Top 5 Mistakes International Students Make During Their First Semester
Ignoring University Communication

• UTD email is the official form of communication
  – Check daily!
  – Professors, departments, and offices will all email you
  – Contain important information about registration holds, document submission, orientation dates etc.

• Sign up for text alerts for notifications regarding emergency closings, weather, and safety concerns
Not participating in classes

• Most classes require student participation
  – Ask questions
  – Discuss topics with classmates and professor
  – Don’t be afraid to introduce another perspective

• Get to know your professor
  – Eventually, you’ll need references for internships, jobs, and other items. Professors are here to help!
  – Meet during office hours for questions
  – Ask questions during and after class
Not managing your time

• Use your class syllabi
  – Due dates, exam dates, and university closings or holidays
  – Keep this! It’s a great resource
• Use your phone or planner
  – What type of calendar or planner works best for you?
  – Mark due dates and other items from the syllabus during the first week of classes
    • Set reminders about upcoming due dates and exams
Not managing your time

• Create a study schedule
  – Budget approximately 2 hours of study time for each 1 hour of class time
  – Devote blocks of time to study for particular classes
    • Remove distractions!
  – Break up large projects into smaller pieces

• Schedule in time for breaks and fun!
  – You deserve a break
  – Make sure you allow yourself (and your brain!) some time to relax
Not taking advantage of university resources

• Services
  – Student Health Center
    • Physical health
  – Student Counseling Center
    • Mental and emotional health
  – Career Center
    • Jobs, internships, career advice, career workshops and fairs
  – Academic Advisors
    • Degree requirements, department information, gradation information etc.

• Free! Use them while you’re here!
Not taking advantage of university resources (cont.)

- Attend events
  - [https://utdallas.edu/calendar/Free stuff!](https://utdallas.edu/calendar/Free stuff!)
  - Socialize and meet other students
  - Have fun!

- Student organizations
  - [https://www.utdallas.edu/soc/explore/](https://www.utdallas.edu/soc/explore/)
  - Academic, professional, social and more
  - Something for every student!
Not staying healthy

• Eat well
  – On-campus dining:
    • new.dineoncampus.com/utdallasdining
  – Campus nutritionist
    • utdallas.edu/studentwellness/nutrition/index.html

• Get enough sleep
  – 7-8 hours per night
Not staying healthy

• Exercise
  – https://www.utdallas.edu/urec/

• Take mental breaks
  – Visit with friends
  – Explore the Dallas area
  – Watch TV
Thank you for watching!

• Recordings and PDFs
  – utdallas.edu/ic/webinars
  – View our previous webinars too!