

Meeting 1

WHY ARE YOU HERE?



DATE AND TIME: Thursday, August 20th at 8:30am

LOCATION: You will receive an e-mail from your Advisor

ALREADY INCLUDED:

- Academic Advisor Student Information Form
- A UMW Liberal Arts Education
- Degree Evaluation/What-If Analysis Instructions and Description
- Independent Planning and Organization (Get Organized/To Do List)
- Important Dates August - December
- Weekly Calendar (short term goals/engagements) and Monthly Calendars (long term goals/engagements)
- Scheduling Worksheet
- Course Registration Request Form
- Resource and Referral Sheet
- Tutoring and Study Skills Workshops
- Notes

PRINT AND INSERT (After Meeting):

- Fall Course Schedule from Banner

AT MEETING:

- Complete the Academic Advisor Student Information form on the next page. You will turn this in to your Academic Advisor during your first meeting at Orientation.
- Time Capsule Exercise

HOMEWORK:

- Keep track of any questions or concerns you have during the first weeks of classes. You will be able to discuss them with your advisor at your next meeting on Monday, October 5.
- Please keep notes on your thoughts and suggestions about the First-Year Advising Program. At the end of the year you will be asked to give your feedback. A page for Notes is located at the end of this section.

Academic Advisor Student Information Sheet

Name: _____ Class: _____

Home Address: _____

School Mailing Address: _____

Home Phone: _____ School Phone: _____

Email Address: _____

Prospective Major(s): _____

Vocational Interests: _____

How can I help you reach your goals?

Do you have any academic problems?

Do you plan to participate in any intercollegiate sports? If so, which one(s)?

Do you have any other circumstances that I should know about that would help me advise you?

Why did you choose to attend the University of Mary Washington?

What were your favorite subjects in High School?

Do you plan to attend the "Learning to Focus: Strategies for Success!" workshops? Yes No

A UMW Liberal Arts Education

“Because liberal learning aims to free us from the constraints of ignorance, sectarianism, and myopia, it prizes curiosity and seeks to expand the boundaries of human knowledge. By its nature, therefore, liberal learning is global and pluralistic. It embraces the diversity of ideas and experiences that characterize the social, natural, and intellectual world. To acknowledge such diversity in all its forms is both an intellectual commitment and social responsibility, for nothing less will equip us to understand our world and to pursue fruitful lives. In centering education upon these qualities, liberal learning is society’s best investment in our shared future.”

- Association of American Colleges and Universities

The University of Mary Washington endeavors to ensure that its graduates are well-rounded individuals with a breadth of knowledge and skills that they can apply to both their professional and personal lives. It is not simply the content that is valuable in exploring different disciplines (though that is certainly very important), but the way in which students learn to approach new and different kinds of information, analyze and interpret it, and proceed to apply that process to other circumstances. The purpose of a liberal arts education is to engage students and to make them independent thinkers.

The academic program at the University of Mary Washington is divided into the following:

- General Education and Across-the-Curriculum Requirements
- Major Program Requirements
- Elective Courses

UMW students must satisfactorily complete 120 credits distributed among these areas to receive a B.A./B.S. degree.

General Education

“A liberal education fosters a well-grounded intellectual resilience, a disposition toward lifelong learning, and an acceptance of responsibility for the ethical consequences of our ideas and actions... The ability to think, learn, and to express oneself both rigorously and creatively, the capacity to understand ideas and issues in context, the commitment to live in society, and the yearning for truth are fundamental features of our humanity.”

-Association of American Colleges and Universities

Categories of knowledge do not stand alone in the world. Specialization in a field of study is needed to advance particular areas, but all disciplines are interwoven to create a cohesive whole. The international sales representative with cross-cultural communication training, a general knowledge of history, and/or development in international relations will be much more successful when dealing with a client from Asia than someone who knows only his or her own product. A scientist who cannot clearly convey his or her research in a concise and flowing written document will find it difficult to advance or receive funding. These examples embody the reasoning behind the UMW General Education requirements.

