

OFFICE OF FIRST-YEAR EXPERIENCES
AT VIRGINIA TECH

FYE@VT

GUIDE TO YOUR FIRST YEAR
AT VIRGINIA TECH

SUPPORTING YOUR SUCCESS AS A NEW HOKIE

FIRST YEAR AT VT TIPS



WHAT IS FYE@VT?

The Office of First-Year Experiences at VT provides incoming students with an opportunity to connect with the University and to learn skills necessary for success as a new Hokie! Most majors at Tech offer a unique first-year experience (FYE@VT), and over 85% of first-year students enroll in an FYE@VT course. Introducing you to your field of study and assisting the transition all new students to university life, each course varies in style, pace, and major-related content, the fundamental goals of the FYE@VT are consistent across the university:

- Establish a learning community in your discipline amongst other students and faculty.
- Introduce you to your major and potential career path.
- Engage you in course content relating to more than one branch of knowledge.
- Introduce and inform you of the Campus Resources available to you.



In many ways, the FYE@VT course will serve as your introduction to Virginia Tech!

For more information, email us at watersrevt.edu

Inside the Guide

<p>SUCCEEDING IN YOUR COURSES</p> <p>p. 03</p>	<p>COMMUNITY</p> <p>p. 04</p>	<p>ACADEMIC TRANSITION, HOLISTIC EDUCATION, INTEGRITY</p> <p>p. 05</p>	<p>SUCCEEDING IN YOUR COURSES</p> <p>p.06</p>	<p>MAKING AN ACADEMIC PLAN</p> <p>p. 07</p>
<p>TIME MANAGEMENT TIPS</p> <p>p. 08</p>	<p>MAXIMIZING YOUR COLLEGE EXPERIENCE</p> <p>p. 09</p>	<p>VIRTUAL LEARNING TIPS</p> <p>p. 10</p>	<p>ADDITIONAL RESOURCES</p> <p>p. 11</p>	<p>VIRGINIA TECH WORD SEARCH</p> <p>p. 12</p>

VIRGINIA TECH FIRST-YEAR EXPERIENCES (FYE@VT) TIP SHEET

FYE@VT offers multiple courses, each housed in a different academic unit and each uniquely consistent with the strategic direction, mission, and culture of that unit. The courses are anchored by four foundational Cornerstones

<i>Academic transition</i>	- introduce the discipline, learning from experience, and the resources for successful academic transition
<i>Holistic education</i>	-integrate experiences inside and outside of the classroom for a holistic student experience
<i>Integrity</i>	-develop academic and personal integrity
<i>Community</i>	-foster a connection to the discipline and to Virginia Tech

Your Virginia Tech Education begins now ! Identify your path, get off to a great start, and keep focused on your goals.

Community

All members of the Virginia Tech community are guided by our two honor codes. Every person has the right to live and learn in an atmosphere of trust and support. Responsibility for maintaining these values rests with each member. Values that promote this atmosphere include honesty, integrity, responsibility and respect. You're joining a community at Virginia Tech and that extends beyond the borders of our campus. Welcome to Blacksburg!

- Living and Learning in Community
 - Cultivate meaningful relationships in your major - Be connected with
 - Faculty - begin to build connections with your professors and other faculty by attending office hours and engaging in class discussions.
 - Peers - meet more fellow Hokies by venturing out to eat in dining halls rather than in your dorm, take your headphones out on your walks to class, and make friends with those in your classes/majors.
 - Organizations – Gobblerfest is a great way to figure out what groups on campus support your interests and passions.
- Local community: two great ways to engage in the local community is to take advantage of job and volunteer opportunities within the Blacksburg and greater New River Valley area and get outdoors and enjoy the beautiful natural areas.
- Put your whole Hokie self into your time in Blacksburg

Principles of Community

We affirm the inherent dignity and value of every person and strive to maintain a climate for work and learning based on mutual respect and understanding.

We affirm the right of each person to express thoughts and opinions freely.

