

STEP 2024

FORGING YOUR FIRST FOOTSTEPS





STEP

FORGING YOUR
FIRST FOOTSTEPS



Emergency Contact List

Name:

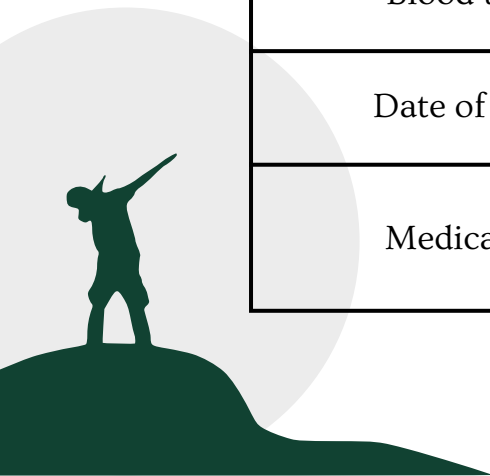
Relationship:

Phone number:

Email:

Additional Information

Insurance Provider and phone number
Allergies
Blood type	
Date of birth	
Medication



ACADEMIC YEAR SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

USE THIS SPACE TO PLAN OUT THE MAJOR POINTS OF THIS SEMESTER

2024 FALL SEMESTER

JUNE

HOLD THE VISION

Trust
THE PROCESS

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



2024 FALL SEMESTER

[08/01/2024](#)

Payment due for fall classes

[08/20/2024 - 08/23/2024](#)

New Student Orientation

[08/24/2024 - 08/31/2024](#)

Welcome Week

[08/26/2024](#)

Classes Begin (Semester Begin)

[09/02/2024](#)

Labor Day; no classes; university closed

[09/09/2024](#)

Last day to add a fall course, internship, Independent Reading or Research, or Community Service-Learning project

[09/09/2024](#)

Last day to drop a fall course for a 100% refund and without a "W" recorded

[09/10/2024](#)

Withdrawal period begins (withdraw recorded on record; 50% refund)

[09/16/2024](#)

Last day to withdraw from a fall course for a 50% refund

[09/23/2024](#)

Last day to withdraw from a fall course for a 25% refund (no refunds after this date)

[09/27/2024 - 09/29/2024](#)

Family Weekend

[09/30/2024](#)

Schedule of Classes for Spring published

[10/11/2024](#)

Fall Break; no classes, university offices open

[10/21/2024](#)

Spring priority registration for graduate students begins

[10/21/2024](#)

Winter Intersession registration begins

[10/24/2024](#)

Spring priority registration for undergraduate students begins

[10/31/2024](#)

Last day to apply for fall graduation

[11/01/2024](#)

Last day to withdraw from a fall course or change a grade option

[11/05/2024](#)

Election Day; no classes; university closed

[11/08/2024](#)

Theses and dissertations due in deans' offices for fall degree candidates

[11/26/2024](#)

Tuesday classes cancelled; Friday classes meet.

[11/27/2024 - 12/01/2024](#)

Thanksgiving holiday; no classes; university offices closed Thursday and Friday

[12/06/2024](#)

Fall classes end

[12/06/2024](#)

Theses and Dissertations Due in Registrar's Office for Fall Degree Candidate

[12/07/2024 - 12/08/2024](#)

Fall Study Days; no classes

[12/09/2024 - 12/14/2024](#)

Fall final examinations

[12/15/2024](#)

Fall Commencement Ceremony for August and December Graduates

[12/17/2024](#)

Fall Final Grades Deadline

[12/23/2024](#)

Official Degree Award Date (date that appears on December Diplomas; no events associated with this date)

[12/23/2024 - 01/01/2025](#)

Winter break; university offices closed

STARTING THE MONTH OFF RIGHT
JUNE NOTES

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JUNE 2024

Monday

Tuesday

Wednesday

Thursday

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Notes

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JUNE 2024

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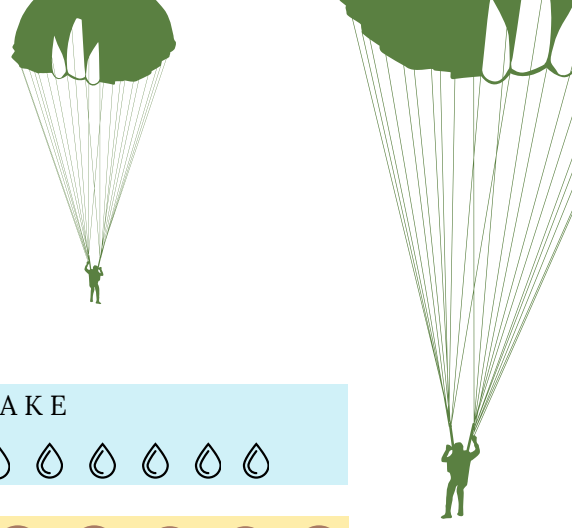
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Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



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WEDNESDAY

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WATER INTAKE



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THURSDAY

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WATER INTAKE



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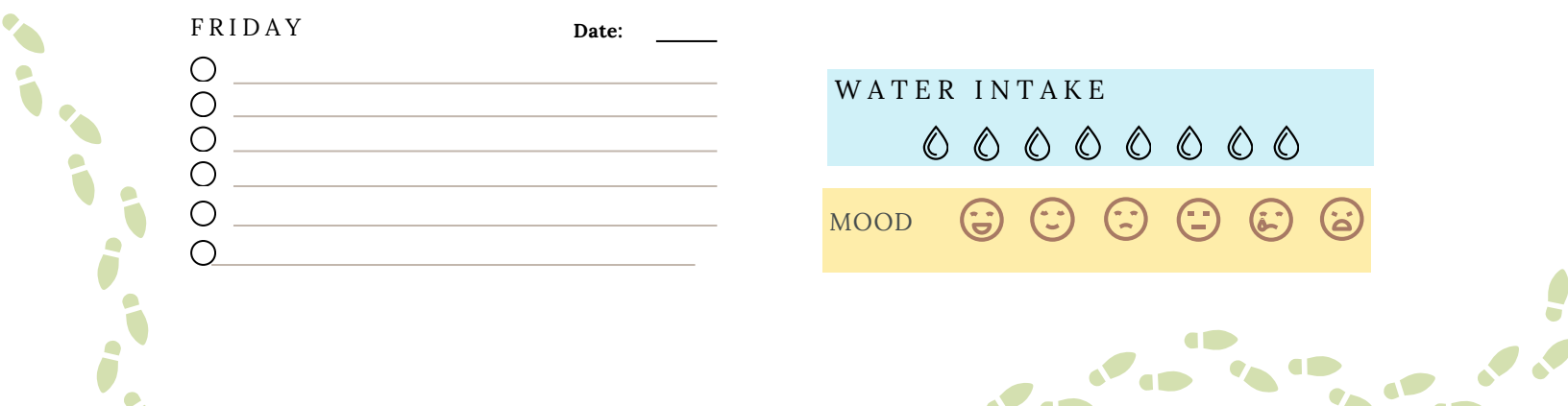
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HABIT / SELF-CARE TRACKER

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NOTES

WEEKLY AFFIRMATION:

I can do anything I put my mind to it

RESILIENCY SKILL:

Try to make a friend this week, making connections is important!

JUNE NOTES

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JUNE NOTES

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CREATIVE ZONE

CREATIVE ZONE

STARTING THE MONTH OFF RIGHT
JULY NOTES

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JULY 2024

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JULY 2024

Friday

Saturday

Sunday

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26	27	28

Notes

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Weekly Planner



MONDAY

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WATER INTAKE



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TUESDAY

Date: _____

WATER INTAKE



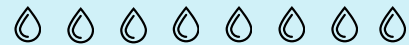
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WEDNESDAY

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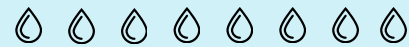
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THURSDAY

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SATURDAY

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NOTES

WEEKLY AFFIRMATION:

I can do anything I put my mind to

RESILIENCY SKILL:

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Weekly Planner



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WATER INTAKE



MOOD



TUESDAY

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WEDNESDAY

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WATER INTAKE



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THURSDAY

Date: _____

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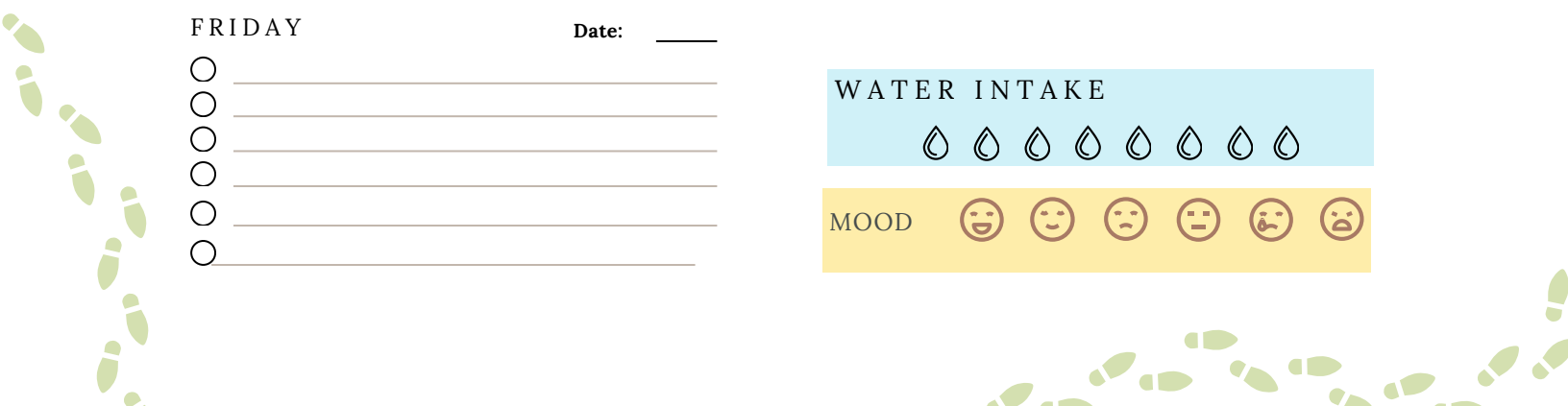
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SATURDAY

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SUNDAY

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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I am proud of my accomplishments so far!

