

W
UNIVERSITY of
WASHINGTON
BOTHELL



Thriving
Guide



SEPTEMBER 2026



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Welcome

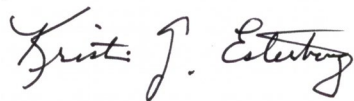


Dear students,

Welcome to our vibrant UW Bothell Husky community! You belong to a campus that values access, opportunity, and the transformative power of education. Here, you will find dedicated faculty and staff, innovative learning experiences, and a supportive community that believes in your talents and potential.

As you begin this next chapter, I encourage you to explore, ask questions and take full advantage of the many resources designed to support your success – both inside and outside the classroom. Your perspectives, experiences and aspirations enrich our campus, and we are excited to learn and grow alongside you.

Wishing you a meaningful and rewarding year at UW Bothell. We are so glad you're here.



Kristin G. Esterberg

Kristin G. Esterberg, Ph.D.

Chancellor and Professor





First Gen at UW Bothell

Are you the first one in your to go to college in the US?
Here are a few tips to begin your journey:

- **You already have a built-in network:** Your academic advisors and your peer coach*. Meet with them frequently at first, as they can help you answer questions and start to expand your network by connecting you to people in your unique areas of interest. *The peer coach program currently only serve first year students
- **Research and utilize your resources.** UW Bothell has resources for so many things — and a lot of them are here in this guide— but it is up to you to tap into them. Seek out resources that align with your academic and extracurricular interests and values, as well as resources that are important to navigating college life, such as financial aid.
- **Ask questions in class and visit the office hours of your professors and teaching assistants.** They can help you with course materials, and you will stand out as someone who cares about the course and your grade.
- **Continue to use the same mindset that helped you become a Husky.** Now that you are at UW Bothell and part of our rich campus community, use your first-gen initiative to take advantage of the resources at your fingertips.

Your lived experience is a strength – what else can you accomplish on your path to graduation?



Scan this code to learn about what it means to be 1st Gen and explore resources.



Celebrate 1st Gen Day with us!

National 1st Generation Celebration | November 8
uw.edu/diversity/national-first-gen-day





Dawg Dictionary



ACADEMIC ADVISOR

A professional staff member who helps you plan your classes, stay on track for graduation, understand degree requirements, and connect with campus resources.

ACTIVITIES & RECREATION CENTER (ARC)

The ARC is a central campus hub that includes a fitness center and spaces to relax and connect. It also supports programs such as Outdoor Wellness Leaders and Intramural Sports.

ADD/DROP CLASSES

You can add or drop classes during the first two weeks of the quarter. If you make changes after classes start, check in with your instructor.

BACHELORS vs. MAJOR

A bachelor's degree is your overall undergraduate degree. Your major is the specific subject you study (for example, Biology or Business).

COMMENCEMENT

The graduation ceremony that recognizes students who have completed their degree programs.

CONVOCATION

UWB's annual kickoff event held before the first week of classes to celebrate the start of the academic year. Check the UWB website for the exact date.

DUBS

The University of Washington's official live mascot — an Alaskan Malamute and symbol of Husky pride.

FAFSA

Free Application for Federal Student Aid. Complete it every year to apply for financial aid. Aid amounts vary for each student.

FACULTY/PROFESSOR

Your instructors may be called faculty, professors, or instructors.

Tip: Ask what they prefer to be called!

FERPA

The Family Educational Rights and Privacy Act. In college, you control who can access your academic records unless you grant permission.

HOLLY HUSKY

UW Bothell's official costumed mascot who appears at campus events.

Fun fact: Harry the Husky is UW Seattle's mascot. Hendrix the Husky is UW Tacoma's mascot.

HUSKY PRINCIPLES

A set of guidelines created by students for students to follow during their time at UWB. The principles are:

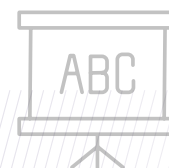
- Practice high standards of honesty and integrity.
- Respect the dignity and rights of all people.
- Support freedom of thought and expression.
- Pursue ongoing intellectual and personal development.
- Engage in critical thinking and discovery.
- Improve our university community and the world.

HYBRID CLASSES

Courses that combine in-person and online instruction. Check the syllabus for details.

