

The Department of Exercise and Sport Science

What I Should Do As A: Senior

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

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 remaining major courses and taking the courses in order.
- ★ Total credit hours (122), total upper division credit hours (40), and residency requirements (20 of the last 30 credit hours must be taken at the U) should be completed prior or during my last semester.

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 for graduation two semesters before your intended graduation date. Bring a DARS report and the graduation application – both available on CIS – to the ESS advisor for signature and approval. Also, get signatures from minor advisor and honors advisor, if applicable. Students turn in the graduation application to the graduation office in Student Services Building (SSB) Window 15.
- ★ Let the ESS department know by April 1st if you will be participating in the Spring College of Health convocation.
- ★ Fill out the ESS department exit survey available online. An email will be sent to your Umail account with the information for the exit survey.
- ★ Tell the ESS department if your diploma needs to be expedite because of the military or graduate school.
- ★ Attend the graduation fair at the bookstore to pick up cap and gown and College of Health tassel.
- ★ Check your Umail daily for all information from the University, Department and instructors. Or set up your Umail to forward to your personal email.
- ★ Checking the class schedule prior to your registration date to make sure you know what classes will work for the semester. Plan out last schedule prior to meeting with the departmental advisor to get the withheld numbers for courses.
- ★ Find out when withheld numbers are available.
- ★ Checking your DARS report to know which classes you've completed and how many gen eds and major classes you have remaining.
- ★ Taking care of any missing transfer courses, missing credits, incompletes or failed classes.

- ★ 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, or graduation application deadlines.

Who Should I Be Meeting?

- ★ Meet with the ESS departmental advisor for graduation application prior to the deadline, receive the withheld numbers for the courses you need. Be sure to get departmental approval prior to meeting with an advisor for the withheld number if you are taking prereqs concurrently.
- ★ Contact 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.
- ★ Contact 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 **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
- ★ Meet with an advisor for graduate programs to go over requirements for graduate programs, and how to apply to the program.
- ★ Meet with an advisor in Career Services (SSB 350, 801-581-5624) to register 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
Know where to find information on graduation,
<http://www.health.utah.edu/student-services/index.html>