



Essentials for Thriving at Columbia

A checklist to start your semester with confidence



ACADEMIC SUCCESS

- ☐ Save your [Academic Advisor's](#) contact information
- ☐ Bookmark the [SPS Student Handbook](#)
- ☐ Explore the [Academic Resource Center](#)
- ☐ Learn about [tutoring, writing support & workshops](#)
- ☐ Visit your professor during office hours
- ☐ Review important academic deadlines
- ☐ Learn how [Canvas](#) works
- ☐ Locate your [classrooms](#) before the first day



COMMUNITY & CONNECTION

- ☐ Follow [@lifeatcusps](#) instagram account
- ☐ Install [SPS Engage](#)
- ☐ Attend at least one SPS event
- ☐ Join a [student organization](#)
- ☐ Find your favorite study spot
- ☐ Explore [Student Life](#) opportunities
- ☐ Create a [roommate agreement](#) at the start of your lease



WELLBEING & SUPPORT

- ☐ Explore [Headspace](#)
- ☐ Schedule a [Wellness Meeting](#) if needed
- ☐ Save [Public Safety](#) and ambulance phone number (212-854-5555)



HEALTH & MEDICAL



- ☐ Save your medical insurance card before you need it
- ☐ Request vision and/or dental insurance (not covered through medical insurance)
- ☐ Sign up for your preventative medical and mental health care. For full-time NY-based students, you can access CPS and Medical Services
- ☐ If you currently work with a therapist or psychiatrist, discuss a plan with them for continuing your care while at Columbia
- ☐ Register with Disability Services at least 3 weeks before classes start
- ☐ Refill prescription medications and understand how to transfer prescriptions if needed

FINANCIAL WELLNESS



- ☐ Create a realistic budget that accounts for current income and expenses
- ☐ Consult with Office of Student Financial Planning to understand all financial options available to you

DAILY LIFE & ESSENTIALS



- ☐ See if you qualify for discounted transportation, free groceries, and other benefits in your local community. For students in NYC, check eligibility here
- ☐ Secure employment if needed. On-campus job opportunities here
- ☐ Learn your commute to campus before classes begin and review Columbia Transportation options
- ☐ If you're new to New York City, review basic city safety tips on public transportation

PLAN YOUR WEEK

- ☐ Develop a weekly schedule for yourself:
 - Time-specific obligations (e.g. class, work)
 - Non-time specific obligations (e.g. class assignments, applications, chores)
 - Self-care (e.g. hygiene, exercise, meals, sleep, time with friends)

MEAL PLANNING

- ☐ Figure out your meal plan
- ☐ Find affordable grocery stores and food pantry (e.g. Columbia community)
- ☐ Plan meals that meet your nutritional needs and budget
- ☐ Plan your grocery shopping and transportation