

WELCOME TO UNC!



Hey Bears! Welcome to the spring 2025 semester. We are so glad to have you in our community and back on campus!

digital planner

can be printed or downloaded

[SPRING 2025 COURSE INFORMATION](#)

[SPRING 2025 SEMESTER AT A GLANCE](#)

[CREATE A MASTER SYLLABUS](#)

[MONTHLY REFLECTIONS](#)

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**](#)

[HOME PAGE](#)

[WELCOME](#)

[COURSE INFO](#)

[SEMESTER CALENDAR](#)

[WK 1](#) [WK 2](#) [WK 3](#) [WK 4](#) [WK 5](#) [WK 6](#) [WK 7](#) [WK 8](#) [WK 9](#) [WK 10](#) [WK 11](#) [WK 12](#) [WK 13](#) [WK 14](#) [WK 15](#) [WK 16](#)

GOAL SETTING WORKSHEET

UNC BUCKET LIST

RESOURCES & CONTACTS

SPRING 2025 COURSE INFORMATION

*To complete this information, find the syllabus your instructor(s) provided for each of your classes.
Use that information to fill in the days/time and location of the course, along with instructor name and email.*

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WEEKLY PLANNER

WEEK 1 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM

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

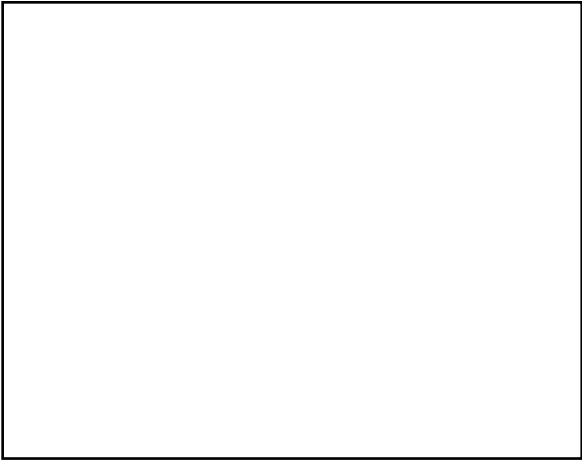
HABIT TRACKER:

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TO-DOs or NOTES:

DEADLINE TO ADD CLASSES - Fri, January 17

Use the start of a new semester to get organized & make your January 17th a success!



WEEKLY PLANNER

Habit tracking fosters accountability and

AM

PM

WEEKLY PLANNER

WEEK 6 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM



*Habit tracking suggestion:
try a new food or vegetable at the dining hall or
spend more time outdoors.*

HABIT TRACKER:

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TO-DOs or NOTES:

*Set aside time this week to answer a big question: what is valuable to you and why?
"Education is the most powerful weapon you can use to change the world." – B.B. King*

WEEKLY PLANNER

WEEK 8 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM



*Habit tracking suggestion:
Listen to music daily or call a favorite family member back home to catch up.*

HABIT TRACKER:

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TO-DOs or NOTES:

Schedule an appointment with a Student Success Coach for some goal accountability:

BOOK AN APPOINTMENT TODAY!

GOAL SETTING WORKSHEET

UNC BUCKET LIST

RESOURCES & CONTACTS

WEEKLY PLANNER

WEEK 9 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM

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



Choose a habit you care about doing more regularly. Don't worry about whether others think it's important - you are important!

HABIT TRACKER:

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TO-DOs or NOTES:

SPRING BREAK - Mar 17 - 21 ENJOY!