META MAJOR

A meta major is a broad academic pathway that helps you explore majors and related opportunities before choosing a specific field.





Dawg Dictionary

NAVIGATE

An online platform and mobile app used to schedule appointments with advisors, career coaches, and other campus support staff.

Tip: Download the EAB Navigate app for easy access!

PEER COACH (PC)

A student leader who supports first-year students at UWB. They offer one-on-one coaching sessions to help you set goals for your first quarter and navigate campus life. Think of them as a built-in buddy for your first quarter!

PRE-MAJOR

If you haven't declared a major yet, you're a Pre-Major student. At UWB, you'll need to choose a major by about 105 credits (usually by your second year).

QUARTER SYSTEM

UW uses quarters: Autumn, Winter, Spring, plus optional Summer. Each quarter lasts about 10 weeks plus finals. Most classes run for one quarter.

REGISTRATION HOLD

A hold stops you from registering for classes. Common reasons include missing orientation, unpaid fees, or incomplete tasks. You can find hold in my.uw.edu.

RESIDENT ADVISOR (RA)

A student leader who lives in campus housing and helps build community, host programs, and uphold residential guidelines.

STUDENT DIVERSITY CENTER

A welcoming space where students from all backgrounds can connect, learn, and feel supported through events, conversations, and community building.

SYLLABUS

Your course roadmap, outlining topics, assignments, exams, and policies. Review it often.

WELCOME WEEK

A series of events during the first one to two weeks of Autumn Quarter designed to help students connect and get involved.





UWB Technology



Essential Sites

my.uw.edu

MyUW is the front portal of University of Washington for anybody with a UW NetID. Access the web resources you need to fulfill your goals at the University.

registrar.washington.edu/register

Register.UW helps you create an academic plan for next quarter, next year, or all the way to graduation; audit your progress; discover which courses you may need to complete your degree; and share plans with your adviser.

uwb.edu/it

Your comprehensive portal for IT tools, software, services, and resources to support your success at the UW.

uwb.campus.eab.com

Online tool that helps you easily schedule advising, tutoring, and success coaching appointments and get connected to academic support when you need it.

uwb.edu/academic-calendar

Find the start and end dates for the terms, add/drop dates, tuition deadline and more.

bothellcampus.t2hosted.com

The Bothell parking portal where you can purchase parking permits and pay citations.



Learning Tools

canvas.uw.edu

Canvas is the official learning- management system of the UW, used in many UW courses.

myplan.uw.edu

Online academic planning tool that helps you explore majors, plan your courses, build possible class schedules, and track your progress toward your degree

polleverywhere.com

Poll Everywhere brings interactive learning to UW classes and is the official audience-response system of the UW.

dawgpath.uw.edu

DawgPath is a web application that can help you manage your course load, discover interesting courses and majors, and connect with your adviser.

Get Connected

gather.uwb.edu

UW Bothell's one-stop platform where you can easily find events, join clubs, and connect with campus life

itconnect.uw.edu/uware

Download essential software from UW-IT's software catalog and discover online productivity tools available to empower your academic career.

itconnect.uw.edu/email

You have two basic options for email: Forward UW email to a personal email inbox, or use an email service offered through the UW, either UW Gmail or UW Exchange Online.



Campus Life & Engagement

Important Dates

Fall Quarter

July 30, 2026 | Housing Cancellation

If you cancel your housing contract on or before this date, you will have a \$0 termination fee

August 1-8 | Housing Cancellation Fee Change

If you cancel your housing contract during this time frame there is a \$500 cancellation fee

August 9-September 19 | Housing Cancellation Fee Change

If you cancel your housing contract during this time frame there is a \$100 cancellation fee.

September 17 | First Day Tuition & Fee Balance is Available on MyUW

Please note, financial aid will not be disbursed until the week before the quarter begins so the amount displayed may not be the amount you owe.

September 18-23 | Financial Aid Disbursement

This is when your financial aid will post to your bill.

September 25 & 26 | Housing Move-In

You will be assigned a specific time to move in. Please refer to information you receive from UWB Housing.

September 25+ | Housing Cancellation Fee Change

If you cancel your housing on or after move-in day you will be charged the full balance of the agreement.

September 25-October 7 | Welcome Week

Join us for fun and informative events designed to help you get acquainted with the campus, meet new friends, and learn about the various student organizations and resources available at UW Bothell.

