Welcome to UND!
Land Acknowledgement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota.

We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.
Founded in 1883…
6 years before North Dakota became a state
June 13, 1889
UND’s First Commencement
UND’s Official School Colors??
UND’s Official School Colors

Green & Pink

“suggestive of our green prairies and rosy prospects”
2022 – 2023 Student Body = 13,876
9,928 undergraduates
3,948 graduate & professional (Law & Med)

UND Students by Geographic Origin
36% - North Dakota 28% - Minnesota
30% - other US states 6% - Other countries
CLASS OF 2023
My UND Story
Who do you want to be? What are you willing to do to become that person?

#purpose&passion
3 Cs
Connect
Connect

- Students, Faculty & Staff
- Classroom Projects
- Campus Events
- Research Opportunities
- 260+ Student Organizations
- Athletic Events
- Fraternities & Sororities
- Intramurals/Campus Rec
- Student Government
- Music | Choir | Band

- Dakota Student Newspaper
- Theater Arts
- Campus Ministries & Spiritual Organizations
- Campus Employment
- Internships
- Residence Halls
- ROTC
- Study Abroad
- Etc.
Connect

Follow @UNDstudentlife on Facebook, Instagram and Twitter!

Don’t forget to tag your posts with #UNDproud.
Choices
# Choices

**Academic**
- Study Habits
- Course Selection
- Major
- Career
- Internships
- Research Projects

**Beyond Academics**
- Friends/Relationships
- Alcohol/Drugs
- Finances
- Physical Health
- Employment
- Mental Wellness
Risks/Rewards of saying “Yes”
Commencement
Grit & Resilience
Connect
Choices
Commencement
Prepare to be Successful

UND Orientation Days – Start of Classes
• Get excited… you made the right decision!
• Make plans for the transition
• Discuss expectations
• Watch your emails!!!

Welcome Weekend
• Go to Welcome Weekend events
• Meet new people
• Get settled in your new home/residence hall

First Month of Classes
• Go to class
• Get involved in something
• Develop good routines/habits
• Meet your instructors & academic advisor
• Remember that college is different!
We are here to help, and it’s OK to ask for help!
Dr. Cassie Gerhardt
Associate Vice President for Student Affairs
Memorial Union, Room 229

701.777.3667 - direct
701.610.6566 - cell
cassie.gerhardt@UND.edu
Setting Yourself Up for Success: Academics

Kaylee Scheer & Brittany Borgen

Student Academic Success and Career Engagement
Freshman Next Steps

Now that you’re accepted to UND, it’s time to get started on the next steps for attending UND.

Admitted Student Portal

Use the Admitted Student Portal to see who your admission rep is and get started on your first-year freshman checklist.

LOG IN

Steps After Being Admitted

1. Claim Your NDUS Account

To gain access to many of the systems you’ll need as a UND student, you must activate your student account within the North Dakota University System (NDUS).
I'm registered!

Now what?

- Send official transcripts and scores
- Get your U Card
- Purchase textbooks
- Pay your bill
Additional Resources

The following are optional for incoming UND students.

- Purchase Parking Permit
- Download Microsoft Office for Free
- Complete the FERPA Privacy Release Form
- Stay Informed
- Explore Student Resources
The Transition

• UND is a new experience, a new place, a new opportunity, and a new environment

• Take charge of this next chapter in your life
  • Be proactive in your academics
  • Commit to meeting new people

• Find someone to keep you accountable
  • Another student, family member, RA, staff member, faculty, etc.
Creating a schedule and marking deadlines

- Download the Outlook app on your phone.
- Check your UND email and access your time blocked calendar frequently.
  - Color code your activities
  - Mark dates and deadlines for your classes and major UND deadlines (e.g., the last day to drop a class)
  - Stick to your plan and limit rearranging
  - Following a set schedule for 2-3 weeks creates positive habits
Time Blocking

**Study** = anything academic related (studying, reading, test prep, homework, etc.)
Tips and Tricks IN THE CLASSROOM

What is a syllabus?