The General Education requirements are defined by eight categories (First Year Seminar; Quantitative Reasoning; Natural Science; Arts, Literature and Performance; Global Inquiry; Human Experience and Society; Foreign Language; and Experiential Learning), each representing a primary objective of liberal learning. The Across-the-Curriculum requirements include four Writing Intensive and two Speaking Intensive courses. Each General Education category may be satisfied by a variety of specified courses, many of which also meet Across-the-Curriculum, major, and/or elective requirements.

MAJOR

A major is a concentration of coursework in a particular academic discipline and is designed to provide a coherent program of study in that area. While certain professional interests are best served by particular training in a specific discipline, others simply lend themselves to a broad array of subjects. The major programs at UMW are meant to serve both. Students' coursework in a specific field, combined with the academic advising they receive, serve to point them in the direction of their professional goals. Inherent in this is learning to apply the scope of their general education and knowledge to focus on a more specific field of study.

The major program consists of about one-third of the total number of credits needed for graduation. New students are not required to choose a major immediately, so that they may have time to explore a smorgasbord of subjects. Students cannot officially declare a major until they have completed at least 28 credits (including AP, IB, and transfer credits). Those with an interest in one or more areas are encouraged to begin course work in those areas to prepare themselves for advanced work in the discipline(s).

ELECTIVES

Elective courses constitute the remaining credits required to complete the minimum 120 credits for a degree. They are meant to enable students to pursue interests outside of their major and the general education requirements in order to: satisfy their own interests, talents, and general ambitions to learn more about an academic area or the world in which we live; prepare themselves for graduate study or professional school; and/or fulfill state or national requirements for a profession (e.g., teaching). No more than 60 credits may be taken in any one discipline to ensure the essence of the liberal arts objective.

“A truly liberal education is one that prepares us to live responsible, productive, and creative lives in a dramatically changing world”

-Association of American Colleges and Universities

Degree Evaluations and What-If Analysis Instructions

Degree Evaluation Instructions:

1. Log into EagleLink
2. Click on Banner Self Service on the Left side of the screen
3. Click on Student and Financial Aid
4. Click on Student Records
5. Select Degree Evaluation
6. Choose the current term
7. Select the link for Generate New Evaluation located at the top center of the page
8. Select the correct program (i.e. Bachelors-Undeclared)
9. Generate the Request
10. Request Detail Requirements and Submit
11. Print out the Degree Evaluation

What-If-Analysis:

1. Log into EagleLink
2. Click on Banner Self Service on the Left side of the screen
3. Click on Student and Financial Aid
4. Click on Student Records
5. Select Degree Evaluation
6. Choose the current term
7. Scroll to the bottom of the page. At the bottom of the page and to the right, select the link for What If Analysis
8. Select the appropriate term and continue
9. Select the program you are interested in and continue
10. Select the First Major Field and submit
11. Select the evaluation term and Generate the Request
12. Select Detail Requirements and Submit
13. Print the What-If-Analysis

Parts Of A Degree Evaluation

A Degree Evaluation is an unofficial evaluation of your progress toward a degree here at UMW. This evaluation places the classes you have completed, are registered for and/or have transferred in and places them into your desired degree plan. This evaluation helps monitor your progress for the completion of a degree.

General Education Requirements:

This section displays the different categories of the General Education Requirements for UMW. Classes that satisfy the requirements are shown below each section. In the far right of the page the classes you have completed, registered for, as well as transferred will appear.

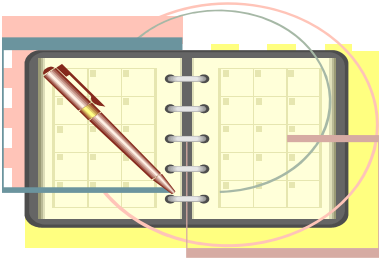
Major:

If you have declared your major at UMW or if you do a “What-If Analysis” a section labeled “Major Requirements” will appear on your Degree Evaluation. With the same set up as the General Education Requirements section, the Major Requirements show you which classes need to be taken in order to complete your major. Again, to the far right the classes you have completed, registered for, and/or transferred will appear.

General Electives:

The last section of the Degree Evaluation is the General Electives. This section only shows which classes you have taken that are electives (classes outside of your Major requirements). Classes you are enrolled in or have completed are displayed to the right of the page.