We encourage open expression within a climate of civility, sensitivity, and mutual respect.

We affirm the value of human diversity because it enriches our lives and the University.

We acknowledge and respect our differences while affirming our common humanity.

We reject all forms of prejudice and discrimination, including those based on age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, and veteran status.

We take individual and collective responsibility for helping to eliminate bias and discrimination and for increasing our own understanding of these issues through education, training, and interaction with others.

We pledge our collective commitment to these principles in the spirit of the Virginia Tech motto of Ut Prosim (That I May Serve).

Visit [InclusiveVT](#) for more information!

Your Support Network

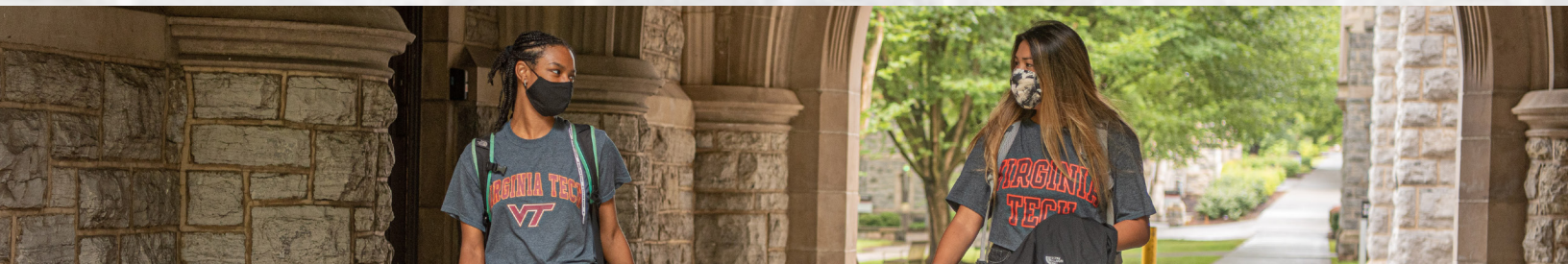
Write in your own support system (this can include peers, faculty/staff, family, etc.)



Academic Transition

Transitioning academically from high school to college can often be challenging. In order to foster a smooth transition into your undergraduate education at Virginia Tech, we encourage you to unleash your potential, nourish your passions, and create the life you want to live!

- **Be strategic** – leverage your strengths and reflect on what made you a successful high school student while also considering ways you'd like to improve as a college student. For example, you might have a solid preparation strategy for assignments and tests, but you might also need a little help organizing your busy life.
- **Be present** – go to class, engage your professors, be prepared for class and ask questions or contribute to the discussions, view each class as an opportunity
- **Be aware of and engage your resources** – you are not in this alone, when difficulties arise ask for help, sooner is often better
- **Engage your Hokie Experience** – be willing to stretch and get outside of your comfort zone, be willing to try new things



Holistic Education

Virginia Tech not only wants to provide you with academic excellence, but also offer a holistic undergraduate experience. The student and the university must work in harmony to maintain a positive and fruitful experience for everyone involved.

- Integrate what you are studying with what you are doing, commit to a cause or passion and apply yourself.
- Align your actions with your goals at VT and in life.
- Learn new skills – try something new
- Ut Prosim - That I may serve
- Be active - mind, body and spirit – seek balance - invest in your wellbeing daily

Every Hokie should take an active and engaging day-to-day approach to their wellness in order to enjoy a long, healthful, and purpose-filled life. Stay committed and stay well!

Integrity

Integrity is at the heart of Virginia Tech. As a university, we hold ourselves as students, faculty, and staff to a higher standard. We are conscious and committed to being honest, responsible, and morally strong.

The Office of Undergraduate Academic Integrity is poised to help students become successful through their academics and leadership involvement. The Office seeks to foster an environment that promotes fairness, personal responsibility, and integrity.

