A required mid-semester support program for new international freshman and new undergraduate transfer students, which helps them to be academically successful at the University of Minnesota.

**Goals:**
- Students self-assess their
  - Academics
  - Mental Health and Physical Health
  - General Adjustment
- Create discussion around academic success
- Connect with useful resources
- Engage with ISSS staff and students

**Motivation:**
International students often feel the need to spend all of their time studying. They do not feel that they have the time or the knowledge to utilize the resources available to them on campus. This program is designed to assist them in matching up available resources with challenges they may be facing and explore how these resources can assist them in the long run.

**Outcomes:**
- Academic success will lead to probation rates decreasing and graduation rates increasing.
- Increase student engagement and overall well-being.

**Program Components:**
1. Welcome/Introductory Remarks
2. Ice-breaker Activity
3. Strengths/Challenges presentation and individual assessment activity
4. Student Speakers
5. Small Group Activity
6. Large Group Debrief
7. Health Services Presentation/Activity
8. Resource Fair & Dinner

“**It is good to have this seminar to remind student what resource they can use. Keep doing this. Being first semester here is difficult, and we all need some help.”**

“**I like the seminar because I met new friends, those who come from other continents that understand what I experience, as a newcomer to the United States.”**

Sponsors:  International Student & Scholar Services, International Student Ambassadors, Boynton Health Services, & TCF Bank.

Stacey Buachart, Barbara Pilling, & Mingzhi Li