September 25 | First Day of Classes

Fall quarter begins! Make sure you have your textbooks and course materials ready.

October 6 | Last Day to Add, Drop or Make Changes to a Course

Via MyUW without being assessed a \$20 Fee* and possible tuition forfeiture

Last day to withdraw from UW Bothell without owing tuition or fees:

December 19-January 3 | Winter Break

Beyond Fall Quarter

January 4, 2027 | First Day Winter Quarter

January 4, 2027 | Housing Application for 2027-28 Available

January 22 | Tuition Due

March 20-28 | Spring Break

March 29 | First Day Spring Quarter

April 16 | Tuition Due





Campus Life & Engagement

Getting Involved

College isn't just about classes – it's about community. Joining clubs, attending events, or volunteering helps you meet new people, discover opportunities, and build skills for your future. Plus, it makes campus feel like home. Start small, try something new, and see where it takes you!

GatherUWB

This is your hub for student engagement on campus. Connect with clubs and learn about events. gather.uwb.edu

Intramurals

Connect with new friends, enjoy a favorite sport, or try something completely new. uwb.edu/arc/recreation/intramural-activities

Welcome Week

A UW Bothell tradition that kicks off the academic year with a variety of programs and events designed to help you connect and explore campus resources. uwb.edu/orientation/welcome-week

Sustainability and Recycling

Ways to get Involved

UW Bothell offer students ways to get involved in clubs, events, and more. Learn how at uwb.edu/campus-sustainability/get-involved

Wetlands

Our campus is home to one of Washington's most successful floodplain restorations — a thriving 58-acre wetland that serves as a living laboratory for ecological study and a sanctuary for diverse plants and wildlife.

Campus Farm

The UW Bothell Campus Farm is a student-powered space for growing food sustainably, learning about urban agriculture, and building community through hands-on experiences.



Instagram Accounts to Follow

- @uwbotp | Orientation & Transition Programs
- @uofwa | Official University of Washington
- @uw_bothell | Official University of Washington Bothell
- @asuwbthell | Associated Students of UW Bothell
- @uwb_sea | Student Engagement and Activities
- @uwb_diversity | Diversity Center
- @uwb_career | Career Services
- @uwbreslife | Residential Life
- @uwb counseling | Counseling Center



Health & Wellbeing

Taking care of your physical and mental health is key to your success in college. When you feel well, you can focus, manage stress, and stay motivated. Healthy habits like sleep, nutrition, and seeking support help you thrive now and build a strong foundation for the future. Your well-being isn't just about getting through college – it's about creating a sustainable, fulfilling experience.

Counseling Center

The UWB Counseling Center offers multiple options for students seeking help coping with stress and mental health concerns. These include individual counseling, group counseling, workshops and several other programs. Students who are currently enrolled in degree seeking programs are eligible for our services. Learn more at uwb.edu/well-being/counseling

SafeCampus

SafeCampus' mission is to foster a safe and supportive UW community. Call SafeCampus, no matter where you work or study, to anonymously discuss safety and well-being concerns for yourself or others. We'll listen to your concerns to provide guidance, tailored safety plans and resources. Often students call regarding stalking, sexual assault, suicide concerns, violence concerns and other types of bullying/harassment. uw.edu/safecampus

Navigating Support Systems

If you are seeking confidential support, safety planning or resources for healing:

The Violence Prevention & Advocacy office:
uwb.edu/well-being/phw/vpa

If you are seeking supportive measures, want to learn about resolution options, or want the University to be aware of a situation: Title IX Case Manager:
uw.edu/titleix/report

Civil Rights & Title IX

University of Washington policies, in compliance with federal and Washington state laws, collectively prohibit discrimination based on the following protected characteristics, whether actual or perceived: race, color, creed, religion, national origin (including shared ancestry), citizenship, sex, pregnancy, age, marital status, sexual orientation, gender identity or expression, genetic information, disability and veteran status.

If you experience discrimination, harassment, or sexual misconduct, you have the right to request supportive measures and access available resources, regardless of whether you wish to request a university investigation or alternative resolution process.

