

NAVIGATION GUIDE

The First Year | Your Advising Team | Know the Tools

You're starting an experience that will change your life, one that you get to shape.

College is much more than just getting a degree. It's about preparing you to succeed in your life and make a positive difference - at work, at home, in your community and beyond.

To help you accomplish those goals, SPU provides many forms of support for you to lean on throughout your time here. Our office, Student Academic Services, provides some of those important resources ranging from assistance with registering to determining how studying abroad will work for you academically.

During your first quarter, we've created a special **Navigation Guide** which will lay out important things for you to be thinking about at that point in the quarter. It will arrive in your email inbox every Monday, so you can look for its arrival each week. Topics will range from how to prepare for the first day of class to when to meet with your faculty advisor.

There's lots to learn in a new place and academic environment and we want to ease your transition by giving you these personalized tips which can set the stage for a meaningful and successful undergraduate experience at SPU.

Navigation Guide

- Arrives in your email inbox every week
- Wonder when you should meet with your faculty advisor or when you should start studying midterms? We'll tell you!
- Look for it for it to guide you through your first quarter!



Student Academic Services

We're in two locations, so make sure you know which one you need to visit!

Student Records + Registration
Demaray Hall 151

Academic Counseling
**by appointment only*
Demaray Hall 120

Your Advising Team!

One of the wonderful benefits of a school like SPU is the one-on-one support you can receive from faculty and staff who are here to help you succeed. Although students are ultimately responsible for their academic journey at SPU, you'll benefit greatly from a few experts who are here to provide guidance as you navigate academic life. Your **faculty advisor** and **academic counselor** will be two of those guides who will provide important support to you along the way.

Faculty Advisor: your primary academic advisor who is an expert in their discipline and assigned to you based on your major

- Make an appointment with them every quarter before registering for next term

Your Academic Counselor: your resource for questions about academic policy, transfer credits, studying away from SPU, and many other academic-related issues

- Available by appointment except during the first week of the quarter when they host Drop-In Advising Hours for students with questions about their schedules

Know the tools - and the rules

Online Resources

SPU Email: your primary source for university communication

Degree Check: where you track your degree progress, plan for your coursework in future terms, and explore degree/major/minor requirements for the various programs offered by the university

Canvas: the virtual extension of your classroom where your instructor may post information relevant to the class

Banner: a gateway into most of SPU's online resources as well as your student records

Time Schedule: the official schedule of classes for the current and upcoming terms.

Catalog: Your official source for university policies and information about the schools & departments which form the institution

University Policies

Academic regulations include rules that govern how you earn a degree at SPU, along with rules governing academic integrity and community standards. These are available online in the University Catalog.

On-Campus Resources

These include the following offices:

- [Center for Learning](#)
- [Writing Center](#)
- [Disability Support Services](#)
- [Center for Career and Calling](#)
- [International Student Services](#),
- [SPU Library](#)
- and many others!



The foundation of your first year: The Core Curriculum

The Core Curriculum is part of SPU's general education requirement that all undergraduates, regardless of major, complete as part of their degree program. It offers a wide variety of subjects and choices to help develop critical thinking, communication, and problem-solving skills - all of which will compliment the subject expertise you'll gain in your major classes. The first-year skills requirement includes three core classes you should complete by the end of your first year at SPU or when you reach 45 credits. They will help you develop skills you need for year two and beyond, so it is recommended that you take one each quarter. Some majors will specify which class you should take to meet the requirements of a general education category.

First year courses

- WRI 1000 Academic Writing
- WRI 1100 Disciplinary Research & Writing Seminar
- UFDN 1000 University Foundations

Dare to explore

Remember to keep yourself open to different experiences and opportunities. Even if you are certain that you've chosen the right major, make sure to take the time this year to consider the various academic options SPU has to offer. And take the time to reflect on what your academic experiences inside and outside the classroom mean to you. The first step to effective exploration is to know yourself. Consider how your interests, values, and skills fit with the opportunities you have at SPU.