Notes: Once a requirement is complete, a “yes” or “Met” will appear for each section you have successfully completed.



Get Organized!

1. Determine exactly what you want to accomplish. This may be what you want to accomplish in a day, a week, a semester, or even longer. By **setting goals**, you will be more inclined to follow through with them and accomplish your tasks.

2. **Prioritize your life.** Once you know what needs to be accomplished, you must prioritize your tasks. This means figuring out which tasks are most important and which ones can be put on hold. Be sure to stay focused on the most important task before you move on to the next ones.

Use a “To Do” list (see handout)

Write down your tasks each day, then rank the items in terms of priority

Fixed Task – the task needs immediate attention

Flexible Task – the task does not have to be completed that day, but in the near future (include the date the task must be completed by)

3. Get a schedule or calendar and **write down** when projects or homework assignments are due.

Daily/weekly planner

Write down appointments, classes, and meeting on a chronological log book or chart. If you are more visual, sketch out your schedule. First think in the morning, check what’s ahead for the day. Always go to sleep knowing you are prepared for tomorrow.

Long term planner

Use a monthly calendar so that you can plan ahead. Long term planners will also serve as a reminder to constructively plan time for yourself.

4. Set up a time each week for yourself. **Analyze your progress** and think about your plans. Review your weekly schedule. *Reward yourself* when you complete a task.

5. Plan a **regular time for studying** each day. Inform your family and friends not to disturb you during this time. This will prevent work from piling-up. Try to study during daylight hours. Natural light really is more conducive to learning.

6. **Avoid procrastination.** Procrastination is the main downfall of achieving time management skills. If you plan on doing an activity, stick to your schedule; don't put it off until tomorrow. Doing so will only cause stress over trying to complete the task in time. By setting predetermined goals and prioritizing them, you will be less inclined to procrastinate.

7. **Utilize spare minutes.** Do you ever find yourself aimlessly waiting on an activity to start or on someone to meet you? If so, you need to start using those extra minutes wisely. For instance, if you find yourself waiting on a class to start with nothing to do, consider starting on those reading assignments from your last class or begin thinking about a topic for your Philosophy paper. By accomplishing small tasks while you're waiting, you will find that you have extra time to complete those larger tasks when you actually start them.

8. **Know when you're most productive.** Everyone has a time period during the day when they are most productive. Maybe you get more tasks accomplished in the morning than the evening or vice versa. Use the times when you have the most energy to accomplish the tasks that are more demanding, such as schoolwork. Use the times when you have less energy to work on tasks that are less challenging, such as running errands. You will notice that you'll get more tasks accomplished throughout the day by implementing this strategy into your time management plan.

9. **How to get organized now.** If you have not already done so, now is a great time to create your Academic Portfolio. Follow the steps in the "Getting Started" section of the First-Year Advising Portfolio for detailed instructions. By creating an Academic Portfolio you will continue to be organized and have a resource to use during your time at the University.

To Do List

Task	Due Date	Priority

Important Dates August-October

August

17th, Monday	Drop/Add Begins (Online registration opens again)
19th, Wednesday	Residence halls open 8:15 a.m.-12:00 noon for entering freshmen and new transfer students
20th, Thursday	First-year Advising Meeting 8:30 a.m.; Honor Convocation
21st, Friday	Individual Advising Session (Time of appointment scheduled with Advisor on 20th)
23rd, Sunday	Residence halls open 9:00 a.m. - 5:00 p.m. for returning students
24th, Monday	Classes begin 8:00 a.m.; Late Registration
28th, Friday	Last day to add courses (by 5:00pm)

September

8th, Tuesday	Major Declaration cards due (for students who have completed 28 or more credit hours)
10th, Thursday	Note Taking Strategies Seminar , 5:00 pm, Chandler 202
11th, Friday	Last day to drop course(s) without academic penalty (by 5:00 pm)
16th, Wednesday	Time Management Seminar , 5:00 pm, Chandler 202
25th-27th, Friday-Sunday	Family Weekend
30th, Wednesday	How to Study: Strategies for In and Out of Class , 4:00 pm, Chandler 202

