UNIVERSITY LIFE – SURVIVING THE FIRST TWO WEEKS !!!!

Welcome to the University of Lethbridge. You have finally made the long awaited change in your life to attend University. The following tips will help develop a set of skills that we Health Centre staff call "The University of Life".

1. We hope you attended orientation as it gets you the best start to your time here at the U of L. Orientation may appear to be optional, but by attending it, you will become familiar with your surroundings, fellow students and the other required processes of University life. Orientation also gives you a chance to meet faculty and your advisors and student services. Your advisors are the key to give you academic direction. Plan to touch base with your advisors once a semester to stay on track.
2. Expect some nervous feelings and tension the first two weeks, after that you should be settling into your routine. If you have trouble beyond the first two weeks, start asking the various student services about assistance for your particular issues.
3. Double-check your class times and room numbers on the Bridge. If you are unsure about where your class rooms are, make a dry run to classes. Come early the first day, as sometimes classes are unexpectedly moved to another room and you may have to run.
4. If your course syllabi (course outline) is available on line ahead of class it will allow you to get your books early and even get a jump start on your reading. Once you get your syllabus make sure that all your deadlines for that class are clear and on your calendar. Understand and follow your syllabus. Keep each class syllabus in a binder to review frequently and transfer all of the information onto a 4-month calendar. Post this where it is visible to you every day.
5. Make time to study regularly throughout the semester. If possible, avoid "cram sessions" or pulling "all -nighters".
6. If you would like more social contact - Get involved in clubs. This gives you the opportunity for socialization as well as the support of more "seasoned" students. Check out www.ulsu.ca. Also, attend selected campus events to get involved. Check out the notice board frequently at www.uleth.ca/notice. Club Rush week is scheduled for in September so check the website and see what fun and interesting clubs there are on campus.
7. Work out the roommate rules early if you are living with anyone else. Talk EARLY about respecting each other's need for cleanliness, sleep, quiet times, money issues, etc. Refer to the back of this page for an example of a roommate contract. Use it or feel free to create your own.
8. Learn to cook nutritious and basic foods. Your body and brain requires food to function properly.
9. Develop and follow a budget. Set a limit for social and luxury items. Poor planning could mean your money is gone before school is done. Sometimes it helps to decide early about lifestyle issues such as a budget for social activities (i.e. "I will only spend $15.00 per week on going out with friends"). If you decide to partake, do so responsibly. Alcohol or drugs will alter your decision-making and can lead to problems.
10. Look after your physical and emotional health. Make an appointment with your campus doctor or nurse to discuss any health issues. Wash your hands frequently. Get a flu shot. Protect yourself against an unplanned pregnancy or sexually transmitted infection, come talk to us about safe and effective birth control options. Also, being away from home, stress and feeling alone can lead to more than just the "blues". The blues last only a couple of days, if you're feeling very sad, hopeless and less interested in your usual activities, than you may be suffering from depression. ASK FOR HELP! Seek out your campus counseling services or Medical doctor for assistance.

University life can be such a wonderfully positive experience. These key points should get you off to a good start and keep you going throughout your years at school.

The Health Centre is located at SU 020 or call us at 403-329-2484. We are open Monday to Friday from 9:00 a.m. until 4:00 p.m. Look for the Health Educator around campus providing many health education displays with various health issues. Don't forget our electronic magazine, Student Health 101! A link will be delivered into your inbox twice a month.

Student Health 101

Give it a Try

We hope that this semester is everything that you expected. Work hard and have fun!!

Roommate Contract

Living with roommates can be complicated and it is important to communicate with one another to ensure that each roommate is on the same page. Many like to think that there won't ever be issues and everyone will cooperate and participate in sharing the load equally. Unfortunately, this is not always the case. Start your living experience out right and have an open and honest discussion of key points. Fill out a roommate contract to make sure everyone is aware of the responsibilities and expectations to avoid unexpected surprises later!

The security/damage deposit is $_____ and will be paid/divided in the following way:

_____

*Upon moving out, cleaning shall be the responsibility of, _____ and return of the damage deposit will be resolved in the following ways:*_____

The monthly rent is $_____ and due on the _____ of each month. The rent payment shall be divided amongst tenants in the following way: _____

The following bills/charges will be shared or maintained by roommates as indicated:

Type of Bill	*Will be paid/divided by*	*Will be responsible for making the bill payment*	*Payment is due to the tenant making the payment by*
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

*Any late or missed payment(s) will be addressed in the following way:*_____

Roommates ☐ do / ☐ do not need to obtain permission from other roommate(s) for overnight guest(s) prior to the stay of any guest. No overnight guest(s) may stay longer than _____ nights per week without permission of the other roommate(s).

*Common area(s) to be shared among all roommates include:*_____

Should a roommate wish to use a common area without interruption he/she shall make arrangements with the roommate(s) in the following way: _____

How will parking be shared between roommates? Where will guests be expected to park?

_____

How will food be purchased (individually/shared)? Is borrowing/sharing food permitted? How will it be replaced?

_____

How will food be stored/managed? Will each person have their own shelf/space, how will you determine which food belongs to who?

_____

Can personal items (appliances, clothes, furniture) be shared? If so what are the rules surrounding borrowing items?

_____

Smoking/alcohol/drugs/parties will/will not be permitted. If permitted, the following guidelines/restrictions apply:

_____

The following quiet times will be maintained: _____

Chores (Dishes, cleaning fridge/stove, bathrooms, floors, taking out garbage, shovelling snow etc.) will be divided/delegated as follows;

Chore	*Person Assigned*	*Frequency*	*Special Notes*
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Consequences for not adhering to these guidelines will include:

_____

Communication notes/messages for one another will be left: _____ Conflicts will be addressed in the follow way:

_____

Should a roommate wish to move out or to change the arrangements of this contract he/she must give _____ days/weeks/months (Circle one) notice to _____ (person).

Dated this _____ day of _____ in the year _____. We, the undersigned, agree to the above stated terms.

_____	_____	_____	_____
Printed Name	*Signature*	*Printed Name*	*Signature*
_____	_____	_____	_____
Printed Name	*Signature*	*Printed Name*	*Signature*