RESILIENCY SKILL:

Go to the notes page and spend a few minutes reflecting on your accomplishments

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



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TUESDAY

Date: _____

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WEDNESDAY

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THURSDAY

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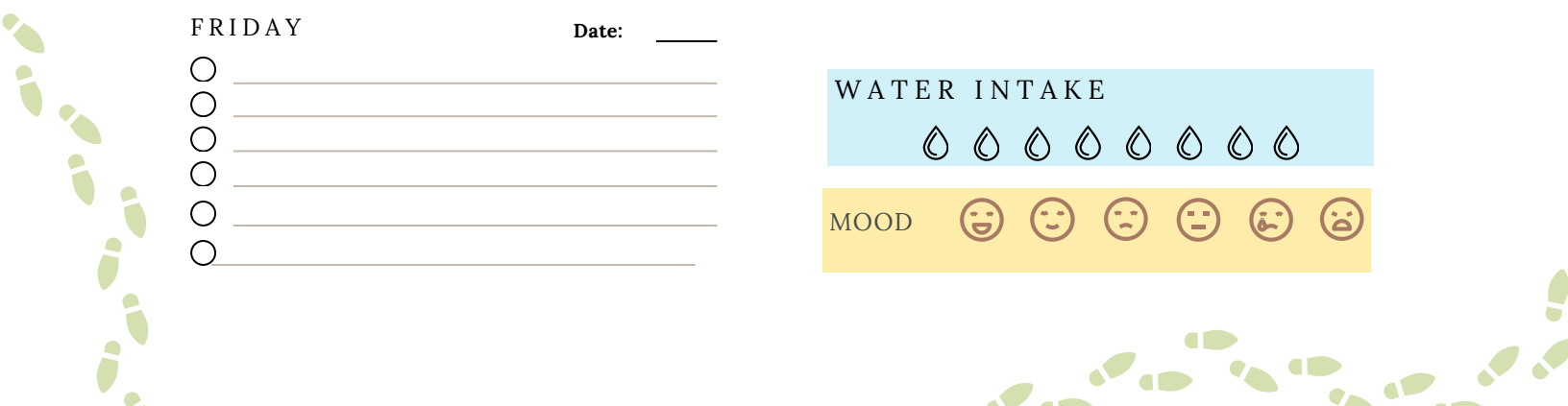
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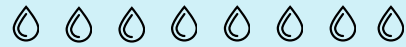
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SUNDAY

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NOTES

WEEKLY AFFIRMATION: _____

I choose to be kind

RESILIENCY SKILL: _____

Go outside and sit in the sun
Sunlight is proven to be a
mood booster

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



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TUESDAY

Date: _____

WATER INTAKE



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WEDNESDAY

Date: _____

WATER INTAKE



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THURSDAY

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WATER INTAKE



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FRIDAY

Date: _____

WATER INTAKE



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SATURDAY

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SUNDAY

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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I am focusing on positive thoughts

RESILIENCY SKILL:

**The news can be over-whelming,
be sure you aren't pushing yourself
too much**

JULY NOTES

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CREATIVE ZONE

STARTING THE MONTH OFF RIGHT
AUGUST NOTES

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AUGUST 2024

Monday

Tuesday

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Notes

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AUGUST 2024

Friday

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Notes

Welcome Week

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Weekly Planner



MONDAY

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WATER INTAKE



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TUESDAY

Date: _____

WATER INTAKE



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WEDNESDAY

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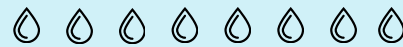
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THURSDAY

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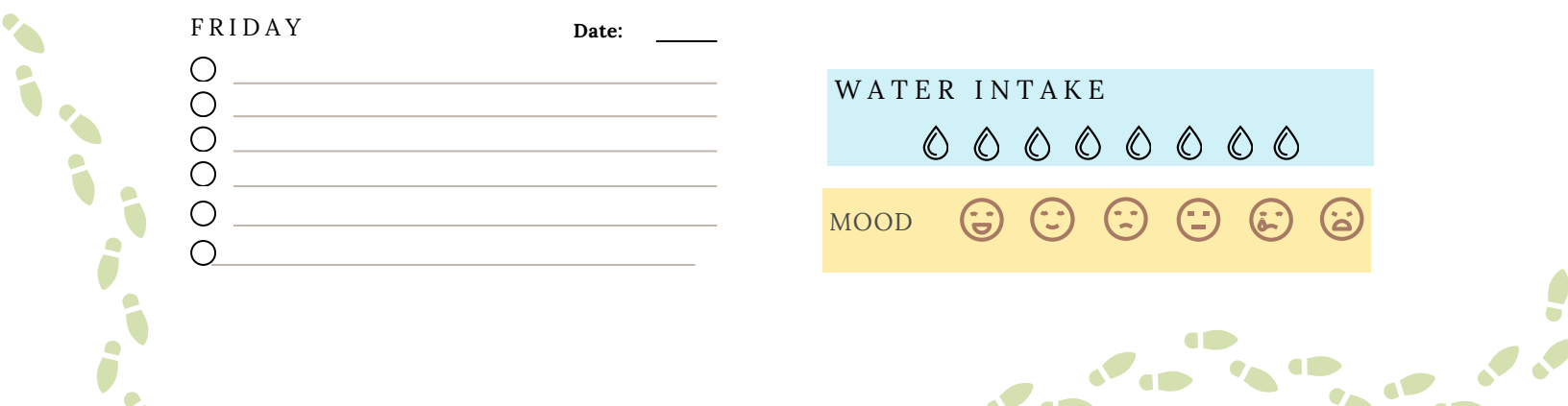
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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION: _____

It's okay to miss loved ones

RESILIENCY SKILL: _____

**Message someone you care about
and let them know you're thinking
about them**

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



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TUESDAY

Date: _____

WATER INTAKE



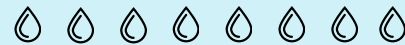
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WEDNESDAY

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THURSDAY

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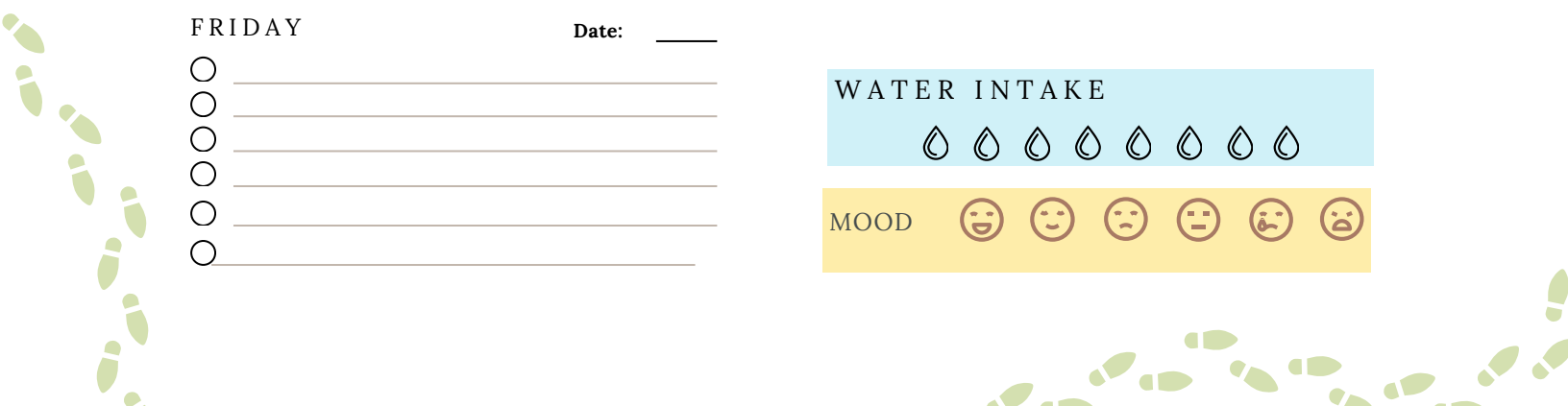
FRIDAY

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SATURDAY

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SUNDAY

Date: _____

WATER INTAKE



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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

Taking time for myself is healthy

RESILIENCY SKILL:

Do something nice for yourself this week

Weekly Planner

MONDAY

Date: _____

WATER INTAKE



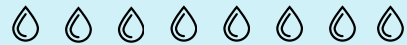
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TUESDAY

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WATER INTAKE



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WEDNESDAY

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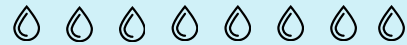
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THURSDAY

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FRIDAY

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WATER INTAKE



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SATURDAY

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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION: _____

I can meet my goals

RESILIENCY SKILL: _____

Take some time this week to reflect on your journey to where you are today. On the notes page, write some things you're grateful for

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



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TUESDAY

Date: _____

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WEDNESDAY

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THURSDAY

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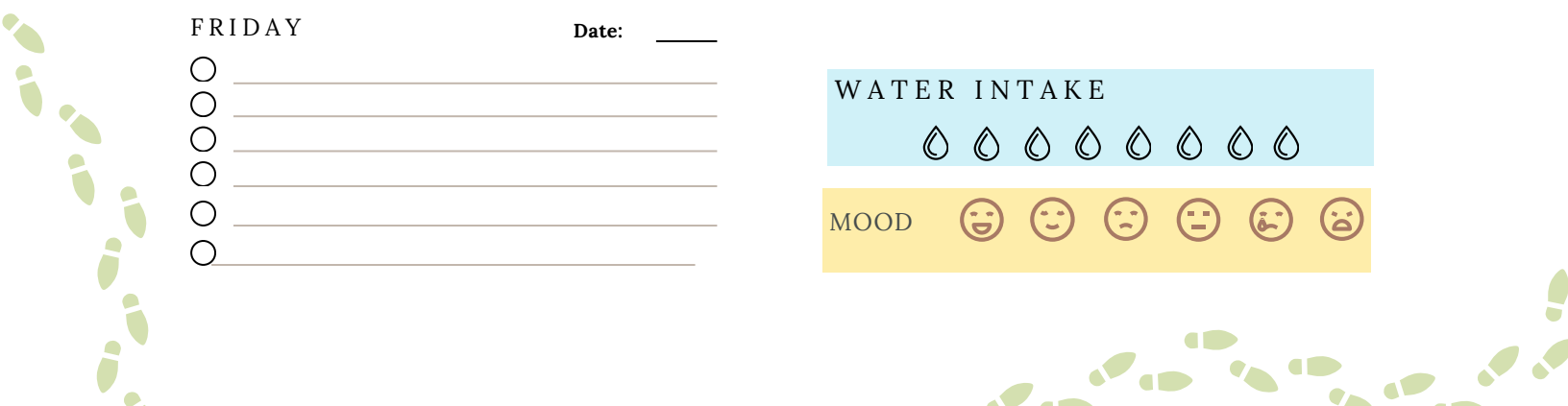
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SATURDAY

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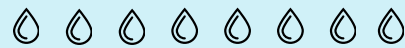
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HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION: _____

I have a built up a community that will support me when I need them

RESILIENCY SKILL: _____

Be honest with those around you when you are struggling.

