

Back to **S**School Checklist

Try to complete as many of these items as you are able to start off the semester strong by prioritizing academic success and health and wellness!

REFLECT AND MEDITATE

- Spend some time reflecting on the upcoming semester:
 - What are you hoping for this semester?
 - What are your worries?
 - What are new things you want to try?
 - What are some changes you would like to make?
- Try this 4-minute fierce meditation

BUILD A SCHEDULE

- Use the “How to Build a Schedule for Productivity” Handout
 1. What classes are you taking?
 - a. When? What mode (online/in-person/hybrid)?
 2. Work hours? Extracurriculars? Self-care?

CREATE HEALTHY HABITS

- Consider how you will incorporate self-care into your daily routine. Monitor using “Habit Tracker” Handout.
- To get your sleep back on track so you have enough energy for the day, use the “How to Build a Sleep Schedule” Handout
- Locate residential and restaurant dining options on campus using the USC Hospitality website
- Acquire snacks to fuel your brain, “Food for Thought” Handout
- Set a daily meal time and/or food-preparation time

GET ORGANIZED

- Gather supplies and get your backpack organized (review “Back to School Packing Tips” Handout)
- Purchase books that you need either from the bookstore or online

ORIENT YOURSELF TO CAMPUS

- Explore where your classes are on campus using the [Interactive Campus Map](#)
- Plan the route you'll use to get to class and extracurriculars
- Add buffer time before class to review notes, de-compress, have a snack, socialize, or simply to plan for unexpected events
- Explore other fun parts of campus using the ["Return to Campus Bingo" Handout](#)

EXPLORE KCLC'S SUCCESS PACKET

- This [downloadable Zip file](#) contains the most popular handouts geared toward academic success

HAVE A DRESS REHEARSAL

- Practice your sleep and morning routine before classes start (use ["Creating your Best Routine" Handout](#) for support)
- Pack up school supplies and snacks, wear what you would wear to class, travel to your first class
- Assess your morning routine and determine if any changes are necessary (Note: add buffer time to commute to account for crowds)

CHECK EMAIL & BLACKBOARD

- Professors will often e-mail out announcements, the syllabi, or even pre-class assignments in advance of the first day. They may also reference last-minute changes to their course or updates to be aware of before going to class.

If you have additional questions or want to improve your understanding of how to use these resources, please attend one of our drop-in sessions to meet with an academic coach, or attend one of our workshops!

<https://kortschakcenter.usc.edu/events/>