

Fall Semester of Freshman Year ~ Mentor/Mentee Check-in Opportunities

Mentors can use these opportunities to learn about their mentee's experiences and encourage them to follow up on important details and tasks.

Task	Rationale
Reapply for Financial Aid -- FAFSA/California Dream Act	Every year you will need to re-apply for financial aid to make sure you have all the financial support you can get. It is super important to stay on top of these deadlines because forms that are submitted late could result in a delay in financial aid disbursement. If your fees are not paid, you may be dropped from all the classes you are enrolled in. Don't let this happen to you, and apply as soon as the application opens on October 1st, 2021.
Access Tutoring Services	You may not think you need tutoring, but it is always good to know where you can go to receive additional support in case you do end up needing it. This may look different from college to college, but find out what you need to do to sign up!
Join a Club	Being in a whole new environment by yourself can surely be terrifying. Joining a club will help you socialize and meet new people that very well may be your new study group or support group. You will meet so many great people that may even end up becoming lifelong friends.
Avoid Credit Card Solicitors	There is always so much going on campus, you are very likely to come across someone who will solicit your credit card. Do not give them permission! Oftentimes, once they have your information, they will continue to bug you and try to get more money out of you.
Visit the Financial Aid Office	Knowing where your financial aid office is will be extremely important. In the event that you have to submit additional documents or there is a problem with your financial aid, you should be able to go to your financial aid office for assistance. Resources for campus specific scholarships are also often available in the financial aid office.
Visit the Student Resource Center	Typically, Student Resource Centers are full of information. This is likely where you can find more information about tutoring services, your student ID card, EOP, disability services, cultural resources, employment, copy services, etc. You will learn more about getting involved on campus.

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Attend a Sports Game	Attending a sports game can be so fun and can be another opportunity to meet people or bond with your roommates. Every college has different sports, find the one that you are most interested in. Remember, these are free to all students!!
Check Out the Gym	Your physical and emotional well being is key to being successful in college. Check out your school's gym, to see what is available. There are usually free exercise, dance and yoga classes. If you love sports, join an intramural team!
See an Instructor During Office Hours	Meeting with your instructor during office hours is extremely important and helpful to clear up any questions or concerns about your class. Building a relationship with your instructor can help you in the long run because they can recommend you for jobs or write you a recommendation for Graduate School. They are also more likely to work with you if you have any special requests if they actually know you.
Visit the Library	It probably goes without saying that there are books and other resources to help you with your research in the library. There are also quiet study rooms, places to meet with a study or tutorial group, computer labs, and even comfortable furniture for relaxing between classes.
Check out the Student Health Center	Whether you are relying on campus health services, or sticking with your medical coverage from high school, it's good to know where the health center is. Be sure you know how to get there, what hours they are open, what services they provide, and where to go during a medical emergency.
Know how to Access Campus Security & Police Services	Be sure you know how to reach out to security and police services. Many campuses offer free services to students if they need someone to walk with them to the parking lot after dark, or even back to the dorms. What's the fastest way to get support if you need it on campus? Be sure you know how to keep yourself safe on campus!