SEPTEMBER 2023

RENNZVOUS 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!

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

> 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.
Click below to download this article. For more on homesickness, visit USC’s student blog Trojans360.

HEALING HOMESICKNESS
TIPS FOR WEATHERING 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.

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.

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.

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.

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

USCDornsife
Dana and David Dornsife
College of Letters, Arts and Sciences

This email was sent to . To ensure that you continue receiving our emails, please add us to your address book or safe list.

manage your preferences
opt out if you no longer want to receive USC Dornsife E-Communications
Got this as a forward? Sign up to receive our future emails.
Subscribe to our email list.