

The First-Year Guide Part 3: Resources

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When you come to UNH, the university's goal is to help you succeed. Faculty and staff want you to do your best and want to help you in whatever way they can. This help can come in many forms, but in this post, I will focus on the dozens of resources that are available to you as a student.

Social

First off, let's talk about UNH's social media resources. The [#UNHSocial team](#) is made up of a small group of dedicated students and two managers who run many of the university's main accounts. You should be sure to follow these accounts ASAP! Particularly UNHStudents on [Twitter](#) and [Instagram](#). Through these social media resources, you can interact with us, ask

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questions or find out what is going on around campus.

Beyond following UNH's social media accounts, you can go to our website to learn more about social media [etiquette](#), [safety tips](#), [best practices](#), and more. This is also where you can find the university's social media [directory](#), which gives you other ways to get in touch with dozens of different departments, clubs and colleges.

In addition to checking out our website, you should download our app! The [UNH Mobile app](#) is the perfect resource for whatever you need to know about campus. Looking for what time the puck drops at this weekend's game? Not sure when the dining halls close? Wondering when the next Campus Connector is coming? The UNH Mobile app has answers to all these questions and more.

Academic

UNH wants you to succeed and gives you access to resources to help make that happen. Here are just a few academic resources to bookmark as you begin your UNH experience.

Academic Calendar – The [master calendar](#) lets you pick and choose the events you want to attend. By selecting “Academic,” you can see all of the important dates that relate to the academic year including the start of term, breaks and finals.

myUNH/myCourses – Whether you are taking an online course



or a traditional class, make sure you are familiar with these sites.

[MyUNH](#) is the official UNH portal where you can access news and announcements or search for services and applications such as Webcat. [MyCourses](#) will be your source for course information, syllabi, assignments, discussion boards and all you need to know to pass your class!

Career and Professional Success (CaPS) – Located in Hood House, [CaPS](#) is an important resource on campus. At the heart of campus, this center is filled with useful information and career advisors ready and eager to help you with your resume, interview prep, and provide the tools you will need to succeed after your time at UNH.

Center for Academic Resources (CFAR) – This may be one of the most important yet underutilized resources on campus. At CFAR, you can get the help you need to succeed in the college classroom. At CFAR's offices in Smith Hall, you can receive academic coaching, help with GRE prep and assistance improving your study skills. Don't have time to stop in for an appointment? Check out their [website](#) for some great information.

Registrar's Office – Are you looking for more information on class registration? Do you have a question about your GPA or about whether a class counts toward a discovery credit? The [Registrar's Office](#), located in Stoke Hall, is the place to go!

UNH Global – For many Wildcats, no college experience is complete without some kind of study abroad. [UNH Global](#) can help you realize your dream of heading off to any number of places through UNH-managed programs and exchange programs. Located in Hood House (although COLA study abroad offices are located in Murkland Hall), you can get all of your questions answered and find information about the dozens of programs being offered every semester.

ID Office – If you lose your student ID card, you could struggle with academic issues such as being able to print your term papers! If you need to replace your student ID, head on over to Holloway Commons. You'll need a photo ID, a \$25 replacement fee and the form for a replacement ID, which can be found [here](#).

Wellness



Health & Wellness –

Located near Paul College on Pettee Brook Lane, [Health & Wellness](#) is open Monday through Friday from 7:30 a.m. – 4:30 p.m. and Saturday 10:00 a.m. – 4:30 p.m. Here, you can receive medical care and counseling and participate in educational programs.

Health & Wellness also has an on-campus pharmacy to help you save money on your prescriptions. It's easy to schedule an [appointment](#) for medical care, health education/counseling, massage therapy/light therapy/biofeedback or medical acupuncture/hypnosis by using their online scheduling program or calling.

Healthy UNH – This [program](#) began in 2008 as a way to help members of the UNH community make healthy choices. You can learn about these choices on their [blog](#) and find resources about [nutrition](#), [physical activity](#), [psychological health](#) and [healthcare consumerism](#).

SHARPP – The [Sexual Harassment and Rape Prevention Program](#) on campus works to provide education and outreach while also offering direct service to victims of sexual assault or rape on campus. Throughout the year SHARPP hosts events

across campus to raise awareness, with campaigns such as 1 Blue String, the Anti-Violence Rally and Walk and the Clothesline Project.

UNH has extensive resources to help you realize success here on campus. There's a reason why our [alumni are rated as more likely than their peers to be thriving in all five elements of well-being \(financial, physical, community, purpose and social\)](#). Take advantage of these resources and know that success can be yours.

WRITTEN [Samantha Gorski '16](#) | UNH Tales

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