

## The **ABC's** of your first year!

Advocacy, ambiguity, and NASP Big Ideas - you will hear these words over and over

**B**ring a sweater to class

**C**ASP (California Association of School Psychologists) - Annual conference to catch up on the newest research in school psychology and present your own research as well!

**D**on't freak out if you didn't finish all the reading

**E**at before and during class - everyone does it

**F**ree food is the best food! Take advantage whenever you can :)

**G**et ready for group projects - Google Drive and Kahoot! will be your best friends

**H**ave cohort bonding time - dinner, coffee, drinks

**I**ntest in a really good planner/agenda

**J**uggling your time will be tough, but time management is key!

**L**ean on to your mentor when you need support - they want to help you!

**M**icrowaves are located in AF, Reeves, and Demille

**N**ever doubt yourself; you were accepted into the program for a reason

**O**pen yourself up to all of the cool opportunities this program has to offer!

**P**rinting Stations (the one in the rotunda prints color & double sided!)

**Q**doba on campus in case you don't have food

**R**olling due dates! Dr. Busse allows rolling due dates because "life happens"

**S**elf-care is important! Find what works for you.

**T**ake your time researching different districts before picking a practicum site

**U**se library rooms to work on homework and group projects

**V**room vroom: parking sucks, especially when you have a 4 o'clock class

**W**atch out for emails from Hilary - she keeps us all on track!

**X**-pect a lot of reading

**Y**ou're not alone! Use each other to get through this time together.

**Z**zzzzz, be sure to get your sleep