You also have the right to report the incident to the University or the police. Making an online Civil Rights & Title IX report will connect you with a Civil Rights Case Manager who will help you understand available options and navigate resources. If you are seeking confidential support or are not yet sure if you want the University to know about your experience, you may prefer to reach out first to a University confidential resource.

Assistant Vice President for Civil Rights Compliance & Title IX Coordinator:

Valery Richardson | civilrights@uw.edu | 206-221-7932 | uw.edu/civilrights



Financial Resources

Understanding Types of Aid

Grants: Free money for college that you don't have to pay back. They're usually based on financial need.

Scholarships: Also free money, but often awarded for things like academics, leadership, or special talents. No repayment required.

Loans: Borrowed money that you do have to pay back, usually with interest. Federal loans often have lower rates and flexible repayment options.

Think of it this way: Grants and scholarships = gift money. Loans = borrowed money.
ALWAYS TRY TO USE GRANTS AND SCHOLARSHIPS FIRST BEFORE TAKING OUT LOANS.



What is the FAFSA

FAFSA stands for Free Application for Federal Student Aid. It's the form you fill out to see if you qualify for financial help like grants, scholarships, work-study jobs, and federal student loans. The FAFSA looks at your family's financial situation to figure out how much aid you can get. It's free to apply, and you need to submit it every year you're in college. The earlier you apply, the better your chances of getting the most aid available.

Why It Matters

Completing the FAFSA can open doors to thousands of dollars in financial aid. Even if you think you won't qualify, many schools and states use FAFSA information to award scholarships and other assistance. Skipping it could mean leaving free money on the table.

Common Myths

"My family makes too much money, so I won't get aid."

Not true! Many types of aid aren't based only on income.

"FAFSA is only for loans."

Wrong — FAFSA also helps you get grants and scholarships you don't have to pay back.

"It costs money to apply."

Nope — it's completely free.





Financial Resources

Resources

Basic Needs Resource Navigation:

If you are looking for additional support to navigate challenges with housing, food, or other basic needs, you meet with a Navigator.

basicneeds@uw.edu

Emergency Aid:

Emergency aid is available for the unpredictable or unexpected costs that cause significant stress and impact academic success and personal well-being.

uwb.edu/financial-aid/emergency-aid

Financial Aid Office:

Talk to a financial aid counselor to see if adjustments can be made to your financial aid and find other options for help.

uwb.edu/financial-aid

Husky Pantry:

Shop for grocery staple items, as well as seasonal products, hygiene and toiletry items (all items are non-perishable).

uwb.edu/well-being/phw/hawrc/basic-needs/
[#husky-pantry](#)

Hopelink Market:

The Market makes a stop on campus twice per month, offering free groceries to anyone in the community — students, staff, faculty, and others. They typically have non-perishable foods, as well as produce and fresh items.

hopelink.org/programs/food-program/mobile-market

UW Bothell Childcare Assistance Program:

This program helps supplement the costs of childcare for their children (newborn–12 years old) while enrolled in an eligible program of study.

uwb-advocate.symlicity.com/collections/hawrc





Financial Resources

Getting a Job On Campus

On-campus hiring occurs year-round, and there are a few central websites where on-campus jobs are listed.

Handshake

Handshake is a great platform to find on and off campus opportunities. It connects students with employers, both domestic and international, for your next incredible internship or employment opportunity.

uwb.edu/career-services/handshake

Husky Hires

Husky Hires showcases all on campus job opportunities

uwb.edu/hr/student/huskyhires

Work-study

Work-study is a great way to help pay for your education while gaining invaluable experience by working part-time.

washington.edu/financialaid/types-of-aid/work-study

Scholarships

UWB students are competitive for scholarships supporting a wide range of pursuits. Take advantage of the following resources to support your scholarship search:

UW Bothell General Scholarship

Each year, we offer scholarships funded by generous donors for students enrolled at UW Bothell.

uwb.edu/financial-aid/scholarships

Office of Merit Scholarships, Fellowships and Awards

Supports students in identifying and applying competitively for scholarships that advance their goals.

expd.uw.edu/scholarships

Send private scholarship checks to this address:

University of Washington Scholarships
PO Box 24967 // Seattle, WA 98124-0967

Please include your name and ID number.

When is Tuition Due?

Payments must be received by Student Fiscal Services no later than the tuition due date. Mark all the important add/drop dates on your calendar.

