

USC Dornsife

First-Year Advising

SEPTEMBER 2023



FYE Kickoff Social's winning trivia team

RENDEZVOUS ROUNDUP

A Kickoff for First Year!

Last month Dornsife students met for our inaugural **FYE Kickoff Social**. They enjoyed grub, giveaways, and the company of new friends. Prizes went to trivia winners, the Trojan Baddies!



Thanks to all who joined our first First-Year Experience (FYE) event! Those who participate in 4 or more **FYE** events this semester (one of which can be a Campus Partner Event) will win a special prize!

FIRST-YEAR EXPERIENCE PASSPORT

NAME: _____ DORNISFE FIRST-YEAR ADVISING | FALL 2023 SEMESTER

FYE KICKOFF SOCIAL Wed, 09/20/23 4:00-6:00pm	EXPLORING MAJORS & MINORS Wed, 09/27/23 5:00-6:00pm
PRE-REGISTRATION INFO SESSION Mon, 10/09/23 6:00-7:00pm	CAREER 101: CAREER PREP FOR FRESHMEN Mon, 10/23/23 4:00-5:00pm
THRIVING THROUGH YOUR FIRST YEAR Thurs, 11/16/23 3:30-4:30pm	CAMPUS PARTNER EVENT Varies

*Students must earn a minimum of 4 points to be eligible for the special prize. Points are earned by attending events and completing activities.

Campus Partner Events

Click on the Campus Partners below to see their events. Take a picture (or selfie) from an event hosted by another office on campus to earn your bonus point!

- DORNISFE CAREER PATHWAYS
- DORNISFE OFFICE OF OVERSEAS STUDIES
- DORNISFE PEER HEALTH ADVISORY OFFICE
- VIRTUAL CENTER FOR LEADERSHIP & CREATIVITY
- STUDENT HOLDSY PRODUCTIONS
- USC LIBRARIES
- MINIFUL USC
- COUNSELING AND MENTAL HEALTH SERVICES
- OFFICE OF RELIGIOUS AND SPIRITUAL LIFE
- OFFICE OF INTERNATIONAL SERVICES
- DORNISFE DEPARTMENT 10

Upload your photo here by December 1st to earn your bonus point!

Want to learn about majors and minor options? Then join our next event, **EXPLORING MAJORS & MINORS**, this **Wednesday**,

Upcoming Events

WED, SEPT 27
11:00 AM-12:00 PM
 Kortschak Center | Stress Management Workshop (Zoom)*

WED, SEPT 27
3:00-4:00 PM
 Career Center | Navigating the ROAD Ahead: Tips for Career & Academic Exploration (RSVP)

WED, SEPT 27
5:00-6:00 PM
 First-Year Experience (FYE) | Exploring Majors & Minors (RSVP)*

THURS, SEPT 28
4:00-5:00 PM
 Student Health | Anxiety Toolbox (Zoom)

FRI, SEPT 29
5:00-9:30 PM
 Student Equity & Inclusion | USC PrideFest*

SAT, SEPT 30
7:00-10:00 PM
 Visions & Voices | Hip Hop 50: A Birthday Party for Hip Hop (RSVP)

September 27, 5:00-6:00 PM at SLH 200. Click below to RSVP.
See you there!



FYA CONNECTION

Ready to Register!

It's time to meet with your First-Year Advisor to reflect on the fall and choose spring courses! Before enrolling when **Permits to Register** open, **students must first complete Pre-Registration Advisement**. Check your email for instructions from your advisor, or click below to reserve an appointment.

[Schedule Advisement](#)

For tips on how to prepare, join our **PRE-REGISTRATION INFO SESSION** Monday, October 9, 6:00-7:00 PM.



And for more insight on majors and minors, visit the **Dornsife Major & Minor Fair**. Over 180 programs will be there!

**TUES & WED,
OCT 3 & 4
11:00 AM-12:00
PM**
Kortschak Center |
Test-taking
Strategies (Zoom)*

**TUES, OCT 3
4:00-4:30 PM**
Student Health | Art
& Chill

**WED, OCT 4
11:00 AM-2:00
PM**

Dornsife Major &
Minor Fair

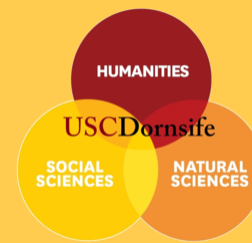
**WED, OCT 4
1:00-2:00 PM**
Center for Political
Future | Pizza &
Politics

**THURS, OCT 5
11:00 AM-3:00
PM**
Student Health | Ice
Cream Social

**THURS, OCT 5-
SUN, OCT 8**
Trojan Family
Weekend

Events with an
asterisk* may count
toward an FYE
prize! Visit **FYE** for
details.

For more USC
events, visit
EngageSC.



First-Year Advising Team

Office: GFS 320
Email | Web

RESOURCE HIGHLIGHT

Navigating Imposter Syndrome

Starting at a new college can feel like a small fish swimming in a big pond. Maybe you compare yourself to others and think you fall short. This sense of inadequacy is called "Imposter Syndrome" and you are not alone! This can affect anyone, even the most accomplished individuals.

