



Student Success
Resource Center at HSS

SPRING 2022 WEEKLY PLANNER & MASTER SYLLABUS



WELCOME TO UNC!



Hey Bears! Welcome to the Spring 2022 Semester. We are so glad to have you in our community and back on campus!

This **digital planner** has been designed to support your success at UNC. It will help you plan and work toward your goals and also keep track of your busy college schedule and personal life. This file **can be printed or downloaded** for use on your personal computer, whichever you prefer.

FALL 2021 COURSE INFORMATION

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

FALL 2021 SEMESTER AT A GLANCE

We have filled in important dates (like when to register) and events to keep in mind throughout the semester. You can complete the rest of the page with your exam dates, assignment and project deadlines, and personal events.

WEEKLY SPREADS

You can use the weekly planner in a variety of ways, including as a master syllabus. At the start of the semester, gather your syllabi from each course and transfer all of your assignments, projects, papers, and exams to this weekly planner. If you want to be extra detail-oriented, you can add your weekly readings, too. When all of your due dates are combined, you can anticipate your busy weeks and plan ahead. Likewise, you can identify your lighter weeks and schedule some fun and relaxation. Taking the time to get organized at the start of the semester will benefit you now and later! The planner can also be a great tool for tracking healthy habits, maintaining awareness of important university deadlines, and creating relevant to do lists for your courses.

MONTHLY REFLECTION

At the end of every month, take a few minutes to reflect on the positive experiences you had, the things you want to happen next month, and the steps you are taking toward your goals. At the end of the semester, you can review your entries and set new goals for the following semester!

The Student Success Resource Center (SSRC) is available to provide support and we hope this digital planner helps you reach your academic goals. Click below to schedule an appointment with one of our success coaches to discuss tips on setting goals, getting yourself organized, etc.

SCHEDULE AN APPOINTMENT WITH A SUCCESS COACH

COURSES

GOALS/EVENTS

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1

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16

SPRING 2022 COURSE INFORMATION

Major Advisor Name _____ Advisor Email _____

Office Location _____ Office Hours _____

To complete this information, find the syllabus your instructor(s) provided for each of your classes.

Use that information to fill in the time, location, office hours, and email for each class.

TIP: Maintaining communication with your professors will be critical throughout your college career.



Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

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Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

Course Name

Day(s) & Time(s)

Location

Instructor(s)

Office Location

Email

SPRING 2022 SEMESTER

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 fall.

JANUARY

S	M	T	W	T	F	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	31					

FEBRUARY

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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					

SEMESTER GOALS:

MARCH

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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		

APRIL

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

ACADEMIC EVENT REMINDERS:

Monday, January 10	First Day of Classes
Friday, January 14	Add deadline
Monday, January 17	Campus Closed
Monday, January 24	Drop deadline
Monday, January 24	Grade replacement deadline
Wed-Thurs, Feb 16-17	Commencement Fair
Mon-Fri, Mar 14-18	SPRING BREAK (no classes)
Friday, April 29	Course Withdrawal Deadline
Mon-Fri, May 2-6	Finals Week
Friday, May 6	Undergrad Commencement
Wednesday, May 11	Final Grade Deadline (at 5 pm)
Monday, June 13	Diplomas available with Final Degree

MAY

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



WEEKLY PLANNER

WEEK 1 - DATES: Monday, January 10 - Friday, January 14

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

WINTER WELCOME - Mon, Jan 10-14

DEADLINE TO ADD CLASSES - Fri, Jan 14

Believe in yourself, push your limits and do whatever it takes to conquer your goals.

WEEKLY PLANNER

WEEK 2 - DATES: Monday, January 17 - Friday, January 21

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*New suggestions for habit tracking:
journaling, exercise, avoiding junk food,
or sleeping 8 hours*

HABIT TRACKER:

Water:

TO-DOs or NOTES:

MLK DAY, UNC CLOSED - Mon, Jan 17

The measure of intelligence is the ability to change—Albert Einstein

WEEKLY PLANNER

WEEK 3 - DATES: Monday, January 24 - Friday, January 28

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*You can use a habit tracker for literally anything.
Come up with your own to build some new
healthy habits for yourself.*

HABIT TRACKER:

Water:

TO-DOs or NOTES:

DEADLINE TO DROP CLASSES - Mon, Jan 24

Use some Sunday study time to create your weekly to-do list.