Please note: Financial aid generally begins disbursing one week prior to the first day of the quarter.

Autumn quarter: October 16

Winter quarter: January 22

Spring quarter: April 16





Academic Resources

Finding Academic Support

Smart students are the ones who reach out for help. UW Bothell offers many different types of academic support.

Academic Learning Commons

Academic Success Coaching (ASC)

Need help staying on track? Academic Success Coaching gives you one-on-one support to build study habits, manage your time, and reach your academic goals at UW Bothell.

uwb.edu/learning-commons/academic-success-coaching

Quantitative Skills Center (QSC)

Math or stats got you stressed? The QSC offers peer tutoring to help you understand numbers, formulas, and data — so you can feel confident in your quantitative skills. uwb.edu/learning-commons/tutoring

Writing & Communication Center (WaCC)

Working on a paper or presentation? WaCC helps with writing, reading, and communication at any stage of the process. Our goal is to make you a stronger, more confident communicator.

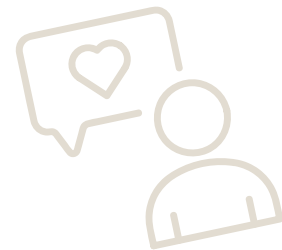
uwb.edu/learning-commons/tutoring

Library

The Campus Library offers access to millions of books, articles, and media. It also offers Research Librarians—these professional staff are your personal guide for college research. They help you figure out where to start, find trustworthy sources, and show you how to cite them the right way. Why does this matter? Because it saves you time, lowers stress, and makes your papers stronger.

Peer Coach (exclusive for first-year students)

Each new first-year student gets to choose a Peer Coach. These are trained student leaders — many of whom have been in your shoes — meet with you one on one to help you navigate your first year, build confidence, set goals, understand campus resources, and feel connected as you adjust to college life.





Academic Resources

Academic Advising

Your academic advisor is a professional staff member who helps you plan and succeed in your academic journey. Think of them as your guide for navigating college — not just for picking classes, but for understanding how to reach your goals.

What Do Academic Advisors Do?

- Help you choose classes that fit your degree requirements and interests.
- Explain policies (like registration deadlines, GPA requirements, and graduation rules).
- Connect you to resources (tutoring, financial aid, career services, mental health support).
- Talk about your goals — both academic and career — and help you make a plan.

What Academic Advisors Do NOT Do

- They don't make decisions for you—you choose your classes and major.
- They don't do your homework or fix grades.





Academic Resources

BRINGING CREDIT IN UW BOTHELL

Generally, college-level credit brought into the UW will contribute to the 180 credits required for graduation. The following tools and information will help you understand how your credit will count toward your degree.

Interpreting Course Equivalencies

SPECIFIC EQUIVALENCY

Many transfer courses are listed with a specific UW course equivalency and are found at the top of your unofficial UW transcript.

EXAMPLE: BIO A 201 (5)

This community college course is offered for five credits and is designated as equivalent to a specific UW course, BIO A 201, which is also offered for five credits. The course meets the Natural Sciences (NSc) component of UW graduation requirements.

NOT A SPECIFIC EQUIVALENCY

A 1XX or 2XX instead of a course number indicates that the course credit transfers but is not equivalent to a specific course at the UW. 1XX indicates transfer courses offered at the 100 level; 2XX indicates courses offered at the 200 level.

EXAMPLE: UW 1XX

The course is considered an interdepartmental course, as the UW does not have an equivalent department. The course is assigned the generic UW 1XX equivalency and may be used toward general graduation requirements as appropriate.

EXAMPLE: BIOL 2XX

Content is not equivalent to a specific UW course but does generally correspond to a specific UW program. In this case, the biology program accepts the course for credit.

COURSES TAKEN AS PART OF A SEQUENCE

In some cases, you must complete an entire sequence of courses at your transfer institution to be awarded specific UW course equivalencies. If only one or two courses are completed, then the credit is usually awarded as departmental 1XX or 2XX.

EXAMPLE: CHEM 152, 162 (5,6) if both courses taken; otherwise, CHEM 1XX

In this example, both chemistry courses must be completed to earn the UW equivalencies; if only one course is completed, then the credit is usually awarded as departmental 1XX or 2XX.