- That **trust** in a person is a positive force in making that person worthy of trust,
- That every student has the right to an academic environment **free from the injustices** caused by any form of intellectual dishonesty and
- That the **honesty and integrity of all** members of the university community contribute to its academic and intellectual vitality.

GET TO KNOW YOUR PROFESSORS

Not only can they provide you with tips and advice on how to succeed in their course, but as a professional with years of experience in your field of interest, they may also serve as an important life mentor.

Great ways to start building this relationship include:

- **Introduce yourself** after your first class with a professor.
- Make **participation** a priority.
- Visit your professor's in-person or virtual **office hours** to get help, or just to chat - that time is there for you!

A professor you have built a relationship with can write **strong letters of reference** when you apply to internships, jobs, and graduate schools!



DEVELOP GOOD STUDY HABITS

The most important thing is to find the strategies that work for you, while recognizing that the strategies that worked in high school may not be sufficient for college-level work! Here are some ideas to help guide this transition:

- **Eliminate distractions** - Keep your cell phone out of site and keep your study space separate from your leisure space.
- **Create a study plan** - Space out your studying to avoid cramming. Do assigned readings ahead of time to jot down questions to ask in class. There are many different time management tools available online - check out the Pomodoro Technique!
- **Consider joining a study group** - Studying in groups can be beneficial to some, however you may find that you prefer to study independently.
- **Ask for help!** - There are many campus resources available to help you. Ask your professor about tutoring services, office hours, and more!
- **Always read your syllabus** - If you have a question, try checking the syllabus first!

MAKING AN ACADEMIC PLAN

HokieGPS is a unique and useful tool. It helps you plan all of the courses needed to **fulfill the graduation requirements** of the degree that you wish to earn. You can make one with the help of your **Academic Advisor!**



You can use the resources found here

The College of Engineering also has some great resources, including an Excel template, that may be useful to you.

- Create a **four or five-year plan** that outlines the courses you will take during each semester at Virginia Tech.
- Attend **workshops** on how to make an academic plan using the pathways planner, organized by a team of transitional advisors and student leaders!
- Be sure to refer to your degree check-sheet or, the Degree Audit Reporting System (aka **DARS**) in **Hokie Spa**, as you assemble your four-year plan.
- After having completed a draft of your four-year plan, make sure to review it with your **Academic Advisor** so you can be sure your plan fulfills all of your degree requirements!



TIME MANAGEMENT TIPS

1. KEEP A CALENDAR

GOOGLE CALENDAR IS A GREAT RESOURCE TO ORGANIZE YOUR CLASS SCHEDULE, ASSIGNMENTS, AND OTHER ACTIVITIES.

2. CREATE TO-DO LISTS

HOLD YOURSELF ACCOUNTABLE FOR YOUR RESPONSIBILITIES. THERE ARE PLENTY OF GREAT, FREE TO-DO LIST APPS FOR YOUR PHONE, GIVE THEM A TRY!

3. MAKE TIME FOR FUN

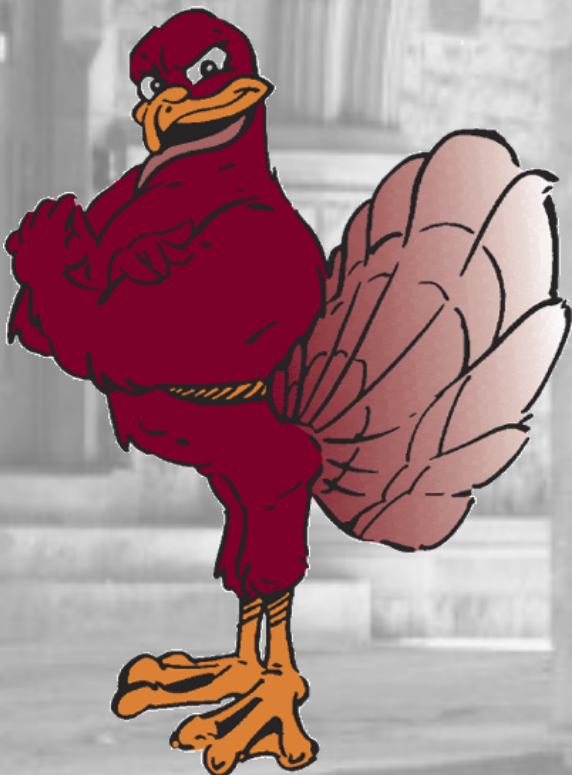
BUILD IN TIME FOR SOCIAL INTERACTION, RECREATION, EXERCISE, AND RELAXATION.