SELF ASSESSMENT 2

PERFECTIONISM

This exercise is for you to understand perfectionist tendencies in yourself and how to combat those tendencies, please answer these questions only for yourself.

1. Complete the following sentences:
 - a. I need to be perfect in order for me to _____
 - b. I need to be perfect so that other people _____
 - c. When others are not perfect, I feel _____
 - d. If others see me as being imperfect, then _____
2. Are there people in your life -- past, present, or both -- who have contributed to instilling your perfectionist beliefs in you? if so, who are they? _____
3. In what direct and implied ways have they placed expectations on you? _____
4. What are the most common things my inner critic tells me about myself? _____
5. What sort of tone does my inner critic use with me? _____
6. How do I tend to respond to that inner critic -- with agreement or disagreement? _____
7. What types of things might I say to build myself up?

8. How would it sound for me to forgive myself for harsh words to myself?

9. What sort of tone do I want to hear from myself? _____

AUGUST NOTES

Handwriting practice area for August notes, consisting of a large yellow rectangular box with horizontal dashed lines for writing.

AUGUST NOTES

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CREATIVE ZONE

CREATIVE ZONE

STARTING THE MONTH OFF RIGHT

SEPTEMBER NOTES

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SEPTEMBER 2024

Monday

Tuesday

Wednesday

Thursday

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Notes

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SEPTEMBER 2024

Friday

Saturday

Sunday

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Notes

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Weekly Planner



MONDAY

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TUESDAY

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WEDNESDAY

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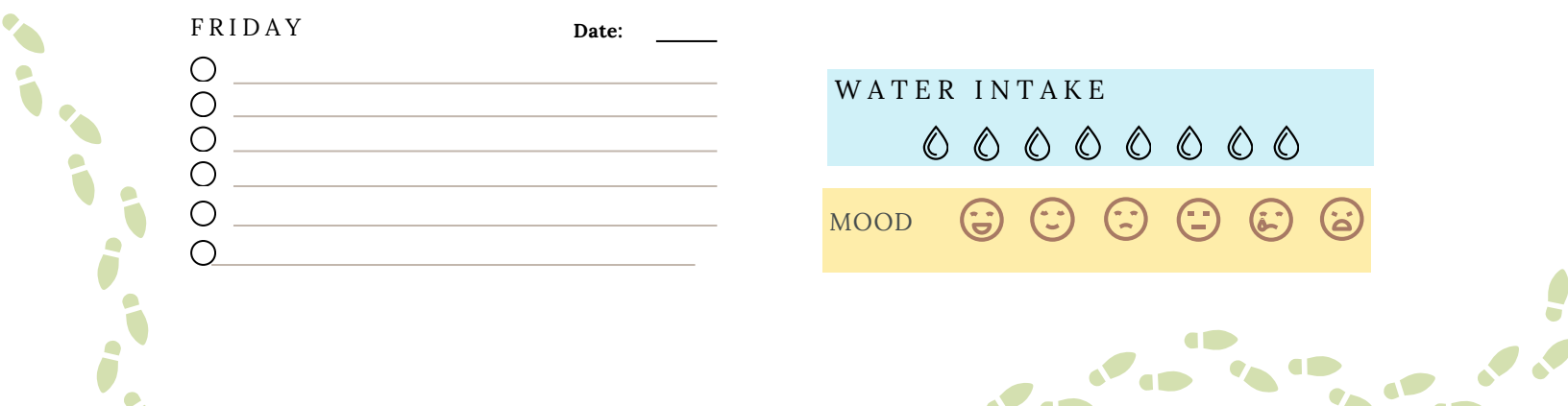
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NOTES

WEEKLY AFFIRMATION:

With gratitude, I recognize the beauty in every facet in life

RESILIENCY SKILL:

Write a small paragraph or draw your favorite part about this week. You could talk about food, laughs, an activity, or whatever made you happy

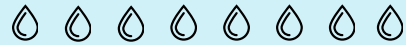
Weekly Planner



MONDAY

Date: _____

WATER INTAKE



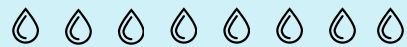
MOOD



TUESDAY

Date: _____

WATER INTAKE



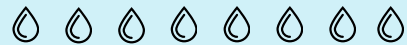
MOOD



WEDNESDAY

Date: _____

WATER INTAKE



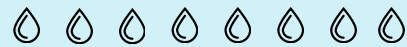
MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

01 _____

02 _____

03 _____

04 _____

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NOTES

WEEKLY AFFIRMATION:

I am thankful for the strength and resilience within me

RESILIENCY SKILL:

Think about what has been causing you stress this week and come up with at least one way to resolve/ decrease the stress

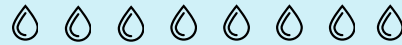
Weekly Planner



MONDAY

Date: _____

WATER INTAKE



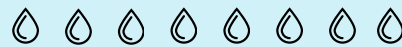
MOOD



TUESDAY

Date: _____

WATER INTAKE



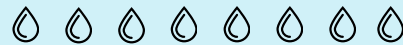
MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



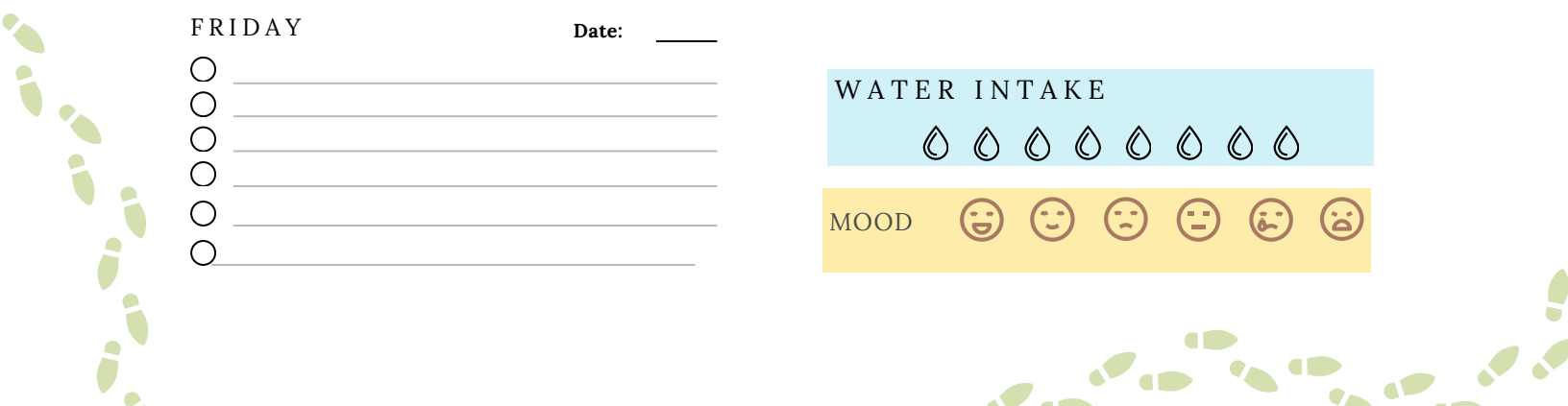
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

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WATER INTAKE



MOOD



SUNDAY

Date: _____

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WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

WEEKLY AFFIRMATION:

My body deserves to be respected and appreciated

RESILIENCY SKILL:

Give your body the rest and nutrition it needs. Try to give yourself some extra attention this week

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



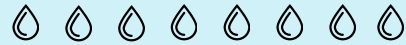
MOOD



WEDNESDAY

Date: _____

WATER INTAKE



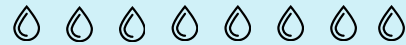
MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



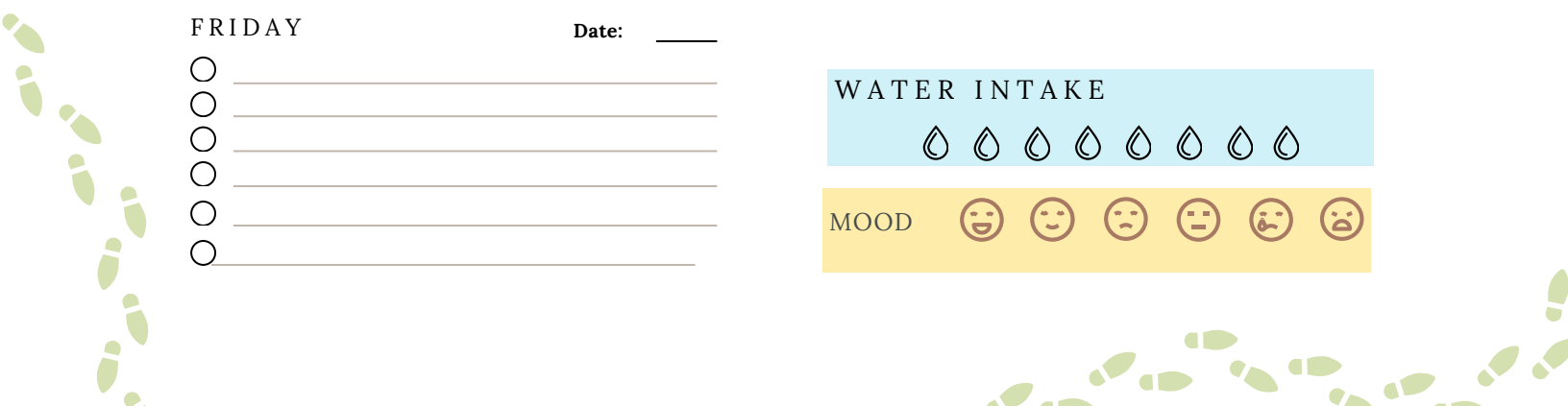
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

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WATER INTAKE



MOOD



SUNDAY

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WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I appreciate the simple pleasures in life

RESILIENCY SKILL:

Senses: Hold something comforting. Find something soft or plushy, or give a friend a hug

SEPTEMBER NOTES

A large yellow rectangular area with horizontal dotted lines, serving as a template for notes. The lines are evenly spaced and extend across the width of the page, providing a guide for writing.