WEEKLY PLANNER

WEEK 4 - DATES: Monday, January 31 - Friday, February 4

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T **AM** **PM**

F **AM** **PM**

S **AM** **PM**
S **AM** **PM**



*New suggestions for habit tracking:
starting a budget, cleaning your room or study space*

HABIT TRACKER:

Water:

TO-DOs or NOTES:

UNC SCHOLARSHIP DEADLINE - Tues, Feb 1

Think about the many ways you can let someone know you care. You will never know how that positive feedback can help sustain them through difficult moments.

WEEKLY PLANNER

WEEK 5 - DATES: Monday, February 7 - Friday, February 11

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If you haven't already, get into the habit of using your tracker. It fosters accountability and can change your life moving forward!

HABIT TRACKER:

Water:

TO-DOs or NOTES:

*What are you trying to do outside of classes to get involved and make new friends?
Do ONE thing this week that your future self will thank you for.*

WEEKLY PLANNER

WEEK 6 - DATES: Monday, February 14 - Friday, February 18

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

COMMENCEMENT FAIR - Tues/Wed, Feb 16-17

UNC JOB & INTERNSHIP FAIR - Thurs, Feb 17

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

WEEKLY PLANNER

WEEK 7 - DATES: Monday, February 21 - Friday, February 25

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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-DOs or NOTES:

*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, February 28 - Friday, March 4

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S **AM** **PM**



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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

FAFSA DEADLINE - Tues, Mar 1

SPRING REGISTRATION OPENS SOON -

**MAKE AN APPOINTMENT WITH YOUR
ACADEMIC ADVISOR!**

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

BOOK AN APPOINTMENT TODAY!

WEEKLY PLANNER

WEEK 9 - DATES: Monday, March 7 - Friday, March 11

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

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

WEEKLY PLANNER

WEEK 10 - DATES: Monday, March 14 - Friday, March 18

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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-DOs or NOTES:

SPRING BREAK ALL WEEK!

*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 21 - Friday, March 25

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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 with their goals.*

HABIT TRACKER:

Water:

TO-DOs or NOTES:

K-12 EDUCATOR EMPLOYMENT DAYS -

Thurs-Fri, Mar 24-25

*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 28 - Friday, April 1

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*New suggestion for habit tracking:
schedule regular study times in your day.*

HABIT TRACKER:

Water:

TO-DOs or NOTES:

SPRING COURSE REGISTRATION OPENS - *Mon,*

Nov 8 (if you do not have a PIN, schedule

a meeting with your academic advisor)

Get ahead by creating a study plan for finals.

WEEKLY PLANNER

WEEK 13 - DATES: Monday, April 4 - Friday, April 8

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

FALL COURSE REGISTRATION OPENS - *Mon,*

Apr 4 (if you do not have a PIN, schedule

a meeting with your academic advisor)

Take time this week to sit down and set some goals for the rest of your semester.

WEEKLY PLANNER

WEEK 14 - DATES: Monday, April 11 - Friday, April 15

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

*Take time to write down **THREE** things you're proud of this week.
If you haven't done so already, visit our coaches for some great finals study tips.*

WEEKLY PLANNER

WEEK 15 - DATES: Monday, April 18 - Friday, April 22

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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 to your life.

HABIT TRACKER:

Water:

TO-DOs 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, April 25 - Friday, April 29

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

*Your most profitable investment is in yourself!
 Make time for study your first priority this week for the best grades on your finals.*

WEEKLY PLANNER

WEEK 17 - DATES: Monday, May 2 - Friday, May 6

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

HABIT TRACKER:

Water:

TO-DOs or NOTES:

FINALS WEEK - *We're rooting for you!*

UNDERGRAD COMMENCEMENT - *Sat., May 7*

Have a great summer break - take some time to think about next semester's goals and keep in touch with your new UNC friends while you are gone!

IMPORTANT LINKS & PHONE NUMBERS



CHECK OUT ALL THESE VALUABLE CAMPUS RESOURCES:

Writing Center

Tutorial Services

Chemistry/Math Study Center

Dean of Students

Center for Career Readiness

Registrar

Financial Aid

Bursar

HSS Student Success Resource Center

Counseling Center

Campus Safety Office

Bear Pantry

Student Health Center

Student Outreach & Support

Information Management & Technology

Campus Recreation Center

[CAMPUS CALENDAR](#) - Explore events offered across campus for students.

UNC POLICE

PARKING SERVICES

WEST CAMPUS MAP

CENTRAL CAMPUS MAP

CAMPUS MAP

PERSONAL CONTACTS:

[illegible]