TRANSFER STUDENT ALLIANCE PROGRAM

ADVICE FOR CNS TRANSFER STUDENTS from CNS TRANSFER STUDENTS

OFFICE OF STUDENT SUCCESS AND DIVERSITY
UMASS COLLEGE OF NATURAL SCIENCES
https://www.cns.umass.edu/students/tsap
Being a transfer student is no different than coming in as a freshman except you're probably better at navigating and know who you are a bit better than freshman. Use that to your advantage, UMass is a huge school but that provides you with endless possibilities. Put yourself out there.

Madison S., Animal Science

**One piece of advice...**

Be open minded.

Treat it as a new start and don't feel like you won't be able to make friends. Freshman friendships are not concrete. Just do you!

Get as connected as you can. Join a club or if you live in a dorm, try to meet people on your floor!

Try to become an active member of the campus community in some way, engage with the students around you, join clubs, go out of your way to meet people -- they'll be the ones to help you navigate life here at UMass.

Study hard.

Try to make friends.

Try to talk to people and make friends early. Find some clubs you’d enjoy, it helps take your mind off stress and work.

It gets better. It doesn't matter that you transferred.

Talk face-to-face with an advisor before you start classes.

Make sure this is what you want to do. Take the first semester and if the classes seem uninteresting or too hard, maybe rethink what you want to do.

Use/keep checking SPIRE. Go to an academic advisor to help choose out classes each semester or even just to chat with them.

Focus first on your academics and personal well-being. You will find good quality friends by tailoring your life to your own interests and goals.
Don't be afraid to use your resources! They are all here to help you, and I found them so useful my first couple semesters here.

Know what you want and understand the requirements of your intended major before jumping in.

Be open to all people you meet, say yes to hanging out, and be inclusive.

It takes time to adjust. Don't be frustrated if you get lost on the way to class or don't have many friends. This all comes with time. Try your best to seek out people in your classes to do homework with or just have to text if you miss a class. Embrace being at Umass!! It's such a great campus.

I know it's big and scary but once you get the hang of it, you can have the best time of your life here. Take all the opportunities you can get and remember to have fun!

Try as hard as you can to make friends. I entered UMass in the Spring 2016, which was terrible and it was challenging to make friends halfway through the school year.

It will be annoying to figure out all your transfer credits, advocate for yourself and send lots of follow up emails if you need to.

Join a club or organization to make friends.

Be confident and get involved.

Join a club immediately. It provides you with connections to upperclassmen and makes your experience more cozy at a large school.

Map out very clearly what needs to be done to graduate on time and without too much pressure.

Get involved!!
What's one on-campus resource you've found helpful?

The resume writing workshops

Peer advising

Professors. They’re very nice and want you to do well. Going to their office hours even to ask for help is nice, just talking to people and making those connections will be helpful in the future.

Newman Catholic Center

Work study

Supplemental Instruction (SI) sessions, especially in Chemistry (112 and both Orgos)

Off Student Campus Center

CNS Advising and major specific advisors. Office hours for challenging classes, along with attending TA sessions and SI sessions.

CNS Career Center

Methods Lab TAs

Professors

Center for Counseling and Psychological Health (CCPH)

Veterans Resource Center
What's one meaningful experience you've had at UMass?

I joined the Student Government Association in a rally for free higher education in D.C.

My primary academic advisor and I have developed a strong relationship. She was a huge help in my transition to UMass and I am so grateful for everything she's done for me!

While at UMass I've learned a great deal on mental toughness and time management from the ultimate frisbee coaches. This has benefited my mental health and academics in ways I could not have imagined.

Meeting the group of friends I have

Working with the Beltie Herd that is where I was able to find people who had all the same interests as me.

The relationships I've formed here overall.

Getting involved in The Boltwood Group was the best thing I ever did. The people there are incredible, and they gave me the ability to make a difference in the Amherst community.

UMass allowed me to travel abroad which was (and is) long time dream of mine.

Biochem seminar
The sports games, particularly hockey. I love going to the games early and getting a good seat right against the glass. Its the best being able to be so close to your school's team and cheering them on until you don't have a voice. Sports events really bring people together. You can meet lots of awesome people that are just as enthusiastic as you about it!

I have met a lot of people through my various jobs. I would recommend finding a job on campus, as there are many.

I restarted therapy with CCPH and that allowed me to take better control of my mental illnesses and overall life quality.

Becoming educated and more aware.

I am currently on the cheerleading team, and the friends that I have made through that program have become like family to me.

When I had my birthday on a Monday and all my friends crowded into my common room to celebrate.