SEPTEMBER NOTES

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CREATIVE ZONE

STARTING THE MONTH OFF RIGHT OCTOBER NOTES

A large yellow rectangular area with horizontal dotted lines, serving as a template for notes. The lines are evenly spaced and run across the width of the page, providing a guide for writing.

OCTOBER 2024

Monday

Tuesday

Wednesday

Thursday

	01	02	03
07	08	09	10
14	15	16	17
21	22	23	24
28	29	30	31

Notes

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OCTOBER 2024

Friday

Saturday

Sunday

04	05	06
11	12	13
18	19	20
25	26	27

Notes

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Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



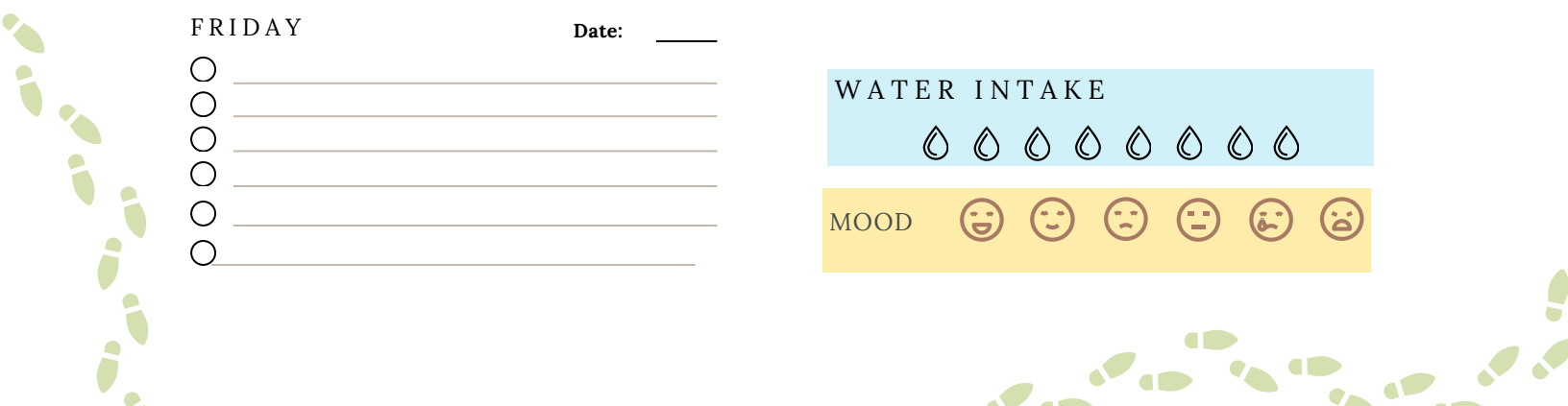
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I will strive every day to live with a greater sense of appreciation

RESILIENCY SKILL:

Senses: get some fresh air and try to think about or find a smell that reminds you of a good memory

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

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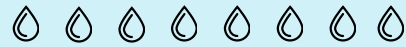
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WATER INTAKE



MOOD



SUNDAY

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MOOD



HABIT / SELF-CARE STEP

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○	○	○	○	○	○	○

NOTES

WEEKLY AFFIRMATION:

I am grateful for the beauty of the sky and universe

RESILIENCY SKILL:

Senses: at some point this week, try to watch the sunrise, sunset, or seek out a constellation

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



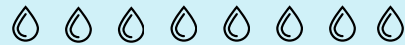
MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



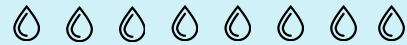
MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



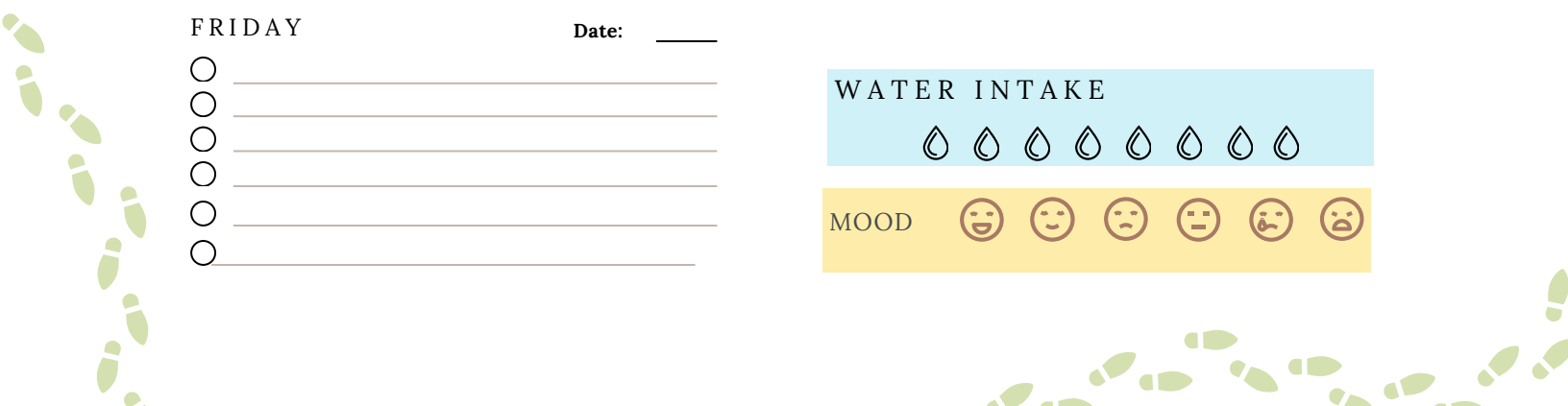
FRIDAY

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WATER INTAKE



MOOD



SATURDAY

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WATER INTAKE



MOOD



SUNDAY

Date: _____

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WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I find happiness even in the smallest of things

RESILIENCY SKILL:

Senses: eat or drink something you enjoy, you deserve a little treat

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

It's just a bad day, not a bad life

RESILIENCY SKILL:

Write about what takes up your time and evaluate what need more or less time

OCTOBER NOTES

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OCTOBER NOTES

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CREATIVE ZONE

CREATIVE ZONE

STARTING THE MONTH OFF RIGHT NOVEMBER NOTES

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NOVEMBER 2024

Monday

Tuesday

Wednesday

Thursday

04	05	06	07
11	12	13	14
18	19	20	21
25	26	27	28

Notes

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NOVEMBER 2024

Friday

Saturday

Sunday

01	02	03
8	9	10
15	16	17
22	23	24
29	30	

Notes

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Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



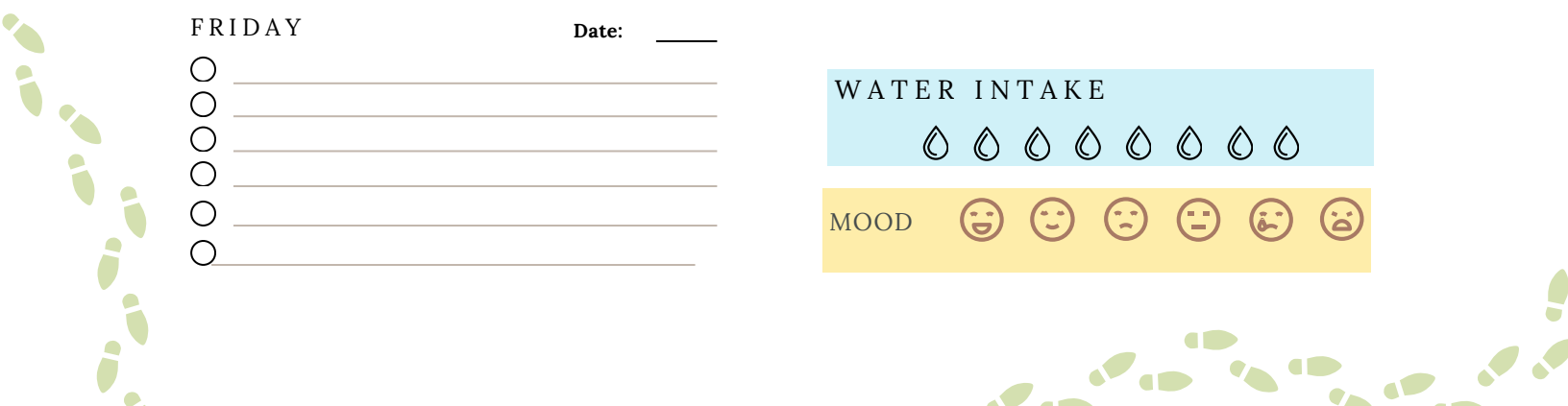
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



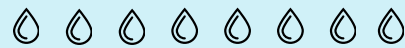
MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

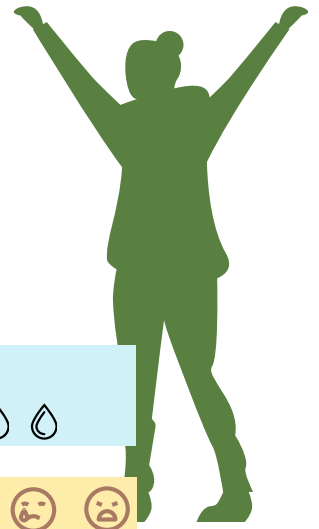
WEEKLY AFFIRMATION:

I am thankful for my inner strength

RESILIENCY SKILL:

List out ten of your strengths and reflect on how beautiful and powerful you are

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



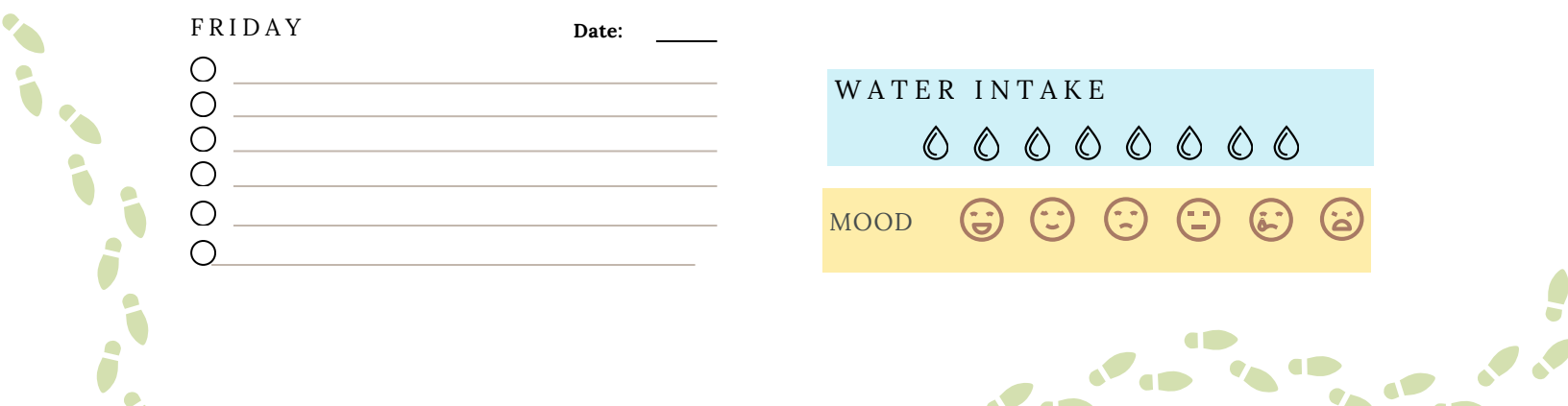
FRIDAY

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WATER INTAKE



MOOD



SATURDAY

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WATER INTAKE



MOOD



SUNDAY

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WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I am grateful that I'm able to give and receive love

RESILIENCY SKILL:

Complement a stranger or reach out to someone you haven't spoken to recently and let them know you're thinking about them

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



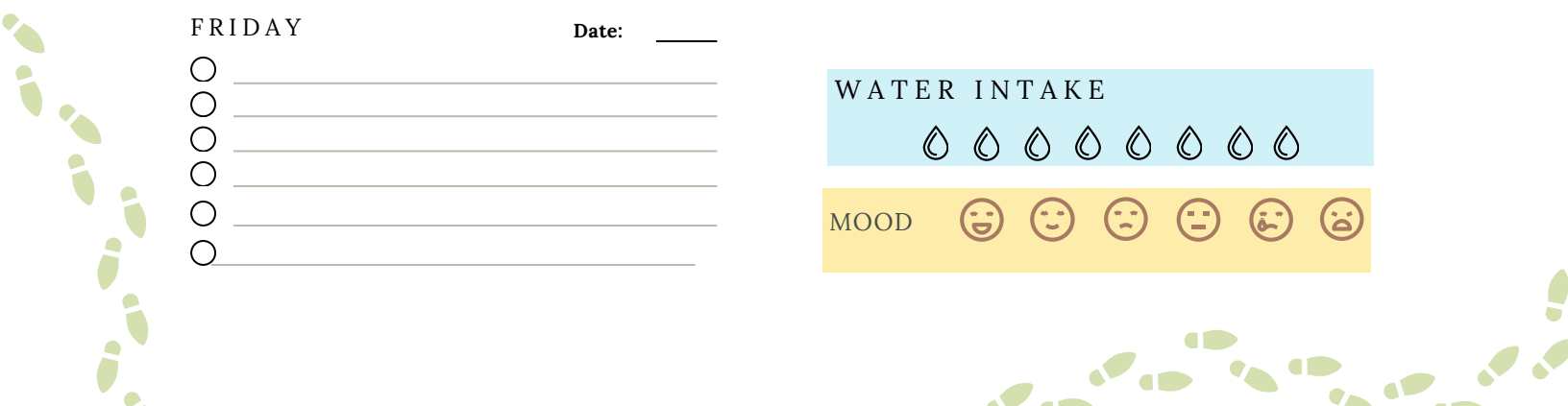
FRIDAY

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WATER INTAKE



MOOD



SATURDAY

Date: _____

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WATER INTAKE



MOOD



SUNDAY

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WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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○	○	○	○	○	○	○

NOTES

WEEKLY AFFIRMATION:

I am grateful to be in charge of my own happiness

RESILIENCY SKILL:

Name one activity that you find yourself joyously getting lost in and set time aside to do it

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



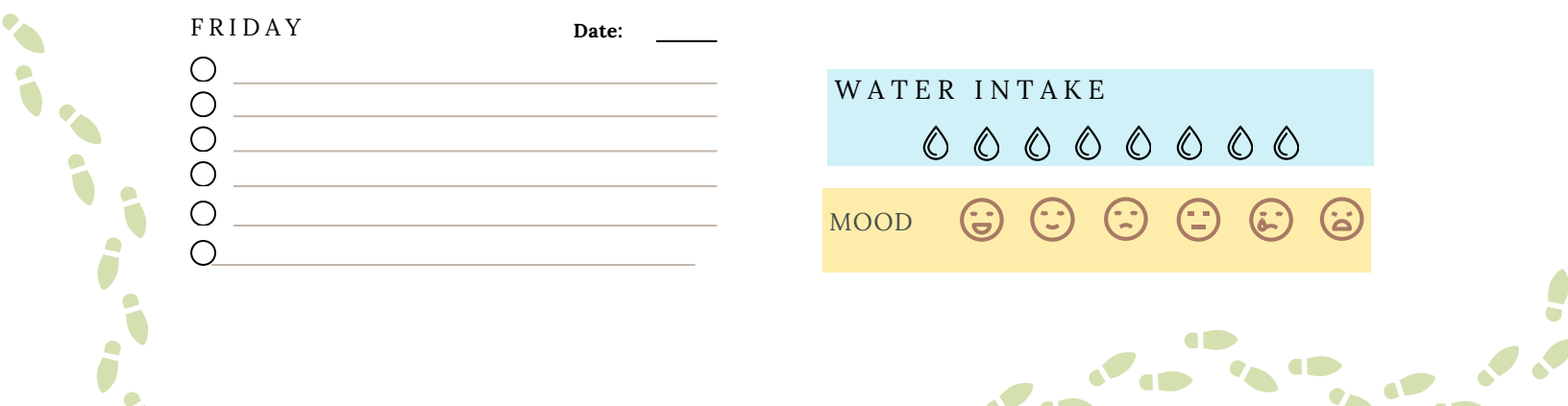
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

WEEKLY AFFIRMATION:

I am thankful for my body and what it allows me to achieve

RESILIENCY SKILL:

Where do you feel stress in your body and how do you respond to that stress?

NOVEMBER NOTES

A large yellow rectangular area with horizontal dotted lines, serving as a template for notes. The lines are evenly spaced and extend across the width of the page, providing a guide for writing.

CREATIVE ZONE

CREATIVE ZONE

STARTING THE MONTH OFF RIGHT
DECEMBER NOTES

A large yellow rectangular area with horizontal dotted lines, serving as a template for notes. The lines are evenly spaced and extend across the width of the yellow area.

DECEMBER 2024

Monday

Tuesday

Wednesday

Thursday

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14	15	16	17
21	22	23	24
28	29	30	31

Notes

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DECEMBER 2024

Friday

Saturday

Sunday

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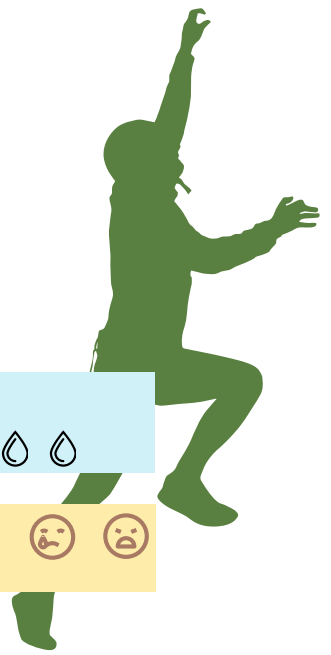
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Notes

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Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

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NOTES

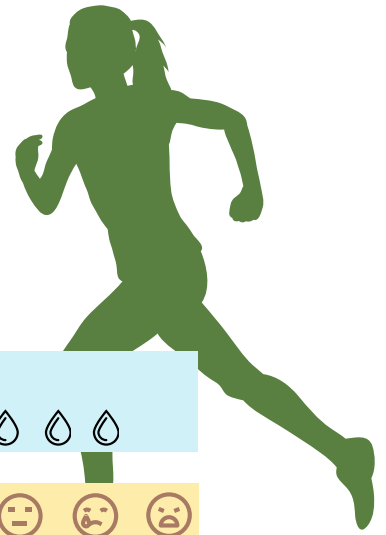
WEEKLY AFFIRMATION:

I am thankful for my skills and creativity

RESILIENCY SKILL:

Take 10 minutes today and write about something you've been thinking about -- it can be serious or it can be simple. Just write and let your mind go

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



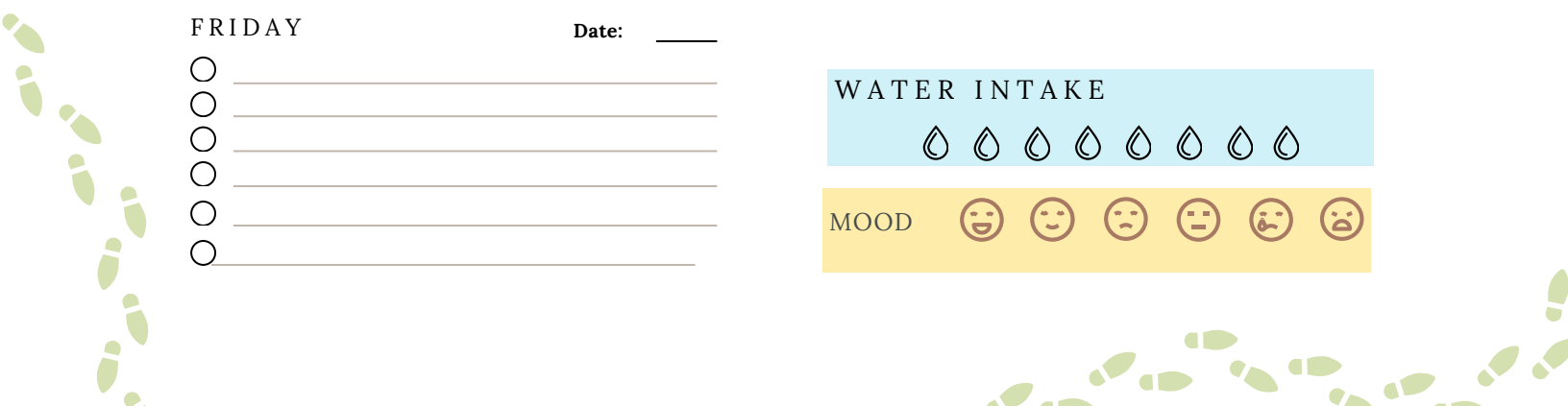
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