Here are some tips:

1. Instead of self-doubt, seek **support** from your **First-Year Advisor**, your **professors**, and **counseling services**.
2. **Kortschak Center** has **resources** to build self-confidence, set goals, and achieve success.
3. Explore **Student Organizations & Clubs** to create a **network** of friends and mentors.
4. Remember: **you deserve to be here**.

Your presence at USC is proof of your potential. We believe in you and are excited to partner with you on your journey!

Registration Dates

FRI, OCT 6

Last day to **drop** a course without official transcript "W" -- mark of "W" will only appear on internal USC records

FRI, OCT 6

Last day to **change Pass/No Pass to Letter Grade**

FRI, NOV 10

Last day to **drop** a class with an official transcript "W"

NOV 22-26

Thanksgiving Break

FRI, DEC 1

Fall Semester classes end

DEC 2-5

Study days

IMPOSTER SYNDROME

Imposter syndrome is an internal experience in which one doubts their abilities. Those experiencing imposter syndrome might also ...

- Believe that accomplishments are due to luck rather than intelligence
- Fear being exposed as a fraud or intellectual impostor
- Identify as first-generation students, minority groups, or have high-achieving parents

DO YOU HAVE IMPOSTER SYNDROME CHARACTERISTICS?

- I rarely do a project or task as well as I'd like to do it.
- At times, I feel my success has been due to some kind of luck.
- Sometimes I'm afraid others will discover how much knowledge or ability I really lack.
- It's hard for me to accept compliments or praise about my intelligence or accomplishments.
- When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success.

STRATEGIES TO OVERCOME IMPOSTER SYNDROME

- Be compassionate to yourself regarding your abilities
- Accept that perfection is unrealistic and costly
- Pay attention to your self-talk. Identify negative self-talk in order to incorporate more positive statements
- Make a list of your strengths
- Discuss your feelings with a mentor that you trust
- Build your competency - seek help as needed
- Develop a community

KCLC RESOURCES

On Demand Workshops

- Perfectionism
- Know Your Power
- Positive Self-Efficacy
- Self-Care and Gratitude
- Office Hours: Important Questions and Building Connections

Handouts

- Gratitude
- Grit

DEC 6-13

Final examinations

For more, visit the
Registration
Calendar.

STUDENT SPOTLIGHTS

Healing Homesickness

It's Week 6 and you feel it: a longing for home. Homesickness is normal, and advice from fellow students can help weather the storm.

- **Identify when homesickness flares up.** Anticipate homesickness on special occasions or after seeing family, such as [Trojan Family Weekend](#).
- **Find reminders of home** like old music, photos, or even using Google Earth to walk through your hometown. But beware: sometimes it's better to distract yourself instead.

66 I feel the most homesick when I'm reminded of things that are different here, like when the trees don't change color in the fall. It helps to find things that remind me of home, like listening to songs I heard at concerts in my hometown, and staying in touch with friends and family back home. I recommend pushing through it and finding good friends and fun things to do here that you love too.



Jonathan Hayden
Junior

- **Ease culture shock.** Connect with peers in [Student Equity and Inclusion Programs](#) who share your culture or identity. Try [restaurants](#) with familiar cuisines and comfort foods.
- **Reach out!** There are [resources](#) to help. Call friends and loved ones. You may not want to worry them, but opening up can be a huge relief.



International students sometimes feel the need to hide the struggles or stress going on in their lives, because you don't want to worry your parents, especially if you're far away. But if you miss them, just call them, and when you call them, be honest. Sometimes as an undergrad you lose sight of this support system that is so willing to talk to you, so happy just to get a call from you.



Chaeyeon Park
Senior

Click below to download this article. For more on homesickness, visit USC's student blog [Trojans360](#).

HEALING HOMESICKNESS

TIPS FOR WEATHERING THE STORM

As the dust settles on the beginning of your college journey, you feel it—that pang of longing for home. Homesickness is normal, and you're not alone; here are some tips from college students who have learned how to weather the storm.

1. Identify when homesickness might flare up. Anticipate homesickness on special occasions, or in the weeks after seeing family, such as Trojan Family Weekend.

3. LA is a vibrant city with people from around the world. Ease culture shock by connecting with peers who share your culture or identity through USC's Student Equity and Inclusion Programs. Find restaurants that serve familiar cuisines and comfort foods.

2. Seek out reminders of home, such as old music, photos, or even using Google Earth to virtually walk through your hometown. But be cautious—sometimes it's better to distract yourself instead.

"I feel the most homesick when I'm reminded of things that are different here, like when the trees don't change color in the fall. It helps to find things that remind me of home, like listening to songs I heard at concerts in my hometown, and staying in touch with friends and family back home. I recommend pushing through it and finding good friends and fun things to do here that you love too."

Jonathan Hayden
Junior

4. Reach out! There are university and peer resources available to support you. Make time to call friends and loved ones and rely on your support system. You may want to avoid worrying your parents when you're far away, but simply opening up can be a huge relief.

"International students sometimes feel the need to hide the struggles or stress going on in their lives, because you don't want to worry your parents, especially if you're far away. But if you miss them, just call them, and when you call them, be honest. It's easy to lose sight of this support system that is so willing to talk to you, so happy just to get a call from you."

Chaeyeon Park
Senior

For more resources and support, visit our website at dornsife.usc.edu/advising.

WE'RE HERE TO HELP!

Contact us at fya@dornsife.usc.edu



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