

First 6 Weeks Check List

Week 0-1: Orientation & Getting Grounded

- Attend at least 1 BUSU Badger Fest event (festivals, BBQs, themed nights)
- Attend at least 1 Welcome Week event prior to starting classes
- Attend New Student Welcome and Academic Orientation and join your faculty orientation
- Go to BUSU's Community Fair to join 1-2 clubs (and get some free swag)
- Get your Brock Card, bus pass, and set up your email/accounts
- Volunteer during the Brock Cares Day of Service and give back to the community
- Attend Campus Tours to find services like the library, health services, BUSU
- Attend first week of lectures to meet your Professors/TA's and review the syllabus

Week 2: Explore

- Log-in to ExperienceBU and RSVP for upcoming events
- Check out the Zone Fitness Centre or try a free fitness class
- Attend the Steel Blade Classic (Homecoming Hockey Game) and cheer on the Badgers
- Try something new: eat at a restaurant you haven't visited yet, or attend a cultural event
- Visit the Student Life Involvement Commons (MCA 204) for involvement opportunities

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Week 3: Engage

- Register for Academic Skills Workshops (note-taking, time management, studying strategies)
- Attend a Peer Mentor Meet & Greet through Brock Mentor Link or your faculty's mentorship program (Law & Med Plus)
- Go to your first club meeting or student event through a group you joined in Week 1
- Meet with your Academic Advisor to review your degree plan or ask questions about your program
- Get involved in a small group activity (study group, volunteer event, residence floor event, etc.)

Week 4: Confidence

- Attend a Brock Varsity Game or intramural sports event as a player or a fan
- Take a hike on the Bruce Trail or join a student trip to Niagara Falls or the surrounding area
- Visit Career Zone for a part-time job search, résumé review, or career planning session
- Explore Downtown St. Catharines — visit the Farmers' Market, Grape & Wine Festival, or local cafés
- Try a mental health or self-care workshop through Student Wellness & Accessibility Services
- Introduce yourself to one new person in class, your club, or your residence

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Week 5: Growth

- Complete your first major assignment or midterm — and ask for help if you need it!
- Visit professor or TA office hours to ask a question or get feedback
- Join a leadership opportunity like BUSU volunteer positions, residence council, or Brock Leaders Citizenship Society
- Connect with campus supports (Student Success Centre, counselling, peer support) if you're facing challenges
- Try something that makes you uncomfortable (public speaking, meeting new people, tackling a tough class)

Week 6: Momentum

- Reflect on your progress so far — what's working? What do you want to adjust?
- Start preparing for upcoming midterms and assignments with Academic Skills or study groups
- Attend a networking event, career fair, or community engagement opportunity
- Stay connected — attend another club event, peer mentor meeting, or leadership activity
- Set goals for the rest of the semester: academic, social, and personal
- Celebrate your wins so far! You've built momentum — keep going!