○ _____

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WATER INTAKE



MOOD



SUNDAY

Date: _____

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○ _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

01 _____

02 _____

03 _____

04 _____

(M)	(T)	(W)	(T)	(F)	(S)	(S)
○	○	○	○	○	○	○
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○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

WEEKLY AFFIRMATION:

I am deeply grateful for the love and support in my life

RESILIENCY SKILL:

Reach out to loved one(s) this week. If you're struggling, lean on them for support and provide them with the same love and support

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



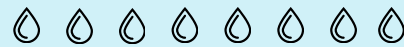
MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



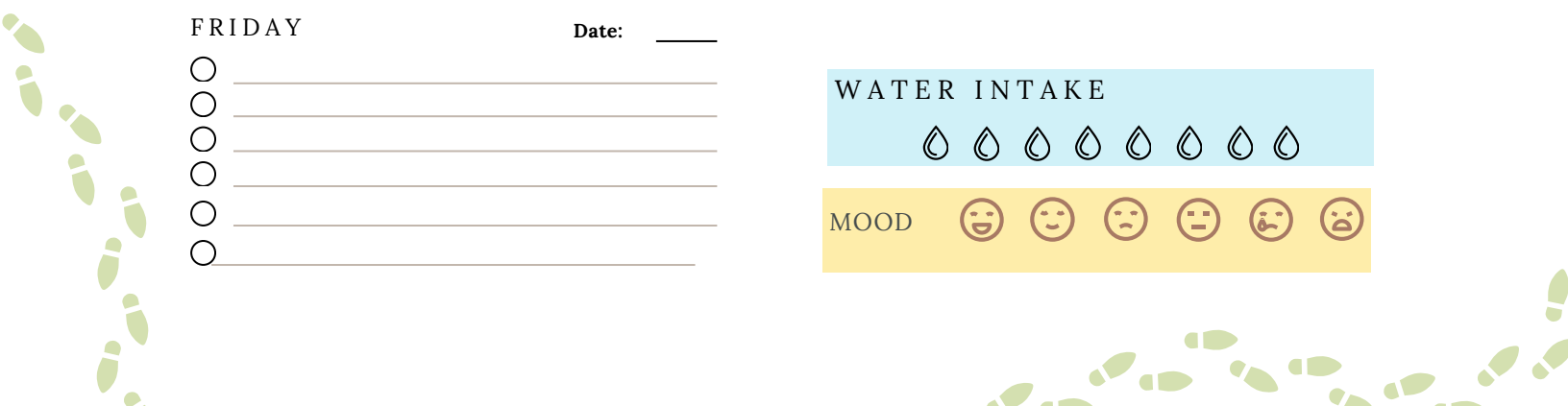
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

01 _____

02 _____

03 _____

04 _____

(M)	(T)	(W)	(T)	(F)	(S)	(S)
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

WEEKLY AFFIRMATION:

I am doing my best and that's all I can do

RESILIENCY SKILL:

Be kind to yourself, you're new at this. You've never done this before and you're doing your best

Weekly Planner



MONDAY

Date: _____

WATER INTAKE



MOOD



TUESDAY

Date: _____

WATER INTAKE



MOOD



WEDNESDAY

Date: _____

WATER INTAKE



MOOD



THURSDAY

Date: _____

WATER INTAKE



MOOD



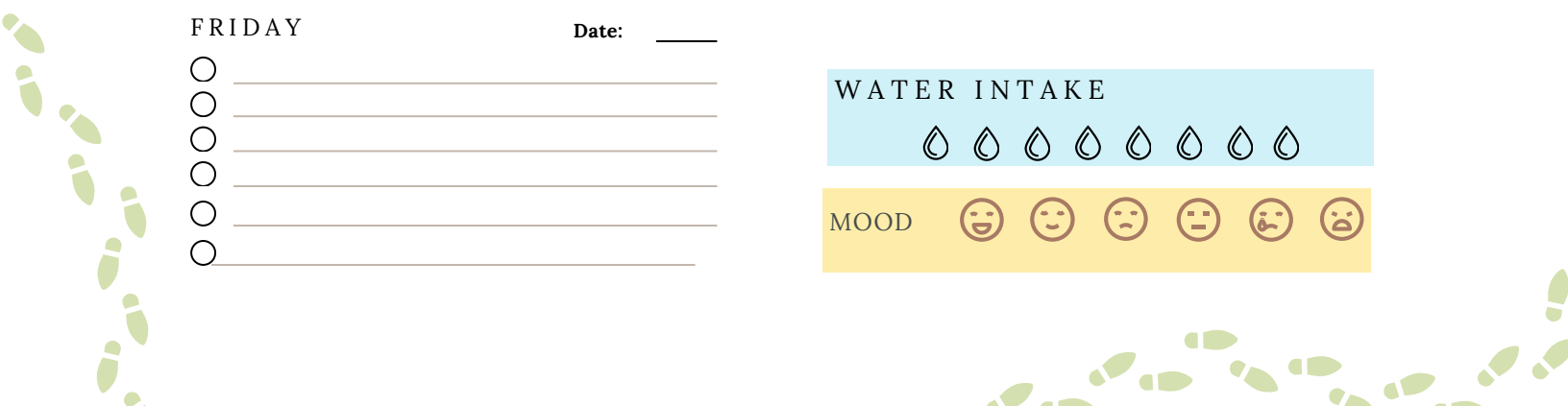
FRIDAY

Date: _____

WATER INTAKE



MOOD



SATURDAY

Date: _____

○ _____

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○ _____

WATER INTAKE



MOOD



SUNDAY

Date: _____

○ _____

○ _____

○ _____

○ _____

○ _____

○ _____

WATER INTAKE



MOOD



HABIT / SELF-CARE STEP

01 _____

02 _____

03 _____

04 _____

(M)	(T)	(W)	(T)	(F)	(S)	(S)
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○	○	○	○	○	○	○
○	○	○	○	○	○	○

NOTES

WEEKLY AFFIRMATION:

I am thankful for the endless opportunities that come my way

RESILIENCY SKILL:

Take 15 minutes to think and write down some attainable goals you have for the new year

DECEMBER NOTES

A large yellow rectangular area with horizontal dotted lines, serving as a template for notes. The lines are evenly spaced and run across the width of the page, providing a guide for writing.

CREATIVE ZONE

CREATIVE ZONE

2025 SPRING SEMESTER

TBD

Payment Due

01/13/2025

Spring classes begin

01/14/2025 - 01/17/2025

Winter Welcome

01/20/2025

Inauguration; no classes, university Offices Closed

01/20/2025

Martin Luther King, Jr. Day; no classes, university offices closed

01/27/2025

Last day to add a spring course, internship, Independent Reading or Research, or Community Service-Learning project

01/27/2025

Last day to drop a spring course for a 100% refund and without a "W" recorded

01/28/2025

Withdrawal period begins (withdraw recorded on record; 50% refund)

02/01/2025

Last day to apply for Spring Graduation

02/03/2025

Last Day to Withdraw from Spring courses for 50% refund

02/10/2025

Last Day to Withdraw from Spring courses for 25% refund

03/03/2025

Schedule of Classes for Summer and Fall published

03/09/2025 - 03/16/2025

Spring break; no classes, university offices open Monday through Friday

03/21/2025

Last day to withdraw from a spring course or change a grade option

03/24/2025

Summer registration begins

03/24/2025

Fall priority registration for graduate students begins

03/27/2025

Fall priority registration for undergraduate students begins

03/28/2025

Theses and dissertations due in deans' offices for spring degree candidates

04/28/2025

Spring classes end

04/28/2025

Theses and dissertations due in Registrar's Office for spring degree candidates

04/29/2025 - 04/30/2025

Spring Study Days; no classes

05/01/2025

Payment due for summer classes

05/01/2025 - 05/07/2025

Spring final examinations

05/09/2025 - 05/11/2025

Commencement Weekend Activities (WCL excluded)

05/10/2025

Spring Final Grades Deadline

05/11/2025

Official Degree Award Date (date that appears on May Diplomas; no events associated with this date)

Student Resources

AU Resources

- Tentative Spring 2025 calendar items
- Academic and Student Life Policies
- AU Campus Life
- Registration/Bill Pay
- Campus Contacts
- AU Campus Safety Resources
- Learn the Lingo
- Campus and Metro Maps

AU Resources

Academic and Student Life Policies	Undergraduate Offices	undergradstudies@american.edu
AU Campus Life	Student Housing	housing@american.edu
	Shuttle	myAU Mobile App www.american.edu/finance/transportation/shuttle.cfm
	Public Safety	police@american.edu
	One Card & Dining Services	idcards@american.edu
AU Central		AUCentral@american.edu
Academy Support and Access		asac@american.edu

Campus Contacts



Directory

- 27 Anderson Hall
- 34 Asbury Building
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- 30 Hall of Science
- 20 Hamilton Building
- 42 Hughes Hall
- 6 Hurst Hall
- 19 Jack Child Hall
- 23 Jacobs Recreation Complex
- 2 Katzen Arts Center
- 3 Kay Spiritual Life Center
- 5 Kerwin Hall
- 41 Kogod School of Business
- 21 Kreeger Building
- 44 Leonard Hall
- 28 Letts Hall
- 35 Mary Graydon Center
- 17 McCabe Hall
- 43 McDowell Hall
- 29 McKinley Building
- 25 Media Production Center
- 1 Nebraska Hall
- 33 Osborn Building
- 46 President's Office Building
- 32 Reeves Field
- 18 Rockwood Building
- 15 Roper Hall
- 12 School of International Service
- 37 Sports Center
- Bender Arena
- 38 Sports Center Annex
- 22 Watkins Building
- 39 Woods-Brown Amphitheater

Don Myers Technology and Innovation Building

Campus Partner	Purpose	Location	Contact
On-Campus Police and Emergencies		Terrace level	On-Campus Emergency: +1 (202) 885-1100 Off-Campus Emergency: 911 Non-Emergency Police Line: +1 (202) 885-2527
Sexual Assault and Domestic Violence		Terrace level	AU Counseling Center: +1 (202) 885-3500 AU Sexual Assault Information Line: +1 (202) 885-6403

Campus Contacts Cont.