October

2nd, Friday	Last day to change to or from pass/fail grading
5th, Monday	First-Year Advising Meeting 2, 4:00 pm
8th, Thursday	Test Taking Strategies Seminar , 4:00 pm, Chandler 202
9th, Friday	Fall break begins 5:00 pm; residence halls remain open
14th, Wednesday	Fall break ends; classes resume at 8:00 am
16th-17th, Friday-Saturday	Homecoming
14th through the 23rd	Advising Period
22nd, Thursday	Academic Integrity/Avoiding Plagiarism Seminar , 6:00 pm, Chandler 202
23rd, Friday	No withdrawal from individual courses after this date
26th of October through the 6th of November	Advanced registration for spring semester

Classes and Other Standing Engagements

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							

NOTES

August 2009

August 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Drop/Add begins (Online registration opens again)	18 <u>See Orientation schedule for other events</u>	19 Residence halls open 8:15 am-12:00 noon for new students <u>See Orientation schedule for other events</u>	20 First-Year Advising Meeting 1, 8:30 am Honor Convocation; <u>See Orientation schedule for other events</u>	21 Individual Advising session with your First-Year Advisor <u>See Orientation schedule for other events</u>	22 <u>See Orientation schedule for other events</u>
23 Residence halls open for returning students <u>See Orientation schedule for other events</u>	24 Classes begin 8:00am Late Registration; Meet the Student Leaders BBQ (4-6pm)	25 Community Service Fair (4-6pm)	26 Club Carnival (4-6pm)	27	28 Last day to add courses (by 5:00 pm)	29
30	31					

September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8 Major Declaration cards due	9	10 Note Taking Strategies Workshop, 5:00 pm, Chandler 202	11 Last day to drop course(s) without academic penalty by 5:00 pm	12
13	14	15	16 Time Management Workshop 5pm, Chandler 202	17	18	19
20	21	22	23	24	25 Family Weekend	26 Family Weekend
27 Family Weekend	28	29	30 How to Study: Strate- gies for in and out of class Workshop, 4:00 pm, Chandler 202			

October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
					Last day to change to or from pass/fail grading	
4	5	6	7	8	9	10
	<u>First-Year Advising Meeting 2, 4pm</u>			Test Taking Strategies Workshop 4:00 pm, Chandler 202	Fall Break begins at 5:00pm; Residence halls remain open	
11	12	13	14	15	16	17
			Fall Break ends, Classes resume 8:00 am		Homecoming	Homecoming
			<u>Advising Period</u>	<u>Advising Period</u>	<u>Advising Period</u>	<u>Advising Period</u>
18	19	20	21	22	23	24
	<u>Advising Period</u>	<u>Advising Period</u>	<u>Advising Period</u>	Academic Integrity/ Avoiding Plagiarism 6:00 pm, Chandler 202	No withdrawal from individual course(s) after this date;	
				<u>Advising Period</u>	<u>Advising Period</u>	
25	26	27	28	29	30	31
	<u>Advanced Registration for spring semester</u>	<u>Advanced Registration for spring semester</u>	<u>Advanced Registration for spring semester</u>	<u>Advanced Registration for spring semester</u>	<u>Advanced Registration for spring semester</u>	

November 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Advanced Registration for spring semester</u>	3 <u>Advanced Registration for spring semester</u>	4 <u>Advanced Registration for spring semester</u>	5 <u>Advanced Registration for spring semester</u>	6 <u>Advanced Registration for spring semester</u>	7
8	9	10	11	12	13	14
15	16	17	18 Time Management/ Goal Setting 4:00 pm, Chandler 202	19 Academic Integrity/ Avoiding Plagiarism, 6:00 pm, Chandler 202	20	21
22	23	24	25 Thanksgiving Break begins at 8:00 am; residence halls close at 10:00 am	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break
29 Thanksgiving Break Residence halls open at 2:00 pm	30 Thanksgiving Break ends; classes resume at 8:00 am <u>First-Year Advising Meeting 3, 4:00 pm</u>					

