Greetings from the Office of First Year Experience Programs,
As your fall semester starts to gain momentum, we wanted to check in to remind you that we will be around all year as a resource and support system for you! Each month, you’ll receive a copy of our electronic newsletter with information about campus and community events worth noting. We hope you'll check them out and continue to take advantage of all of the ways in which you can stay engaged throughout your first year!

Make Sure Your Online Components are Complete
Neglecting to complete some of the online orientation components may prevent you from being able to register for spring semester. If you didn't complete the Financial Literacy ("MoneySmarts") component, you can do so at OneStart. Under “Student Self Service” go to “Required Financial Literacy” and follow instructions. If you haven't finished your "MyStudentBody" part one, you will need to email myplan@indiana.edu to inquire about your components. And, of course, we hope that you have, or will, take part in combating the stigma of mental illness by completing the survey here. Once you do - you can pick up a swag bag as a 'Thank You.'
Get Out of Your Room and Explore!
The comfort of your residence hall room can be awfully inviting, but this is the time to get out and explore campus. Now that you are starting to understand where your classes are located and are discovering some of the best spots to eat, you should start exploring some different parts of campus you have not yet been to. Be sure to keep working on your Hoosier Bucket List!

Navigating Your IU Experience: Explore Majors & More Fair
Tuesday, September 30, Alumni Hall, Indiana Memorial Union, 11:00 a.m - 4:30 p.m.
Map out your future at Navigating your IU Experience Fair! Travel with us to find academic and extracurricular opportunities that will build and enhance your IU experience. Career and academic advisors, faculty, and students will be available at the fair to guide you through the many destinations possible at IUB.

Phi Eta Sigma National Honors Society
Interested in joining a national honors society that offers numerous opportunities for you to develop leadership skills and earn scholarships for outstanding accomplishments? Phi Eta Sigma is the nation's oldest and largest honor society for first-year university students in all disciplines. PES membership is exclusive to freshman and based on high academic achievement. A 3.5 GPA or higher during your first semester at IUB will guarantee an invitation in the spring with a formal induction into the society to follow.

PES consists of multiple committees that members can join, including community service, social, and recruitment. Members can secure leadership positions after their freshman year. For more information, visit Phi Eta Sigma's website.

FREE Emotional Health Workshops
Counseling and Psychological Services (CAPS) is offering several FREE workshops to help students thrive and maintain optimal emotional health. The workshops will help students to address and head off common problems. Topics include:

- Sleep
- Relationships
- Self Esteem
- Identities
- Depression
- Mood Improvement
- Stress Management
- Academics
- Mindfulness Practice

These workshops are open to all IU students. You do not need to be a CAPS client to participate. View the CAPS website for workshop descriptions and schedules.
Additional Resources

Visit the **FYE events calendar** for upcoming programs on campus and around Bloomington. Also, be sure to check out **IU Athletics website** for a full calendar of athletic events.

Still have questions about IU offices, policies, and procedures? Want to learn more about living in Bloomington, achieving academic success, getting involved and staying connected? Check out the **Online IU Resource Guide**, a tool to help you sort through the many questions you may have throughout your time at IU that will provide you helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more.