Mary Graydon Center			
Campus Partner	Purpose	Location	Contact
Center for Diversity & Inclusion	Advocacy, outreach, and community	Rooms 201 & 202	cdi@american.edu
The Market	AU's food pantry	Room 134	<p>any student can request access by filling out an online form: https://www.american.edu/student-affairs/the-market.cfm</p> <p style="text-align: center;">themarket@american.edu</p>
Center for Well-Being Programs and Psychological Services	Mental health, adjustment concerns, homesickness, and loneliness	Room 214	+1 (202) 885-3500
AU Parents and Families	Questions or concerns from parents, a good catch-all for parent needs	Room 243	<p>+1 (202) 885-3303</p> <p>eaglefamilies@american.edu</p>
One Card and Dining Services	One Card questions, dining, and eagle bucks	One Card: Room 123 Dining: first floor and TDR	<p>mealplans@american.edu</p> <p>idcards@american.edu</p> <p>eaglebucks@american.edu</p>
Orientation, Transition, and Retention	Summer online orientation	Room 243	orientation@american.edu

Butler Pavilion

Campus Partner	Purpose	Location	Contact
Academic Support and Access Center (ASAC)	Tutoring lab, time management, Writing Center, disability-related accommodations	Room 300	asac@american.edu
Career Center	On and off-campus jobs, resume support, interviewing practice, peer-advisor, virtual drop-in hours	5th floor (500)	+1 (202) 885-1861 careercenter@american.edu

McCabe Hall

Student Health Center	Health Insurance, in-person medical concerns	McCabe Hall	+1 (202) 885-3380 shc@american.edu Nurse Advice Line +1 (800) 347-8020
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Ashbury Building

Financial Aid	Need-based aid, scholarships, loan questions	Room 200	financialaid@american.edu
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Anderson Hall

Housing and Residence Life	On-campus housing, housing selection, and housing communities	1st Floor (1013)	+1 (202) 885-3370 housing@american.edu
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Kay Spiritual Life Center

Campus Partner	Purpose	Location	Contact
Kay Spiritual Life Center	American University's place for people of all beliefs	Kay Spiritual Life Center	kslc@american.edu

Clark Hall

Academic Advising Services	Each first year student receives a first year advisor. Academic advising after the first year is done by an individual's school or college	Clark Hall	<p>+1 (202) 885-7000</p> <p>First-Year Advisors and general advising: fyadvising@american.edu</p> <p>For school/college-specific questions: https://www.american.edu/provost/registrar/studentservices/advisorylist.cfm</p>
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Title IX (Title Nine)

Title IX (Title Nine)	Concerns with sex- or gender-based harassment and discrimination, sexual violence, relationship violence, and stalking	3201 New Mexico Ave. Suite 395	equityoffice@american.edu
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AU On-Campus Safety Resources

Emergency Contact Information:	On-Campus Police, Medical, and Fire Emergencies: +1 (202) 885-3636
Non-emergency Contact Information:	On-Campus Non-Emergencies: +1 (202) 885-2527
AU Alerts	<p>AU Alerts communicates warnings and instructions during critical incidents such as natural disasters, fires, gas leaks, and active shooter situations. Alerts are delivered via text message, email, social media, indoor Alertus beacons, Alertus computer software, and outdoor speakers. AU students, faculty, and staff are subscribed automatically to AU Alerts. To verify your subscription and update and manage your AU Alerts contact information, login with your AU credentials at www.getrave.com/login/american or go to the AU Emergency Preparedness website www.american.edu/emergency/</p>
Rave Guardian App	<p>Rave Guardian, available for free on the Apple App Store and Google Play, transforms your Android or iPhone into a personal safety device. It provides a mobile panic button that sends your location and identifying information to AU Police. A safety timer notifies your selected family or friends when it is not deactivated. Anonymous crime tips or photographs can be sent to AU Police via the app. Your custom profile notifies AU Police of your emergency contacts, vehicles, pets, and medical information. You can download the iPhone or Android version and login with your AU credentials.</p> <p>The Rave Guardian app is used for emergencies and non-emergencies. It can also be used to report incidents. For more information, check out www.american.edu/police/crime-prevention-programs.cfm</p>

X (Twitter) Updates	Follow AU Police @AmericanUPolice and AU Alerts @AUALerts
Blue Light Emergency Telephones	Located across campus, blue light emergency telephones call AU Police when activated.

Off-Campus Safety Resources

DC Alerts	Sign up for emergency alerts issued by the District of Columbia, including the Metropolitan Police, at www.HSEMA.DC.Gov .
X (Twitter) Updates	Follow the D.C. Metropolitan Police, @DCPoliceDept

Learn

Krav Maga Self-Defense Training	Free self-defense classes are offered to all members of our community in gender-neutral and gender-specific formats. Sign up online at www.american.edu/police/self-defense-classes.cfm
Crime Alerts, Daily Crime Log, and Annual Security Report	In compliance with the Jeanne Clery Act, information about campus safety is posted online and available at University Safety & Security Services headquarters. Recent crime alerts and the daily crime log provide information about recent incidents on and near campus. The Annual Security Report provides crime statistics and information on campus safety services.
Crime Prevention Presentations	Customized crime prevention presentations are available to students, staff, and faculty groups, organizations, and offices. Email police@american.edu to set-up a presentation.

Prepare

Active Shooter Preparedness	To be prepared for an active shooter incident on campus, remember “Run, Hide, Fight” as your three options. Review training videos from the U.S. Department of Homeland Security and the personal preparedness resources available online at www.american.edu/emergency and www.cisa.gov/resources-tools/resources/options-consideration-video
Campus Emergency Plans	SAU Emergency Preparedness has developed plans and procedures for critical incidents such as fire, weather emergencies, earthquakes, or criminal incidents. Review the Emergency Procedures Guide online at www.american.edu/emergency

Prevent

Bicycle Registration	Registering your bicycle will assist AU Police with recovering your bicycle if lost or stolen. You can register your bicycle with the Office of Parking & Commuter Services for free online on the parking portal.
Safe Ride to Campus	If a student finds themselves stranded in DC for any reason, they can call a cab and have it take them to University Police HQ. The student should notify AUPD that they are on their way by calling +1 (202) 885-2527. AUPD will pay for the cab and place the charge on the student's account, ensuring that even without money or a ride, students can always return safely to campus. This service can be utilized within a 10-mile radius of the main campus.
Safety Escorts	AU Police Officers provide walking and vehicular escorts to and from campus property for all community members. Call +1 (202) 885-2527 to request an escort.

Physical Security	Access control, alarm monitoring, and video surveillance provide additional security on campus through 24/7 monitoring. the physical security systems on campus continue to be expanded and upgraded.
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Respond

Police, Medical, and Fire Response	AU Police provides 24/7 response to all campus properties for police, medical, and fire emergencies. Police officers are commissioned by the Metropolitan Police of the District of Columbia and are fully empowered to enforce the law, investigate criminal acts, and make arrests on campus and at all AU-owned and leased properties within the city. In addition, AU Police coordinates emergency response with external agencies like the D.C. Fire and Emergency Medical Services Department.
Investigation	AU Police Officers and Investigators investigate all crimes that occur on campus. In cooperation with the U.S. Attorney's Office and D.C. Office of Attorney General, we obtain arrest warrants upon completion of a criminal investigation. Certain crimes require coordination with the Metropolitan Police of the District of Columbia.
Victim Assistance	Victims of any crime are provided care and assistance throughout the criminal justice process. AU Police coordinates counseling resources through Campus Life, the Counseling Center, and the Wellness Center, as well as community resources. We provide information and guidance on obtaining protective orders, including transportation to court. Personalized safety plans and self-defense courses are available to crime victims. Call +1 (202) 885-2527 to request victim assistance services from AU Police.

<p>AED - Automatic External Defibrillator</p>	<p>The AU Public Access AED Program provides Automatic External Defibrillators housed in specially marked and strategically located cabinets in key buildings around the campus. AEDs can be used by any member of the public to provide emergency assistance to someone suffering from cardiac arrest.</p> <p>Call +1 (202) 885-2527 to request CPR/AED training from AU Police.</p>
<p>CIT - Crisis Intervention Team Program</p>	<p>AU Police in partnership with the AU Counseling Center, DC's Department of Behavioral Health, and the DC Chapter of the National Alliance on Mental Illness (NAMI) have created the Crisis Intervention Team (CIT). The AU CIT program has trained more than 100 people - law enforcement, mental health professionals, and community partners to support people who may be experiencing a crisis.</p> <p>Call +1 (202) 885-3636 and ask to speak to a CIT officer if you or someone you know may be experiencing a crisis.</p>

General Safety Tips

- Lock your doors at ALL TIMES.
- Protect your property.
- If you want to report an emergency, use the blue light phones, which will directly connect you to Public Safety.
- If you hear a fire alarm, get out of the building as quickly and safely as possible.
- Carry your AUID on campus at all times.
- Keep your cell phone charged in the case of an emergency.

TITLE IX (TITLE NINE)

AU Office of Equity and Title IX

The Office of Equity and Title IX is committed to fairness and trauma-informed practices for all students, staff, and faculty, and ensuring a transparent and equitable process for addressing and resolving matters of discrimination, harassment, and sexual violence. The office is responsible for the implementation of the following two University policies:

Discrimination and Non-Title IX Sexual Misconduct Policy and the **Title IX and Sexual Harassment Policy**.

For questions or concerns, you can contact the Office of Equity and Title IX by email at equityoffice@american.edu or by phone at +1 (202) 885-8080

The office is located at 3201 New Mexico Ave. Suite 395.

Report

To report an incident of discrimination, harassment, or sexual misconduct, access the form below. You may also use this form to submit a request for pregnant and/or parenting accommodations



Support

If you are not in immediate danger and need support, AU offers multiple resources, both confidential and non-confidential.



Emergencies

If you are in need of immediate assistance, call **911** or call the AU Police Emergency Line at **+1(202)-885-3636**.

