### JUNE 2019

Use the summer to set intentions for how you will immerse yourself into the Wildcat community. This month’s calendar provides suggestions from UNH students after being prompted: "What do you wish you would have known your first year at UNH?"

**SUNDAY**

2 Get on WildcatLink

I wish I had known about all the opportunities UNH had.

– Alyssa Boyd ‘21

(https://wildcatlink.unh.edu/)

3 It’s Not Easy But...

You will find your tribe.

– John Domenico ‘19

4 Be Where You Are

Try not to stress about school before it begins.

– Elizabeth DeMaio ‘21

5 Keep Moving

Avoid procrastination, it will lead to unnecessary stress. Meet with your advisor to help stay on track towards your academic goals.

– Crystal Goodrich ‘22

6 You’re Good

It’s ok to be afraid and not to have everything figured out.

– Mackenzie Wirtz ‘19

7 Learn to Swim

UNH is large...there are tons of unfamiliar faces and class sizes can be overwhelming. But you CAN be a big fish in a big pond.

– Kassidy Tardif ‘20

8 Roommate Fact

I wish I knew coming into my first year that not everyone needs to be best friends with their roommate.

– Kassidy Tardif ‘20

9 Get Those ZZZs

Get plenty of sleep the night before a big exam.

– Kassidy Tardif ‘20

10 Create a Schedule

Create a schedule for when to study, relax, & go to class.

That way you won’t be overwhelmed and you’ll get all your work done.

– Alyssa Boyd ‘21

11 Be Present

To maintain your health and wellness at UNH, try yoga or meditation.

– Crystal Goodrich ‘22

12 Get Uncomfortable

Push yourself past your comfort zones. Do things you normally wouldn’t and have an open mind.

– Mackenzie Wirtz ‘19

13 Cope with Anxiety

When I’m having a particularly anxious day I like to find a scenic spot on campus and sit there for a few minutes and people watch.

– Molly Hogan ‘20

14 Be You

Transitions are hard- stay strong and stay true to yourself. Find people who share similar values.

Good things take time and you will find your niche!

– Shea O’Callaghan ‘19

15 Gratitude Helps

Before bed each night write 3 things you are grateful for in a journal.

– Elizabeth DeMaio ‘21

16 Father’s Day

Have a man in your life who has had a positive impact?

Take time to say “thank you” and ask for any advice he may have for your first year at UNH.

17 Full Moon

The June strawberry full moon got its name from the Algonquin peoples who used the moon as a signal to gather together for the ripening of wild strawberries.

18 Take Care of You

Make sure to take time for yourself and do things you find interesting outside of academics.

– Alyssa Boyd ‘21

19 All Weather Gear

I wish I had known how often I need rain boots! Don’t skip out on getting good gear, the weather here is always changing.

– Molly Hogan ‘20

20 Love the Library

If you need an expensive textbook for class but aren’t sure if you’ll use it again, contact the library to see if they have it on hand!

– Sarah Wildes ‘20

21 Build Connections

Don’t be afraid to network as a first year. Reach out to seniors or advisors in your major, it’s important to build connections.

– Kassidy Tardif ‘20

22 Navigate Campus

Learn the bus schedule and your way around campus. A lot of buildings have nicknames, it’ll help to know what they are ahead of time.

– Molly Hogan ‘20

23 Open Up

Learn and try new things inside and outside the classroom. You may find that your interests change...embrace the change!

– Elizabeth DeMaio ‘21

24 Talk To Your Advisor

I wish I knew about all the courses I had to take in my major.

– Alyssa Boyd ‘21

25 Find Balance

Absolutely get involved, but don’t spread yourself too thin!

– Sarah Wildes ‘20

26 Me Time

Find alone time. Doing an activity by yourself and turning off your phone can be life changing.

– Shea O’Callaghan ‘19

27 Keep It Simple

Exercise, go to bed early and learn to manage your time.

– John Domenico ‘19

28 Make Friends

Get out there and try to get involved; it’s easy making friends through clubs because you have similar interests.

– Kassidy Tardif ‘20

29 Be with Nature

Take a 20 minute walk by yourself every day to clear your mind.

– Elizabeth DeMaio ‘21

30 The Forms

Submit your required health forms to Health & Wellness by July 15th. www.unh.edu/health/incoming-students
Welcome, Wildcat!

The Wellness Wheel can be used as a tool to guide you through your journey at UNH.

Your Wildcat story began the day you applied to UNH. Remember the emotions you felt waiting for your acceptance letter? First lesson of being a Wildcat, Stress is a natural aspect of college, and it usually passes.

Your Wildcat story continues today as you start to familiarize yourself with the campus, your peers and academic expectations. We could guess you are feeling lots of emotions at orientation, right? Totally okay to feel all the feels because Coming to college is a big transition.

By the time you graduate your Wildcat story will be a book with many chapters on your successes and challenges, both personally and academically.

Having a wellness mindset will help you navigate your journey through college. A wellness mindset is based on the belief that taking care of all areas of your wellness will enhance your experience at UNH so that you feel proud of your achievements and learn from your struggles.

Students who hold a wellness mindset are more motivated and confident to face college with self-awareness, effort, persistence and self-care. This mindset is reflected in the knowledge shared by UNH students in our June Wellness Calendar (opposite side).

Start developing your wellness mindset this summer. Visit www.unh.edu/health to get started.