Getting Started Checklist

What you need to know to start the term ready to succeed

☐ **Student Success**
SCI's Student Success staff help students identify and build new skills, develop their strengths, overcome challenges, and take advantage of opportunities to make their Pitt experience exceptional. The idea is to help you explore, discover and succeed!

☐ **Connect to Tech Basics**

☐ Email, Calendar, Cloud Storage (Office 365 & Outlook)
☐ my.pitt.edu
☐ Navigate Student App
☐ Get Software
☐ Canvas

☐ Zoom
☐ IT Help Desk Live Chat
☐ IT Services
☐ Remote IT Resources
☐ Borrow a Device for Remote Learning

☐ **Webinar: How to Succeed in Any Learning Environment**
Academic Coaches will lead a workshop on how to study smarter in any Flex@Pitt format or operational posture, be introduced to strategies to develop a personal success strategy and get connected to tools and resources.

☐ **Time Management**
Here are just some resources to help you learn how to prioritize assignments and day-to-day tasks, and tools to help you manage based on your personal style.

- The "Pomodoro" Technique uses segments of timed studying to structure and advance your effectiveness.
- Focus Time is a fun app that works with the Pomodoro Technique.
- Time management calculator will help you understand how you are organizing your time throughout the week.
- Use the Syllabus Week Checklist to track important details.

☐ **PITT0130: Wellness and Resilience Course** will teach undergraduate students skills for having resilience in the face of commonly experienced stressors and difficulties.

☐ **Pitt's COVID-19 Website and Vital Fall 2020 Term Information**

- A Safer Start to College Life: learn about Pitt's virus monitoring plans and more.
- Pitt Community Compact: principles to uphold health and safety.
- What are the Operational Postures of the Pitt Resilience Plan?
- Student Success with Flex@Pitt · Flex@Pitt Instructional Model - Fall 2020

☐ **Succeed at Pitt Toolkit**
The Succeed at Pitt Toolkit is an in-person training experience that will walk you through 5 essential non-cognitive skills for success in college. Register for Succeed at Pitt Toolkit training.