My friends. Find your community or people (it takes a while) and they'll make UMass unforgettable.

Getting to do an independent study.

Turf Conference in Phoenix, AZ.

My Psi Chi induction was pretty cool.

The work that I've gotten to do with the professors.
How long did take you to feel comfortable navigating UMass?

I was very lost and confused at first. It took me about a month to feel fully settled and comfortable.

Sidney J.  
Environmental Science
Some parting words...

Yes the school is big, but once you’re in it, it doesn’t feel as big. Don’t be afraid of the big lecture halls, go to all of the dining halls.

UMass is an amazing place and far more than I could have even expected! The diversity of people here allows anyone to find their niche and form relationships with people who share common interests and passions.

You can do it! and people here are nice too.

UMass has a lot of opportunities seek them out.

Adjusting may seem difficult but there are so many different types of people and activities/clubs that you’ll find a good group of friends quickly.

GET YOURSELF OUT THERE. It doesn't matter that you are a transfer student. No one will stop from being your friend or being a connection just because you didn't come straight off the press since high school into UMass.

I came back to school after a year break and I came to this huge school feeling a little lost, but don’t be afraid to use your resources (Academic major advising, Off Campus Student Center, etc).

UMass Amherst is an incredible institution. Don’t allow opportunity to burden you, but rather let it drive you. Trust the process and explore all avenues. Learn how to ask a good question. When it comes time to work, fully engage in your work; when it comes time to rest, fully disengage and rest. You will inevitably grow here. Good luck.

As scary as transferring can be, UMass has an entire residential area set aside for students who have done it. Don't be afraid to reach out, your neighbor is most likely feeling the same things you are.
Good luck! It can be lonely at times but you can do it. UMass will start to feel like home sooner than you know. Keep putting yourself out there, keep trying to meet people, keep working on your coursework, keep talking with classmates and professors, just keep doing those difficult things that scare the heck out of you. Eventually they won't scare you and you'll be wishing you did them sooner. You're not alone :) 

Use office Hours

UMass might seem overwhelming at first but it won’t take long to get used to.

This is your second chance at a new school, there are so many opportunities, make the most of it!

I know how scary it can be to transfer schools and practically start anew but it is so worth it!!

You can do it!! Put yourself out there and reach out to people.

You're going to love it.

Be confident that you made the right decision! There's a huge transfer community and many other communities that you can become a part of on campus! Find your community!

Be proactive and not reactive when choosing living arrangements and classes and you'll do great!

It's a big school and it can be a big adjustment. But it will be okay.

This is an improvement from where you were before in some way. Keep that in mind and try to make the most of it.
CNS Advising Center       220 Morrill II
https://www.cns.umass.edu/advising/cns-advising-center

CNS Office of Student Success and Diversity       217 Morrill III
https://www.cns.umass.edu/students/student-success-and-diversity

CNS Career and Professional Development Center       321 Morrill II
https://www.cns.umass.edu/advising/cns-career-center

CNS Transfer Student Alliance Program
https://www.cns.umass.edu/student-success-and-diversity/tsap

Center for Counseling and Psychological Health       Middlesex House
https://www.umass.edu/counseling/

Center for Women and Community       New Africa House
https://www.umass.edu/cwc/

Dean of Students Office 227 Whitmore
https://www.umass.edu/dean_students/

Financial Aid       243 Whitmore
https://www.umass.edu/umfa/

Learning Resource Center       10th Floor, Du Bois Library
https://www.umass.edu/lrc/

Math Tutoring Centers  Lederle Graduate Research Tower 140
https://www.math.umass.edu/undergraduate/learning-resources/tutoring-centers
Off-Campus Student Services 103 Bartlett Hall
https://www.umass.edu/offcampuslife/

Student Legal Services Office 922 Campus Center
https://www.umass.edu/slso/

University Health Services 150 Infirmary Way
https://www.umass.edu/uhs/

Veteran Services 19 Dickinson Hall
https://www.umass.edu/veterans/

Writing Center Learning Commons, Du Bois Library
http://www.umass.edu/writingcenter/
Words of Advice and Encouragement Submitted by:

Darina P.
Madison S.
Sidney J.
Kylie
Rebecca K.
Nicole S.
Michael
Marisol C.
Bridget L.
Nicholas H.
Tim F.
Austin M.
Emily K.
Colin H.
Amanda C.

Autumn
Brian
Allison K.
Florinda C.
Kyra V.
Alex
John L.
Tasheira G.
Serena K.
Haley V.
Beth L.
Don't be afraid to explore other options, transferring is hard but you'll get the hang of UMass pretty quickly!

Haley V.
Animal Science