GOAL SETTING WORKSHEET

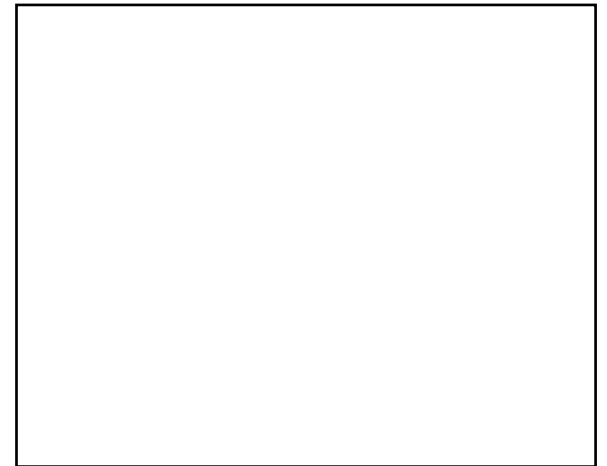
UNC BUCKET LIST

RESOURCES & CONTACTS

WEEKLY PLANNER

AM

PM



WEEKLY PLANNER

AM

PM

WEEKLY PLANNER

WEEK 14 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM



*Habit tracking suggestion:
Try something grounding like yoga,
meditation or deep breathing exercises.*

HABIT TRACKER:

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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 15 - DATES:

M ^{AM} PM

T ^{AM} PM

W ^{AM} PM

T ^{AM} PM

F ^{AM} PM

S ^{AM} PM
 /
 S ^{AM} PM

Finals can be stressful - remember to integrate self-care and wellness throughout your study plans. Use your habit tracker this week to make that happen.



Stack new habits by connecting them with ones you already do daily. (e.g. enjoy your daily coffee during a morning walk around campus before class).

HABIT TRACKER:

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TO-DOs or NOTES:

COURSE WITHDRAWAL DEADLINE- *May 2*

GOAL-SETTING WORKSHEET

UNC BUCKET LIST

RESOURCES & CONTACTS

WEEKLY PLANNER

WEEK 16 - DATES:

M	AM	PM
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T	AM	PM
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W	AM	PM
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T	AM	PM
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F	AM	PM
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S	AM	PM
S	AM	PM

Do well on your finals and have a great summer break - think of some new goals for next semester and keep in touch with your new UNC friends while you are gone.



*You've made it to the end of the semester!
Congratulations on all the healthy
habits you've worked toward!*

HABIT TRACKER:

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TO-DO SCHEDULES:

FINALS WEEK	are rooting for you!	
UNDERGRAD COMMENCEMENT	-	10

GOAL SETTING WORKSHEET

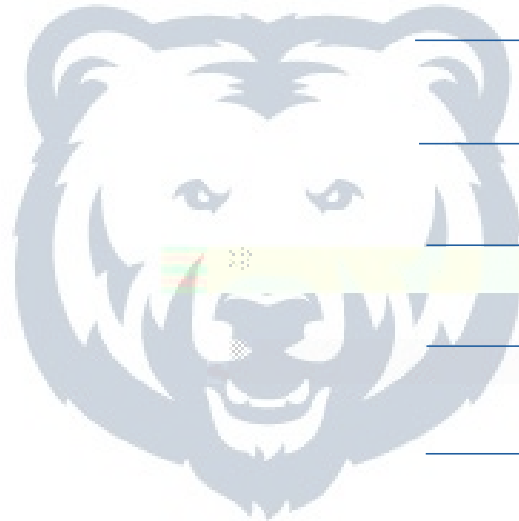
UNC BUCKET LIST

RESOURCES & CONTACTS



BEARS SELF-CARE BUCKET LIST

Nothing is more important to us than your success! UNC believes in providing strong academic, career, wellness, and cultural support for every Bear. We invite you to explore all of our programs and services available to help you reach your highest potential and make the most out of your experience at UNC.



BEARS SUCCESS GOAL WORKSHEET

HSS.StudentSuccess@

unco.edu Call 970-351-3140

Ex. Graduation from UNC!

Ex. maintain good grades and register for the correct courses.

Ex. check DegreeWorks before and after registration, meet with my

advisor Ex3.5 (wardsew)10 (o) is noTj(-)(our)39.-32las1 1tradatuWIS2@VMEsome iOU wt a numbeBig k (oal?)TJ/Tope ste. Bebig letack y

COME