

The Department of Exercise and Sport Science

What I Should Do As A: Junior

A handy guide to navigating the University system as a junior.

What Classes Should I Be Taking?

- ★ General Education (Gen Eds) should be completed.
- ★ Working on University Degree Requirements – CW, DV, IR, and 2 QIs
- ★ Working on graduate school prerequisite courses.
- ★ Working on minor, if applicable
- ★ Working on major courses and taking the courses in order.
 - ESS 3091/3094 – Physiology of Fitness
 - ESS 3551 – Application of Human Motor Development
 - ESS 3092 – Kinesiology

What Should I Be Doing?

- ★ Getting involved on campus.
 - The Bennion Center** in the Union offers a plentitude of opportunities to get involved campus-wide and the community.
 - The **ASUU student groups** page on the main web page allows you to browse all the student groups on the campus that you might want to join and participate in. ASUU student group page: <http://www.asuu.utah.edu/groups>
 - The **ESS department** also has resources to get involved in the Department. Join SAC, start helping with faculty research, or join UFit. For more information see the ESS homepage at: <http://www.health.utah.edu/ess/>.
- ★ Apply to the PE Teaching Program in the Fall of your junior year, if applicable.
- ★ Checking your Umail on a regular basis. Or set up your Umail to forward to your personal email.
- ★ Checking your DARS report to know which classes you've completed and how many gen eds and major classes you have remaining.
- ★ Applying for Department and College scholarships.
- ★ Reviewing CIS page for updating personal information, updating campus alert, viewing registration dates, and viewing any holds.
- ★ Checking the academic calendar for important dates, like closure days, classes starting and ending, last day to add, drop and withdrawal.
- ★ Checking the class schedule prior to your registration date to make sure you know what classes will work for the semester.

Who Should I Be Meeting?

- ★ Meet with the ESS departmental advisor regularly to ensure that you are taking the courses in the right order.
- ★ Contacting the advisor for the withheld numbers in the ESS department. Withheld numbers are numbers that are missing from the class schedule. This is done to ensure the prereqs are met before enrolling in the course. Withheld numbers can only be obtained from the department.
- ★ Meet with **Preprofessional advising** (801-581-5744, BLD 44 Rm 206) for information on law school, med school, dental school, etc.
- ★ Meet with an advisor for your minor, if applicable

- ★ Contacting instructors for permission codes of classes. Permission codes are provided when a course is already full. Only the individual instructors have access to permission codes.
- ★ Meet with an advisor for graduate programs.
- ★ Meet with financial aid (SSB 150, 801-581-6211) to see if you meet the requirements for financial aid or scholarships.
- ★ Meet with an advisor in Career Services (SSB 350, 801-581-5624) to register with them for information about job opportunities and workshops.

What Sites Should I Still Be Visiting?

- ★ Become familiar with the University of Utah Web site, www.utah.edu.
- ★ Learn to use the A to Z index to look up departments, colleges, and organizations information and web sites,
<http://www.utah.edu/portal/site/uuhome/menuitem.4694b7a3dd66f40516df1210d1e916b9/?vgnextoid=8ee892d315bb3110VgnVCM1000001c9e619bRCRD>.
- ★ Learn to use the directory to look up faculty and staff contact information,
<http://www.acs.utah.edu/prod/hrbin/campus-directory>.
- ★ Learn how to find information on the Registrar's Web page, <http://www.sa.utah.edu/regist/>
- ★ Learn to access the class schedule,
<http://www.utah.edu/portal/site/uuhome/menuitem.ddac5bbd6efcaf8ab123b610c1e916b9/?vgnextoid=1223584d6f665110VgnVCM1000001c9e619bRCRD>
- ★ Learn to access the academic calendar which lists all the important dates for the U, like closure days, classes starting and ending, last day to add, drop and withdrawal,
<http://www.sa.utah.edu/regist/pages/Deadlines.htm>
- ★ Learn to access Umail by logging in to My Utah, <https://my.utah.edu/portal/site/myutah>.
- ★ Learn to access Campus Information Systems (CIS),
https://gate.acs.utah.edu/psp/plpr/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST
- ★ Learn to properly use CIS: view registration dates, add and drop classes, how to access a DARS report, how to read a DARS report, updating personal information, view grades, view holds and tuition payment and financial aid can all be accessed on CIS.
- ★ Become familiar with the ESS web site, www.health.utah.edu/ess
- ★ Become familiar with the College of Health web site, www.health.utah.edu