

CASAC MONTHLY

"ADVISING: OUR PASSION. YOUR SUCCESS: OUR REWARD"

College of Arts and Sciences Advising Center Newsletter

February 2023

Volume 2 | Issue 2

Welcome Back, Students!

THREE TIPS FOR A TOP-NOTCH SPRING SEMESTER

1 DO AN EARLY "SPRING CLEANING."

To get your new semester off on the best foot possible, make a mental list of what things (if any) didn't go as planned during the fall semester and then make a list of how you'll improve in the spring semester.

Attend class more? Take better notes? Go to tutoring? Time management? Whatever it is in your case (and everybody has something), now's the time to make amends and guarantee yourself a better semester this year.

2

TREAT COLLEGE LIKE A REAL JOB.

Surprisingly, the majority of your time in college, you get a fair amount of slack. You can get excused from class for minor illnesses as well as work with professors on flexible guidelines and/or deadlines. In many jobs you'll get after college, that may not be the case. Show respect for the job you have now as a college student and you'll find more purpose and meaning in your time at college.

3 ADDRESS YOUR "ISSUES."

If you have health concerns that you haven't gotten under control— physical or psychological (or both)— Be proactive at the beginning of the semester. Consider problems that could likely crop up later on in the semester (perhaps when you're under more stress or when the pollen count skyrockets). Who wants to be just starting to look for solutions to long-standing difficulties during the throes of midterms (or, worse yet, finals)?

PRO TIP: Your university has many resources to help students with a variety of problems (e.g., [Powell Student Health Clinic](#), [UAFS Counseling Center](#), [Academic Success Center](#), [ADA Services](#)). You probably paid for them as part of your student fees!

Source: TOP 10 TIPS FOR A BANG-UP SPRING SEMESTER | Graduate Studies (tntech.edu)

FOLLOW US ON SOCIAL MEDIA!



INSTAGRAM:
@UAFSCASADVISE



FACEBOOK:
**UAFS ARTS & SCIENCES
ADVISING**

NEW YEAR, NEW ADVISOR?

1. Log in to My.UAFS
2. Click the "Students" Tab
3. Click "Contact My Advisor" on the right column.
4. Log in to Navigate.
5. On the left hand side of the screen, your advisor is listed under "My Success Team" as "Primary Advisor."

Questions? Call 479-788-7677 or email
casadvise@uafs.edu

Faculty Advisor Spotlight: Dr. Amy Skypala

Associate Professor of Biological Sciences

YOUR PHILOSOPHY ON FACULTY ADVISING FOR STUDENT SUCCESS

I really want students to realize they are in the driver's seat in regard to their time here. They have their degree plan and I will help them plan, but they are in charge of their own fate. I meet with biology majors, and there are a lot of things one might do with that major. A student has to tell me what they want to do, and I will help them get there. I lay out choices. I give advice. I provide information, but it is up to the student to pick the path. As you move along in the biology degree, there are more choices to make and more ways the degree gets personalized with elective choices. Every student will be different, and each one should walk down their own path, ultimately driven by their own motivation. That said, if they run into a snag, I usually can help – or I know who to call!

DESCRIBE YOUR PASSION FOR ADVISING STUDENTS

I hope that in advising students we can work on not just building a schedule for each semester, but also building a particular attitude or mindset. The degree plans are going to list courses that will need completion, but I hate to see those goals overshadow what will be gained in the process of taking a class. I want to try to encourage intellectual curiosity. I want to encourage a little bit of exploration with choices of electives. I love it when a biology major takes a Shakespeare class, and I love to see a psychology major in a zoology class. It will not always be easy to do when there are tests to take and papers that are due, but I hope that the students will remember to try and love the learning a little bit just for itself.

YOUR ADVICE FOR STUDENTS

My practical advice to students is to know and utilize the resources you have here. What you need to make your schedule: your degree plan, the online class schedule, and the course catalog that lists the pre-reqs for each course. Where you need to go if you need help: your professor, your advisor, the academic success center, the counseling center, the student health center...there are so many people and places here for you! And finally, connect with other students here. In that little bit of time before a class starts, when you are just sitting there, chat with the person next to you. Plan to study together. You guys can help and be a resource for each other, and it is always nice to increase your social circle a bit!

YOUR INTERESTS AND HOBBIES

I want to pet all the cats. I like to read, particularly murder mysteries. I am a member of a pretty competitive trivia team: The Periodic Table Dancers. I enjoy live theater and good food. I like warm weather and am done with winter.



CAS Advisor **Justin Martin** was featured as the Advisor Spotlight in the **NACADA Region 7 Newsletter!**



HOW HAVE YOU MADE A DIFFERENCE TO YOUR STUDENTS?

"I try to make a difference to my students by seeing them as human beings first. Humans make mistakes, humans have lives outside of school, and humans have needs. I always try to make sure that my students know I see them as people and understand some of the challenges they go through... When working with my students, I will often share some of t[he] challenges that I faced and ways to overcome them." [Read More From Justin Here](#)

Congratulations, Justin! Thank you for all you do for our students!

Meet our Star
Advising Assistants!

Tory Sutton – Senior
Major: Electrical Engineering

Jacey Whisenhunt – Junior
Major: Dental Hygiene

Brenci Marrufo – Junior
Major: Dental Hygiene

Kylah Mitts – Freshman
Major: Biology

Stop by and say hello!