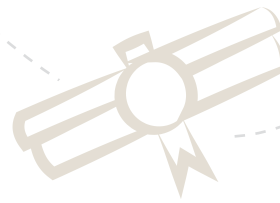


Did you know? A student's class standing is determined by the total number of credits earned, not by the number of years of college attendance or by completion of an associates degree.

FRESHMAN = 0-44 CREDITS · SOPHMORE = 45-89 CREDITS · JUNIOR = 90-134 CREDITS · SENIOR = 135+ CREDITS

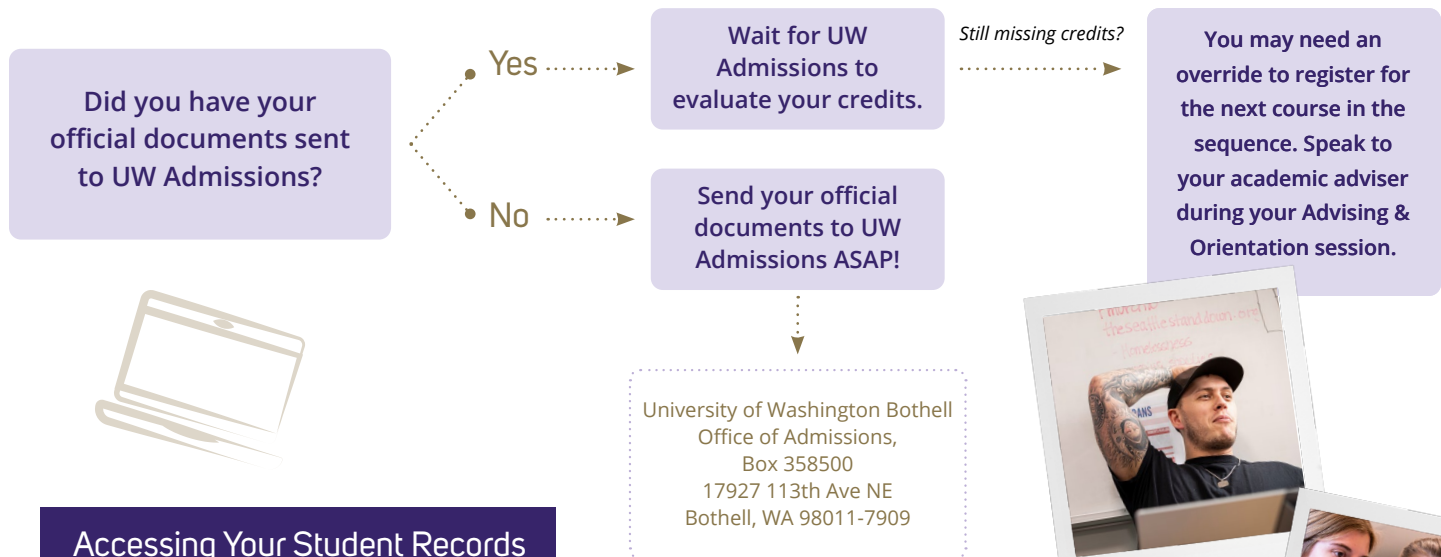


Academic Resources



Are You Missing Credits?

If you have college credit that you don't see on your unofficial transcript in your MyUW portal, please review the following steps:



Accessing Your Student Records

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT
FERPA is a federal law that governs the use of student educational records. Students have full access to their academic records by logging into their MyUW account, but access is limited or restricted to others, including parents and family members.

uwb.edu/registrar

The following offices have individual processes to authorize users to view student information:

- Financial information (students must log in with their UW NetID): fyp.uw.edu/hgrelease
- Housing: fyp.uw.edu/hgreleasehfs
- Medical: fyp.uw.edu/hgreleasemed



Disability Resources

DISABILITY RESOURCES FOR STUDENTS (DRS)

Helps students find disability-related accommodations.
UW1 080 | uwb.edu/student-affairs/drs

DISABILITY SUPPORT AT ORIENTATION

uwb.edu/orientation/orientation-programs/accessibility-accommodations



Know Your Why

Your values are your internal compass. They guide your decisions, shape your college experience, and help you stay grounded — especially when navigating higher education as the first in your family to do so. Identifying your core values can help you:

- Make academic, career, and life choices that truly fit you
- Manage stress and competing expectations
- Stay motivated during challenging transitions
- Advocate for yourself in campus spaces that may feel unfamiliar

Values Exploration

Read through the list below. Check any values that feel meaningful, important, or motivating to you. (You may expand this list — these are just starting points!)