• An outline for each class you're taking (ex: Engl 110)

Get to know your instructors and advisor(s)

Key resources to help you succeed in the classroom:

• Tutoring
• Academic coaching
Use gaps in your schedule wisely

- Early bird gets the worm
- Maximize time in-between and after classes

Prioritizing time - think about things in a logical order:

- What do I need to get done first?
- What can be pushed off to tomorrow if I’m overwhelmed?
- Make to-do lists and check the boxes
UND Technology

**Starfish** - appointment scheduling

**Blackboard** - course information

**Campus Connection** - financial aid & payments
Academic Student Support

**Academic Advisors**
- Map out your time to graduation
- Select courses for the next semester
- Find answers when you don't know where to turn

**Academic & Career Exploration**
- Get support if you are feeling lost or uncertain of your major
- Find a major or career you love
- Understand how the skills you're developing can inform your career opportunities
Questions? Contact us!

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Setting Yourself Up for Success: Student Well-being

Carolyn Broden – University Counseling Center
Jess Doty – Student Health Services
Chris Suriano – Wellness & Health Promotion
Well-being is an optimal and dynamic state that allows people to achieve their full potential

Inter-association definition of well-being:
NIRSA, ACHA, NASPA November 2020
Well-being at UND

Breathe

Play

Move

Connect
Wellness is the active pursuit of healthy activities, choices, and lifestyles to attain multi-dimensional health.

Personal Wellness at UND
University Counseling Center (UCC)

- **LOCATION:**
  - McCannel Hall (2nd Floor, Behind the Memorial Union)

- **SERVICES:**
  - In-Person & Tele-Health Sessions available
  - Mental Health & Substance Use Counseling
  - Individual Counseling & Support Groups
  - Outreach

- **PROFESSIONAL STAFF**
  - Licensed Professional Counselors
  - Addiction Counselors
  - Psychologists
  - Grad Student Interns
  - Case Management
Student Health Services (SHS)

• **LOCATION:**
  - McCannel Hall Rm 100 (Behind the Memorial Union)
  - In-person and Telemedicine Appointments
  - “Your clinic away from home”

• **PROFESSIONAL STAFF**
  - MDs (FAA AMEs)
  - Family Nurse Practitioners
  - Registered Nurses
  - Medical lab scientists
  - Radiology Technologist
  - Health Insurance & Billing Specialist
  - Caring staff to help students access medical care
Student Health Services (SHS)

SERVICES:

• Allergy Shots
• COVID Care (PCR Testing & Immunizations)
• General Medical & Preventive Care
• EKG Services
• FAA Medical Exams (Certifications)
• Immunizations/TB testing
• Insurance Billing & Consultation
• International Travel Consults
• Laboratory
• Minor Surgical Procedures

• Psychiatry and Mental Health Care
• Radiology (X-rays)
• Sexual Health Care
• Skin Care Services
• ...and more...

Patient Portal

• 24/7 access to health information
• Schedule appointments online
• Access appointment notes & obtain lab results
• Send secure messages to SHS nurses
Wellness & Health Promotion (Student Wellness Center)

• **LOCATION:**
  • 801 Princeton St. (west of the Ralph)
  • “Where you can breathe, play, move, & connect”

• **FREE for ENROLLED STUDENTS:**
  • Wellness Center Membership
  • Strength and Cardio equipment
  • Indoor Track/Rock Wall
  • Group Exercise Classes (Cycling and more)
  • Healthy Cooking Classes
  • Quiet Lounge/Resource Lounge
  • NEXUS esports gaming
  • 4 indoor/1 outdoor court/sand volleyball/tennis
  • Locker rooms/showers
  • Fitness Assessments
Wellness & Health Promotion (Student Wellness Center)

• **FEE-BASED PROGRAMS:**
  • Rec Sports teams/leagues
  • Personal Training
  • OUTPOST: Outdoor Gear rentals
  • CPR/FIRST AID classes

• **STUDENT EMPLOYMENT**
7 DIMENSIONS OF WELLNESS
Questions? Contact us!

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