4. PRIORITIZE SLEEP

GETTING A GOOD NIGHT'S SLEEP WILL ALLOW YOU TO BE EFFICIENT WITH YOUR TIME DURING THE DAY.

5. MANAGE SCREEN TIME

WHILE SOCIAL MEDIA AND DIGITAL ENTERTAINMENT CAN BE PART OF YOUR RELAXATION REGIMEN, IT NEEDS TO BE CONTROLLED IN A HEALTHY WAY.



GETTING INVOLVED

GOBBLERCONNECT

- Find organizations
- Attend events
- Track involvement
- Join a virtual club, or start your own!

<https://gobblerconnect.vt.edu/>

EXPERIENCE VT

- Create a map to customize your experience at Virginia Tech
- Share your map to receive coaching based on your personal goals and strengths!

<https://my.experience.vt.edu/>

STUDENT ENGAGEMENT & CAMPUS LIFE

Virginia Tech's organizing body for student engagement. Follow their [Facebook](#) and [Twitter](#) pages to discover opportunities for engagement.

INVOLVEMENT ADVISING

Talk to an Engagement Ambassador, a peer leader who can help you get involved in campus life. Sign up [here](#) to connect your goals to involvement opportunities

PLANNING YOUR CAREER

As a first-year student, it is natural to feel as if career planning is something that can be put off for a later time – after all, you have four whole years before you enter the job market!

While it's true – you have lots of time – you want to be sure you're making the most of this time!

Here are some tips:

- Start **networking** now – build relationships with your peers, faculty, and professionals in your field.
- Attend **career fairs**, even if you are not currently looking for a job. Use these as practice!
- Have your resume and cover letter reviewed for free at the **Smith Career Center**.
- Seek out opportunities during winter and summer breaks! Many fellowships, **internships**, co-ops, and other such programs are offered during these breaks.
- Find **career mentors** on Hokie Mentorship Connect. There are thousands of Hokie Alum that would be happy to help you!



REMOTE LEARNING TIPS

Academic Success in a Virtual Environment

BE PREPARED

A critical component for academic success in an online environment is being prepared for any technical difficulties that may arise.

- Ensure connectivity.
- Have a plan for internet access as well as 2-factor.
- Consider printing a list of DUO passcodes just in case.



MANAGE YOUR TIME

Some courses will be taught in real time, some won't. Know your professors' class time expectations.

- Review the syllabus and develop a plan to complete assignments on time.
- For asynchronous classes, ensure your class schedule mimics a regular semester schedule to stay on track.



KEEP A HEALTHY LEARNING AND STUDY ENVIRONMENT

Identify a quiet place to work without distractions from television, family, or roommates.

- Avoid games and apps. Consider turning off your phone during class time to avoid temptation.



FIGURE OUT WHAT WORKS BEST FOR YOU

Treat an online course like a "real" course.

- Hold yourself accountable.
- Make a daily "To Do" list.
- Develop a daily routine with scheduled course time, study time, and free time.



KEEP IN TOUCH WITH YOUR PROFESSORS

Communication skills are vital in online learning

- Determine how your professor would like you to communicate questions.
- If your teacher is offering online office hours, don't be shy about using those tools to communicate and seek help.



BE FLEXIBLE

Given the online environment, sometimes communication can be difficult.