December 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Thanksgiving Break; Residence halls open at 2:00 pm	30 Thanksgiving Break ends; Classes resume at 8:00 am First-Year Advising Meeting 3, 4:00 pm	1	2	3 Test Taking Strategies Workshop, 5:00 pm, Room TBA	4 Classes End Last day to withdraw from the University	5 Reading Days
6 Reading Days	7 Final Exams	8 Final Exams	9 Final Exams	10 Final Exams	11 Final Exams	12 Residence halls close at 10:00 am
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FALL/SPRING _____

		Monday	Wednesday	Friday	Tuesday	Thursday		
(0800)	8:00						8:00	(0800)
(0850)	8:50							
(0900)	9:00						9:15	(0915)
(0950)	9:50						9:30	(0930)
(1000)	10:00							
(1050)	10:50						10:45	(1045)
(1100)	11:00						11:00	(1100)
(1150)	11:50							
(1200)	12:00						12:15	(1215)
(1250)	12:50						12:30	(1230)
(1300)	1:00							
(1350)	1:50						1:45	(1345)
(1400)	2:00						2:00	(1400)
(1450)	2:50							
(1500)	3:00						3:15	(1515)
(1550)	3:50						3:30	(1530)
(1600)	4:00	(
(1715)	5:15						4:45	(1645)

EVENING SCHEDULE

		Monday	Wednesday		Tuesday	Thursday		
(1800)	6:00						6:00	(1800)
(1915)	7:15						7:15	(1915)
(1930)	7:30						7:30	(1930)
(2045)	8:45						8:45	(2045)
		OR...			OR...			
(1900)	7:00						7:00	(1900)
(2015)	8:15						8:15	(2015)
(2030)	8:30						8:30	(2030)
(2145)	9:45						9:45	(2145)

Referral Sheet for UMW Students June 2009

Absences from Classes – Office of Academic Services (Lee Hall 206.8), x1010

Allied Health Programs – Michael Killian (Jepson 400), x1413

Auditing Courses – Office of the Registrar (Lee Hall 206.6), x1063

B.L.S. Office – Lee Hall 441, x1120

Career Counseling – Office of Career Services (Lee Hall 308), x1022

Career Information – Office of Career Services (Lee Hall 308), x1022 & Faculty
Career Advisor (in each department)

Catalog, UMW Academic – Office of Admissions (Lee Hall 301), x2000 & Office of
Academic Services (Lee Hall 206.8), x1010

Catalog (Other Institutions) – Individual College/University Websites

Counseling, Personal – Psychological Services Center (Lee Hall 106), x1053

Credential Files (Juniors & Seniors) – Office of Career Services (Lee Hall 308),
x1022

Disabilities – Office of Disability Services (Lee Hall 401), x1266

Add/Drop – Office of the Registrar (Lee Hall 206.6), x1063

Education/Licensure, Teacher – Department of Education (Trinkle 213), x1034

Exceptions to Academic Deadlines & Policies – Office of Academic Services (Lee
Hall 206.8), x1010

Faculty/Student Disputes – In this order: Faculty Member, Department
Chairperson, Office of Academic Affairs (GW 314),
x1052

Force-Add – Office of the Registrar (Lee Hall 206.6), x1063

Grade Reports – Office of the Registrar (Lee Hall 206.6), x1063

Health Problems – Health Center (Lee Hall, First Floor), x1040

Honor Council – Honor Council President (Mercer Hall, Room 205), x1144

Incompletes – Office of Academic Services (Lee Hall 206.8), x1010

Internships – Office of Career Services (Lee Hall 308), x1022

Jobs (on campus) – Office of Financial Aid (Lee Hall 206.1), x2468

Jobs (permanent, part-time, and summer) – Office of Career Services (Lee Hall
308), x1022

