services

Chemistry/Math Study Center

BEAR CENTRAL

Dean of Students

Center for Career Readiness

Registrar

Financial Aid

Student Legal Services

WELLNESS, SUPPORT & NEED

HSS Student Success Resource Center

Counseling Center

Bear Pantry

Student Health Center

Student Outreach & Support

Information Management & Technology

UNC POLICE

PARKING SERVICES

West Campus Map

Central Campus Map

Campus Map

PERSONAL CONTACTS:

[illegible]