- Check your Canvas Account Notification Settings--adjust to be more frequent.
- Before sending messages, take a moment to reread your communications to ensure they convey respect and courtesy.



ADDITIONAL RESOURCES

Office of First-Year Experiences at Virginia Tech

Courses that facilitate student transition and integration to the university and with its faculty.

Click the following link to find our course showcase which offers the variety of different FYE@VTs offered by college:

[FYE@VT COURSE SHOWCASE](#)

Student Success Center

Committed to providing holistic support services and programs that develop self-directed and lifelong learners within a diverse and inclusive environment.

Click the following link to find more information about their free individual and group tutoring services:

[TUTORING PROGRAM](#)

Academic Advising

A collaborative process between student and advisor, leading to the exchange of information that encourages the individual student to make responsible academic and career decisions.

[ADVISING RESOURCES AND TOOLS](#)

Division of Student Affairs

Exists to sustain a culture of learning - reflecting the profound opportunities inherent for students at Virginia Tech.

[VIRGINIA TECH STUDENT AFFAIRS WEBSITE](#)

Cook Counseling Center

Seeks to provide a safe, welcoming, and affirming environment for all persons who seek their services.

[COVID-19 COPING RESOURCES](#)

[OTHER INFORMATION FOR STUDENTS](#)



CAREER AND PROFESSIONAL DEVELOPMENT



DEAN OF STUDENTS



PATHWAYS TO GENERAL EDUCATION



TECHNOLOGY-ENHANCED LEARNING AND ONLINE STRATEGIES



HOUSING AND RESIDENCE LIFE



CRANWELL INTERNATIONAL CENTER



GLOBAL EDUCATION OFFICE



UNIVERSITY LIBRARIES



HOKIE WELLNESS



OFFICE OF UNDERGRADUATE RESEARCH



RECREATIONAL SPORTS



MULTICULTURAL ACADEMIC OPPORTUNITIES PROGRAM



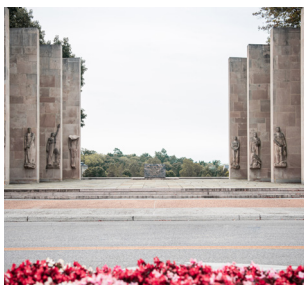
SCHIFFERT HEALTH CENTER



STUDENT ENGAGEMENT AND CAMPUS LIFE



VT ENGAGE: THE CENTER FOR LEADERSHIP & SERVICE LEARNING



Virginia Tech Word Search!

P	E	E	R	E	D	U	C	A	T	O	R	R	S
E	N	T	E	R	S	A	N	D	M	A	N	G	S
S	T	E	D	A	C	F	O	S	P	R	O	C	C
Y	C	O	P	L	T	S	O	E	I	S	H	E	A
A	S	T	R	Y	H	O	K	I	E	B	I	R	D
W	V	M	R	D	L	U	T	P	R	O	S	I	M
H	E	P	D	L	H	O	K	I	E	G	P	S	T
T	C	F	Y	E	V	T	N	D	A	R	S	E	U
A	I	I	N	T	E	R	N	S	H	I	P	S	T
P	I	E	H	O	K	I	E	S	T	O	N	E	O
T	O	R	G	E	R	S	E	N	H	A	L	L	R
I	D	L	E	I	F	L	L	I	R	D	Y	N	I
F	L	A	N	E	S	T	A	D	I	U	M	I	N
E	X	P	E	R	I	E	N	C	E	V	T	H	G

- BURRUS HALL
- ENTERSANDMAN
- PYLONS
- HOKIEBIRD
- PEER EDUCATOR
- DARS
- CPR (Career and Professional Development)
- CORPS OF CADETS
- HOKIESTONE
- TORGERSEN HALL
- INTERNSHIPS
- PATHWAYS
- FYEVT
- DRILLFIELD
- LANE STADIUM
- UTPROSIM
- TUTORING
- EXPERIENCEVT
- HOKIEGPS

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