Students can call AU ProtoCall Services at +1(202) 885-7979 from any location to speak to a crisis clinician 24/7

LEARN THE LINGO

Add/Drop	The first two weeks of the semester when students can change their course registrations and schedules online
AU Core	Required general education curriculum program: foundations, Habits of Mind (HOM), and integrative courses
Blue Light	There are over 250 blue light phones across campus that enables people to reach AU police in case of an emergency
Canvas	AU's online learning platform used by instructors to organize classes, syllabi, assignments, grades, and discussions
CD	Community Directors are Master's level professional staff who support residential life
Dean	A dean is the head of a school, college, or department
DMV	DC, Maryland, and Virginia region
DR	Desk Receptionists are student staff at the front desk in each residence hall
EagleBucks	Campus cash loaded on your One Card that can be used either on or off campus
Eagle Service	Online portal where you register for class, find and pay your bill, log your work hours, etc
East Campus	Located across Nebraska Ave, home of the Don Myers (DMTI) building, AU police department, and three residence halls
First-Gen	A first-generation college student is defined as a student where neither parent(s)/legal guardian(s) has attended any college

Hatch	Student lounge space in Leonard Hall
Hilltern	A student with an internship on Capitol Hill
Hotspot	You'll need to tap your AUID at a hotspot location regularly to keep your access current
LA Quad	The grassy area between Letts and Anderson/Centennial Hall
LLC	Living-Learning Communities are specialty housing communities such as University College (UC), Honors, Community -Based Research Scholars (CBRS), Black Affinity Housing
MGC	Mary Graydon Center is our student center and home to dining venues, our information desk, the OneCard office, programming space, organization and student affairs offices
Northside	Residence halls and buildings on the north side of campus that includes Hughes, McDowell, Leonard, and Cassell
OIT	The Office of Information Technology offers tech and account support available through chat, phone, email, and in-person
OL	Orientation Leaders are upper-class leaders who guide you through orientation
One Card	ID card that gives you access to your residence hall, room, meal plan, and EagleBucks
Perch	Student lounge space in Centennial Hall run by Housing and Residence Life
Prerequisite	Classes required to be taken before you can take a corresponding upper-level class

Provost	The provost is the chief academic officer at AU and is responsible for the guiding vision and leadership of the university's academic affairs
RA	Resident Assistants are student staff who live in the residence halls
Registrar	The university official responsible for registering students and keeping their academic records
Safe Ride	Safe rides back to campus organized by AUPD and billed to your student account call +1 (202) 885-2527
Southside	Residence halls and buildings on the south side of campus that includes Letts, Anderson, Centennial, and Roper
TA	Teaching Assistants are undergraduates or graduate students who assist instructors and help students to be successful in the particular class
TDR	Terrace Dining Room is AU's traditional-style dining hall located on the terrace level of Mary Graydon Center
Tenley	Short for Tenleytown, this is the neighborhood hosting the Tenleytown-AU metro stop
The Beach	The sloped lawn between McKinley and the Hall of Science for beach blankets and sunning
The Bridge	Student-run coffee shop located on the second floor of Butler Pavilion, over The Tunnel
The Dav	The Davenport Coffee Lounge is the student-run coffee shop located in the SIS building

<p>The Tunnel</p>	<p>The roadway under the Butler Pavilion is lined with the Capus Store, UPS, a convince store, Starbucks, and other dining vendors and the entrance to the Bender Area</p>
<p>The Quad/ Quading</p>	<p>The Eric Friedheim Quadrangle is AU's central lawn on the main campus, hanging out there is "quading"</p>
<p>Wonk</p>	<p>KNOW spelled backwards, AU Wonks use their knowledge and influence to create meaningful change and are smart, passionate, focused, and engaged</p>

CAS

College of Arts and Sciences

KSB

Kogod School of Business

SOC

School of Communication

SOE

School of Education

SPA

School of Public Affairs

SIS

School of International Service

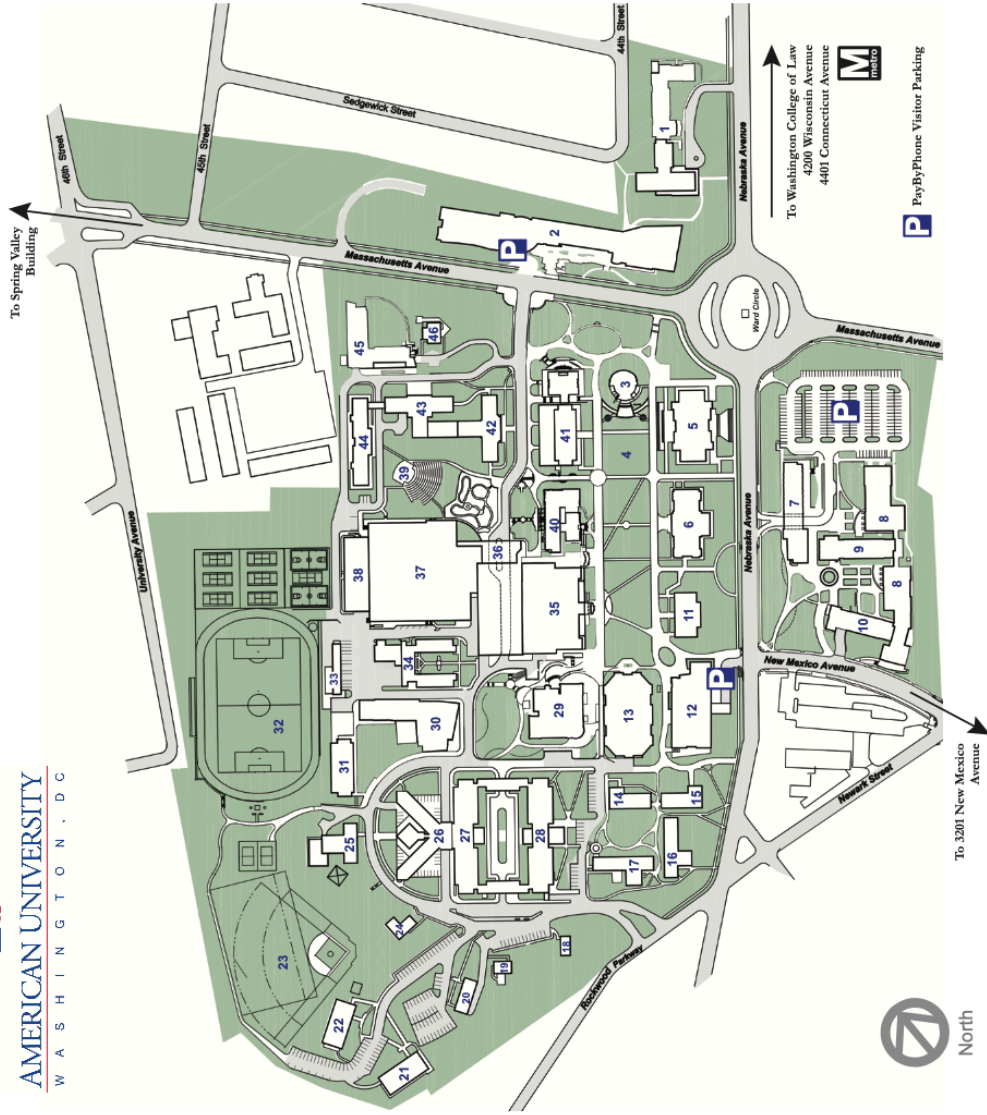
WCL

Washington College of Law

*PS. Eagles don't sound out school acronyms, we spell them out



AU Campus Map



LEGEND

- 27 Anderson Hall
- 34 Asbury Building
- 40 Battelle-Tompkins
- 31 Beeghly Building
- 13 Bender Library
- 36 Butler Pavilion
- 45 Cassell Hall
- 26 Centennial Hall
- 24 Child Development Center
- 14 Clark Hall
- 7 Constitution Hall
- 8 Don Myers Technology and Innovation Building
- 10 Duber Hall
- 11 East Quad Building
- 9 Federal Hall
- 4 Friedheim Quadrangle
- 16 Gray Hall
- 30 Hall of Science
- 20 Hamilton Building
- 42 Hughes Hall
- 6 Hurst Hall
- 19 Jack Child Hall
- 23 Jacobs Recreation Complex
- 2 Katzen Arts Center
- Williams Center*
- 3 Kay Spiritual Life Center
- 5 Kerwin Hall
- 41 Kogod School of Business
- 21 Kreger Building
- 44 Leonard Hall
- 28 Lettis Hall
- 35 Mary Graydon Center
- 17 McCabe Hall
- 43 McDowell Hall
- 29 McKinley Building
- 25 Media Production Center
- 1 Nebraska Hall
- 33 Osborn Building
- 46 President's Office Building
- 32 Reeves Field
- 18 Rockwood Building
- 15 Roper Hall
- 12 School of International Service
- 37 Sports Center
- Boulder Arena*
- 38 Sports Center Annex
- 22 Watkins Building
- 39 Woods-Brown Amphitheater



For an interactive AU campus map, scan the QR code



DC Metro System



wmata.com
 Information: 202-637-7000 | TTY: 202-962-2033
 Metro Transit Police: 202-962-2121 | Text: MYMTPD (696873)

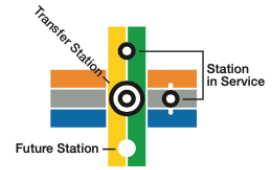
Legend

- RD** Red Line • Glenmont / Shady Grove
- OR** Orange Line • New Carrollton / Vienna
- BL** Blue Line • Franconia-Springfield / Downtown Largo
- GR** Green Line • Branch Ave / Greenbelt
- YL** Yellow Line • Huntington / Greenbelt
- SV** Silver Line • Ashburn / Downtown Largo

Station Features

- Parking
- Hospital
- Airport

Connecting Rail Systems



Metro is accessible.

N
 Map is not to scale

- No Smoking
- No Eating or Drinking
- No Animals (except service animals)
- No Audio (without earphones)
- No Littering or Spitting
- No Dangerous or Flammable Items

DC Metro trains run Monday - Thursday: 5 a.m. until 12 a.m.;
Friday: 5 a.m. until 1 a.m.;
Saturday: 7 a.m. until 1 a.m.;
Sunday: 7 a.m. until 12 a.m.





STEP

FORGING YOUR
FIRST FOOTSTEPS



STEP 2024

FORGING YOUR FIRST FOOTSTEPS

