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| 1    | Be Part of a Community | Active and Collaborative Learning | Practice community | - Typical concerns of first-year students  
- That they are not alone on this big campus!  
- Differences between high school and college  
- How to set goals for success  
- The importance of building relationships with other first year students. | UHM |
| 2    | Manage Your Time | Time Usage and Demands | | - Learn how to practice effective study and time management skills.  
- Understand the importance of class attendance and reading a syllabus.  
- Learn prioritization skills to help them balance personal, academic, and social activities | College of Education, Learning Assistance Center |
| 3    | Get Engaged in Campus Life | Supportive Campus Environment | | - Learn about the academic resources available to assist them throughout their college career at UHM  
- Develop a better understanding of the benefits of extra-curricular and co-curricular involvement | Offices and Departments |
| 4    | Think Critically | Personal and Social Gains | Varying methods of inquiry and validation | - Know where to find good resources  
- Learn about UHM technology and how to use it (STAR, LAULIMA, VOYAGER)  
- Learn about the Student Conduct Code and academic honesty | STAR, UH Libraries, Laulima |
| 5    | Learn How You Learn | Personal and Social Gains | | - How to evaluate the way they prefer to learn.  
- Strategies to maximize peer collaboration | Learning Assistance Center |
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| 6    | Manage Your Money | Supportive Campus Environment | | - Develop and enhance their money management skills  
- Be aware of important information regarding financial aid | Financial Aid, College of Business, USA Funds |
| 7    | Explore Majors and Careers | Practical Competence Gains; Enriching Educational Environment | | - Clarify their academic and professional goals  
- Learn how internships and co-op programs can pave the way to employment  
- Begin to think about workplace skills and values  
- Learn about the range of university and community events that are available to students | Center for Career Development and Student Employment |
| 8    | Meet with an Advisor | Supportive Campus Environment | Written and Oral Communication | - Learn about the importance of meeting with an academic advisor  
- Learn how to maximize their time with an academic advisor  
- Recognize resources that enhance academic advising | Manoa Advising Center, Pre-Health/Pre-Law Advising Center, College of Education, College of Business, STAR |
| 9    | Study Together | Enriching Educational Environment | Written and Oral Communication | - Students will learn the benefits of study groups  
- Students will discuss strategies to maximize the power of peer collaboration  
- Students will prepare for exams  
- Students will be aware of services offered at the Student Success Center including: tutoring, computer lab, 24/5 access | Learning Assistance Center, Student Success Center |
| 10   | Have a Plan | Practical Competence Gains; Enriching Educational Environment | Written and Oral Communication | - Learn of UHM internship, fellowship, research, and exchange programs  
- Identify UHM activities to participate in before graduation  
- Create a 4-year activity plan that complements their academic plan. | UHM Campus |
| 11   | Share What You’ve Learned | Enriching Educational Environment | Written and Oral Communication | - Students will demonstrate written and oral presentation skills  
- Students will present career research they collected as part of their Career Exploration project  
- Students will share highlights from their prepared handout. | Center for Career Development and Student Employment |
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| 12   | Independent Learner | Enriching Educational Environment | Written and Oral Communication | - Reflect on their first semester journey and set goals for the next semester  
- Complete activities outside of class and become independent learners  
- Discuss how they each contribute to the world | UHM Campus |
|      | Laulima / STAR | Enriching Educational Environment; Practical Competence Gains |  | - Students will know how to utilize Laulima functions for courses.  
- Students know how to use the university degree audit system (STAR)  
- Students understand how to find the online listing of General Education requirements. | Laulima, STAR, MyUH Portal |
|      | Co-curricular Activities (including Career Fair and ACE Bash) | Enriching Educational Environment |  | - Students will learn about the range of university and community events that are available to students  
- Students will develop a better understanding of the benefits of extra-curricular and co-curricular involvement  
- Students will understand the connections between out-of-class university experiences and their overall student development | Center for Career Development and Student Employment, CAPS, ASUH |
|      | Community Service | Student Faculty Interaction; Supportive Campus Environment, Enriching Educational Environment; Active and Collaborative Learning |  | - Students will recognize the importance of service and community involvement | Departments, Service Learning Program |
|      | Academic Resources | Enriching Educational Environment |  | - Students will be aware of academic services including tutoring, supplemental instruction, ENG 100 mentoring, etc. | Learning Assistance Center, Student Success Center |
|      | Professor Out-of-Class Meeting | Student Faculty Interaction; Supportive Campus Environment, Enriching Educational Environment; Active and Collaborative Learning | Written and Oral Communication | - Students will begin to develop appropriate and meaningful relationships with faculty and staff at UHM  
- Students will know how to locate and attend faculty office hours  
- Students will identify faculty and staff as academic support resources and learn to utilize them effectively | Departments |