Leave of Absence – Office of the Registrar (Lee Hall 206.6), x1063

Loans, Scholarships, etc. – Office of Financial Aid (Lee Hall 206.1), x2468

Referral Sheet for UMW Students

June 2009

- Majors (declaring, changing, general information) – Office of Academic Services (Lee Hall 206.8), x1010
- Overloads/Underloads, Course – Office of Academic Services (Lee Hall 206.8), x1010
- Physical Therapy Advising – Dr. O’Dell (Jepson 433), x1417
- Pre-Law Advising, Business – Dr. Frackelton (Chandler 316), x1452
- Pre-Law Advising, Classics, Philosophy, & Religion – Dr. Ambuel (Trinkle 234), x1344
- Pre-Law Advising, Sociology – Dr. Schleef (George Washington 205), x1505
- Pre-Med & Pre-Dental Advising – Dr. Gallik (Jepson 331), x1419
- Pre-Vet Advising – Dr. Lewis (Jepson 332), x1415
- Residential Issues – In this order: Head Resident, Graduate Resident Director or Assistant Directors of Residence Life, Director of Residence Life (Marye House), x1058
- Senior Checksheets – Degree Auditing, Office of the Registrar (Lee Hall 206.6), x1063
- Special Degree Programs – Office of Academic Services (Lee Hall 206.8), x1010
- Standardized Testing (CLEP) – Sue Lafayette (CGPS), 286-8012
- Standardized Testing (GMAT, GRE, LSAT, Praxis) – Priscilla Sullivan (CGPS), 286-8015
- Standardized Testing (MAT) – Dr. Stevens, Office of Academic Services (Lee Hall 206.8), x1010
- Student Government Association (SGA) – (Seacobeck, Rose Room Entrance), x1150
- Study Abroad – Office of International Academic Services (Lee Hall 436), x1870
- Study Skills – Office of Academic Services (Lee Hall 206.8), x1010
- Summer School – Office of Associate Vice President of Academic Affairs (GW 314), x1052
- Suspension/Probation – Office of Academic Services (Lee Hall 206.8), x1010
- Transcript Requests – Office of the Registrar (Lee Hall 206.6), x1063
- Transfer Credit from Other Institutions – Office of the Registrar (Lee Hall 206.6), x1063
- Tutors – Office of Academic Services (Lee Hall 206.8), x1010
- Veterans’ Benefits – Stacey Floyd, Office of the Registrar (Lee Hall 206.6), x1063
- Withdrawal from a Course (after drop period) – In this order: Course Instructor, your Faculty Advisor, Office of the Registrar (Lee Hall 206.6), x1063
- Withdrawal from the University – Office of the Registrar (Lee Hall 206.6), x1063

TUTORIAL SERVICES

FREE

Tutoring and Study Skills Workshops

Office of Academic Services

**Lee Hall
Student Services Center**

**Phone: 540 654 1010
Fax: 540 654 1163
E-mail: tutorsvs@umw.edu
www.umw.edu/cas/acservices/services**

Tutorial services are **free** and held on Sundays and Wednesdays from 6-8 p.m.

You must sign up for services. Please visit our website for details at

<http://www.umw.edu/cas/acservices/services/tutoring>

Walk-in tutoring available for Math every Monday from 4-6 and Thursday from 5-7 p.m. in Trinkle B52

FALL 2009 Schedule of Workshops

August 28 - 4:00 pm - Focus Seminar

September 10 - 5:00 pm - Note Taking Strategies

September 16 - 5:00 pm - Time Management

September 30 - 4:00 pm - How to study: Strategies for success in and out of class

October 8 - 4:00 pm - Test Taking Strategies

October 22 - 6:00 pm - Academic Integrity/Avoiding Plagiarism

November 18 - 4:00 pm - Time Management /Goal Setting

November 19 - 6:00 pm - Academic Integrity/Avoiding Plagiarism



First Assignment

Time Capsule Letter

It's the beginning of your first year at the University of Mary Washington. You must have a lot on your mind. This is an opportunity for you to write a letter to yourself about the things you are thinking, concerned and excited about. Take a few minutes to write this letter using the following questions for guidance:

- What are your questions?
- What are you excited about?
- What are your expectations?
- What are your goals for the year?
- What do you fear the most about your first year at college?
- What do you think your biggest challenge will be?
- Where do you see yourself after the completion of your first year?
- Are there any additional comments you wish to make?

Once you have completed your letter, place an envelope with your name on the front and seal it. Your advisor will collect your letter and return it to you at the end of the year, during the last meeting where you will be able to compare your expectations to your first year experience.