Belonging	Persistence	Achievement	Representation
Courage	Respect	Service	Curiosity
Family Connection	Security	Growth	Responsibility
Financial Stability	Cultural Pride	Leadership	Stability for Future Generations
Community Impact	Mentorship	Authenticity	Opportunity
Independence	Creativity	Well Being (Mental/Physical)	
Learning	Balance	Advocacy	

Narrow Your List

From the values you checked, choose 5–7 that feel most important to your identity right now. List them here:

1.	5.
2.	6.
3.	7.
4.	

Continued on next page



Know Your Why

Identify Your Top Three Values

Pick your **top 3 values** — the ones that guide your biggest decisions or feel fundamental to who you are.

Write them below:

- 1.
- 2.
- 3.

Reflection Questions

Value #1: _____

- Why is this value important to you as you start on your UW Bothell career?
- How does this value influence your decisions, goals, or relationships?
- Think of a moment when this value helped you navigate a challenge.



Value #2: _____

- How does this value guide you when you feel overwhelmed or pressured?
- Does this value connect to your family, culture, or community?

Value #3: _____

- How does this value show up in your academic or career goals?



Quick Self-Inventory:

KNOW YOURSELF IN 20 MINUTES

Step 1: Flashback Moments

Think of **3 key moments** from your life — could be wins, fails, or just big shifts.

Write a few words for each:

- Moment 1: _____
- Moment 2: _____
- Moment 3: _____

Step 2: What You Learned

For each moment, ask yourself:

- What strength helped me?
- What tripped me up?
- How did I feel?

EXAMPLE: *"I crushed my group project because I'm organized. But I got stressed because I didn't ask for help."*

Step 3: Your Power Traits

List **3 strengths** and **1 growth area** you want to work on:

- Strengths: _____, _____, _____
- Growth Area: _____

Step 4: Make It Real

Pick **one goal** for this quarter and answer:

- What's the goal?
- Which strength will help you?
- What's one thing you'll do differently this time?



New Year, New Connections

A RESOLUTION TO FIND YOUR PEOPLE

Start the year with intention by setting a resolution to build community and make authentic connections on campus.

Step 1: Reflect on What You Want in a Community

Think about the kind of people, spaces, and vibes that make you feel safe, seen, and supported.

- What kind of energy do you want around you this year?
- What do you want to feel more of — belonging, creativity, purpose, fun?

Write 2–3 words that describe your ideal community:

Step 2: Explore the UWB Community

Check out the **“Getting Involved”** section of this workbook. Which opportunities catch your attention?

Circle or write down 1–3 ways you might want to get involved this year — whether it’s a student organization, on campus job, intramurals, or campus events. There’s no “right” choice — choose what feels right for you.

1.

2.

3.



NEW YEAR, NEW CONNECTIONS:

A Resolution to Find Your People

Step 3: Write your New School Year Resolutions

Set 2-3 goals that will help you find or build that community.

1.

2.

3.

Examples:

- *Exchange contact information with someone at orientation*
- *Say hi to someone in class*
- *Join ___ club*



My Stress Game Plan

My Stress Signals

How does stress show up for me?

Physical

- Headaches
- Racing heart
- Stomach aches

Emotional

- Irritability
- Feeling overwhelmed

Behavioral

- Procrastination
- Withdrawing from friends



My Go-To Stress Strategies

List 3–5 actions that help you calm down, reset, or focus.

1. _____
2. _____
3. _____

Examples:

- *Moving my body (working out, stretching, taking a walk)*
- *Listening to music*
- *Breaking tasks into smaller steps*
- *Talking to a friend or mentor*
- *Going to counseling*

MY SUPPORT SQUAD

Check out the resources at UW Bothell. What resources do you want to try out or learn more about at your Advising & Orientation session?

Counseling Center

uwb.edu/well-being/counseling

Fitness Center

uwb.edu/arc/facilities/arc-fitness-center

Wetlands/walking trails

uwb.edu/wetland

Academic Success Coaching

uwb.edu/learning-commons/academic-success-coaching