



GET CONNECTED!

FRESH@USD Workshop Schedule
www.sandiego.edu/fye

Torero Weekends
www.sandiego.edu/weekends

Settling In and Getting Connected

Students are settling in to their rooms, getting into a routine of classes, study time and free time and getting connected to the campus community. Families are settling into a new way of life as well, an adjustment not to be taken lightly. Hearing concerns about academics, roommates and campus life from your student is common. Encourage problem solving using USD's supportive resources. New independence can be empowering. Campus is alive with the return of students — Torero athletics kicks off another winning year!



HELPFUL HINTS

- First year students should attend FRESH@USD workshops, with topics such as time management, test taking, job options and choosing a major.
- Students may be looking for activities on the weekends. Events found at www.sandiego.edu/weekends.
- Student struggling with homesickness or roommates? Seeking support from the resident assistant or a resident minister will help.
- Calls full of panic and anxiety are common. Listen patiently and calmly, showing your support and empathy, but resist stepping in with a solution.
- Campus Recreation offers affordable student passes for Fit and Active group exercise classes. Also, a variety of Intramural programs run all year long.
- Plan to come to Family Weekend! This is a great time to reconnect with your student on campus. For more information go to www.sandiego.edu/parents.

SEPTEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 First day to use meal plans Torero Days	2 Fall semester begins	3 Federal Work-Study Job Fair	4 AS Welcome Weekend	5
6	7 LABOR DAY (offices closed)	8 Last day to change meal plan	9	10 Mass of the Holy Spirit	11	12
13	14 Last day to enroll in classes and to drop a class without a 'W'	15 Alcalá Bazaar	16	17 Internship Fair	18 ROSH HASHANAH BEGINS	19
20	21	22	23	24	25	26
27 YOM KIPPUR BEGINS	28	29	30	Every Sunday evening, students attend Mass in Founders Chapel		