





This [weekly 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 is available for use on your personal computer, whichever you prefer.

2023

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

2023

We have added important dates and events to remember throughout the semester. You can complete the rest of the page with your exam dates, assignment and project deadlines, and personal events.

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 exam dates to this weekly planner. If you prefer being 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 in 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.

At the end of every month, take a few minutes to reflect on the experiences you've had, the things you are looking forward to 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!



2023

Major Advisor Name _____ Advisor Email _____

Office Location _____ Office Hours _____



Course Name
Day(s) & Time(s)
Location
Instructor(s)
Office Location
Email

Course Name
Day(s) & Time(s)
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Office Location
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1 - Monday, August 21 - Friday, August 25

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2 - Monday, August 28 - Friday, September 1

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3 - Monday, September 4 - Friday, September 8

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4 - Monday, September 11 - Friday, September 15

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- Monday, September 25 - Friday, September 29

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- Monday, October 2 - Friday, October 6

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Monday, October 9 - Friday, October 13

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Monday, October 16 - Friday, October 20





10 - Monday, October 23 - October 27

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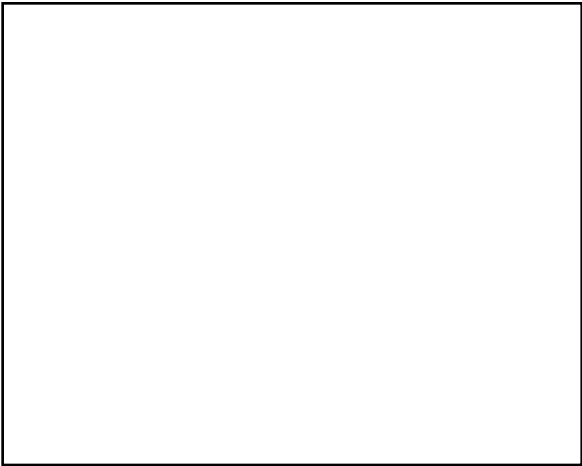
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13 - Monday, November 13 - Friday, November 17

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14 -



Monday, November 20 - Friday, November 24

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1 - Monday, December 4 - Friday, December 8

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- - Dec 4-8
- Dec 9

[HSS Digital Planner](#) - Your first self-care step each semester should be to download this handy tool to help you be successful

[Bear Pantry](#) - Every UNC student is able to visit the pantry once per week and choose up to 10 items at no cost

[Campus Calendar](#) - Where you can find out about all the amazing student events going on around campus

[Campus Recreation](#) - Our facility provides many services and activities that support your health and wellness

[Campus Safety Tips](#) - UNC is committed to providing the safest possible living and learning environment for our students

[Center for Career Readiness](#) - We are your career connection, all the way from developing your resume to finding employment

[Clubs & Organizations](#) - Get involved, develop new relationships on campus by joining a club that engages your interests

[Counseling Center](#) - Our team provides a safe place for you to talk about issues or concerns that are important to you

[Cultural & Resource Centers](#) - We provide safe places and resources to all who identify with a specific population on our diverse campus

[Disability Resource Center](#) - Disability is a valued aspect of diversity and we provide access to services as a matter of equity

[Handshake](#) - This is UNC's job posting platform to help you discover professional opportunities on and off campus

[Math Study Center](#) - We offer free drop-in learning assistance to students enrolled in math classes at UNC

[Office of Equity & Inclusion](#) - We provide support to you by advocating for equity and inclusion throughout campus life

[Outdoor Pursuits](#) - Rent gear from our extensive collections for free or find opportunities for outdoor education or experiences

[Student Health Center](#) - All UNC students are eligible to use this on-site medical clinic while enrolled at UNC

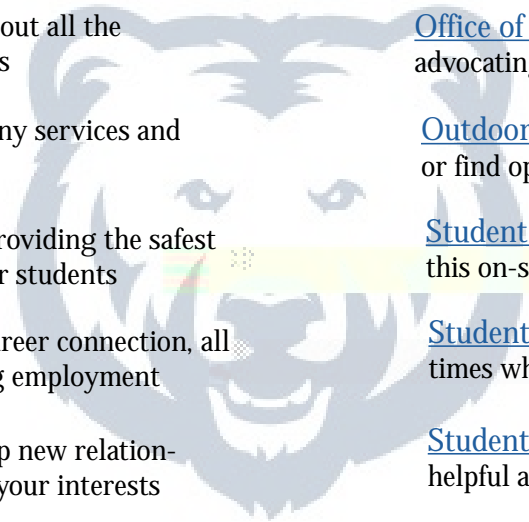
[Student Outreach & Support](#) - We assist students during difficult times which may include illness, injury, or personal/family crisis

[Student Success Center Advising](#) - Find caring support and helpful advice from a success coach to meet your goals


[Tutoring Center](#) - Build on your skills and knowledge with free individual or group tutoring sessions on many subjects


[Universal Scholarship](#) - Our application process opens on Nov 1st, apply quickly to see if you qualify for any funds


[Writing Center](#) - Strengthen and demystify the writing process and learn how to use styles and academic citations





Crafting a success goal allows you to set concrete actions in five steps to accomplish big things! When creating your success goal, be concise and clear in your language. Your Success Coach can work with you to design your goals with the following questions. Contact your success coach at _____ or _____ for questions, resources, and support.


	Write down the goal you have in mind. What do YOU want?
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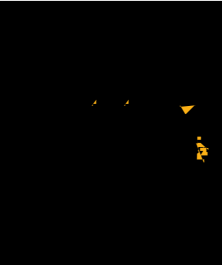
	What action steps should be your primary focus to reach your big picture?
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	Some is not a number. How will you track your progress towards your goal?
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	Break your options into doable chunks. Be real and honest: what will you DO to achieve your goal?
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	Why are you setting this goal? How will the options help you achieve your big picture?
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	Soon is not a time. What's the deadline and is it realistic? WHEN will you complete each action step to reach your big picture?
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	What else could you have done? How does the thought of meeting your big picture goal make you feel?
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