

CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter

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What's Happening in the Center?

ENGINEERING TRANSITION TO UNIVERSITY OF ARKANSAS MEETING

The College of Arts & Sciences Advising Center hosted an Engineering Transition Information Session on February 7th in the Math-Science Building. This event occurs each semester for sophomore engineering majors who plan to transfer to the University of Arkansas to earn their Bachelor's degree in Engineering. UAFS and UARK have a unique program that allows students to spend their first two years working towards an Associate of Science in Engineering and then are eligible to earn a Bachelor of Science in Engineering from the University of Arkansas. Students can complete all their coursework here at UAFS!

Topics in this session included: admissions and financial aid information between the two institutions, tips on being successful at the University of Arkansas and a meet and greet with the University of Arkansas faculty. A special thank you goes out to all who attended! We had a record 31 engineering students attend. A special thank you goes out to the faculty and staff at UARK who traveled to attend this session!

Faculty in Attendance:

- Robert Saunders, Assistant Department Head - Electrical Engineering (UARK)
- John Hamilton, Instructor of Engineering (UAFS Program) - Mechanical Engineering (UARK)
- Dr. Linus Yu - Associate Dean - College of Arts & Sciences (UAFS)
- Dr. Paulette Meikle - Associate Dean - College of Arts & Sciences (UAFS)

Staff in Attendance:

- Christopher Robinson - Assistant Director of Transfer Recruitment (UARK)
- Kristen Merritt Beck - CAS Advising Coordinator (UAFS)
- Justin Martin - CAS Academic Advisor (UAFS)
- Jacey Whisenhunt - CAS Advising Assistant (UAFS)
- Star Jones - Administrative Specialist III - Engineering (UARK)



MAKE THE MOST OF YOUR ADVISING APPOINTMENT

Advising season is here! Here is some tried & true advice from our staff on how to have a successful advising appointment!

1. Prepare Beforehand!

Come prepared with a list of classes you would like to take. The schedule is available March 1st, so make sure you have an idea of what you want to take prior to your appointment. This will help your advisor quickly determine if the classes you chose are the right ones, and allow more time for questions and conversation!

[Click Here to Access The Course Schedule](#)

2. Be Real with Your Advisor.

Don't be afraid to ask us tough questions. Now is the time to ask about balancing academics and your life. Is there something keeping you from reaching your full potential? Do you need assistance in any of your classes? Do you know how to access the Undergraduate Catalog? Where do I go when I feel stressed and strained? These are all things your advisor can help you with!

3. Think About Your Post-Graduation Plans!

The time to think about what you want to do after graduation is now. Knowing what your career goals are will allow your advisor to tailor your degree plan and courses to make the most of your academic experience and reach the goals you've set for yourself.

Faculty Advisor Spotlight: Dr. Nicki Stancil

Assistant Professor and Program Lead – Media Communication

YOUR PHILOSOPHY ON FACULTY ADVISING FOR STUDENT SUCCESS

My primary philosophy when it comes to faculty advising centers on knowing my program better than anyone else on campus. I am a very hands-on advisor and prefer to help students navigate course selection and degree mapping rather than figure it out on their own. It's my job to know how to best help them achieve their goals, and I do my best to do that during their time with me. I usually spend at least a half hour with each advisee during our one-on-one's and make sure they're as set up for success as they can be. I also encourage students to play around with courses both early in their programs and as they approach their senior year. There are so many incredible degree plans and faculty on this campus, why not take advantage of that while you're here?

DESCRIBE YOUR PASSION FOR ADVISING STUDENTS

I did not have a very positive advising experience when I was an undergrad and it has been my goal to do for students what I needed at the time. I was a first-generation student and struggled a lot of imposter syndrome and finding my place both on campus and in my program. I paved the way for students to feel at home at UAFA and in the MCOM program – whether they're a major or a minor. I've spent years cultivating a 'family' feeling amongst the students in MCOM and a big part of that is done during my advising sessions. I make sure students feel heard and seen and get them into the right courses for their goals and the best minors to compliment that, as well. I came to UAFA for the more individualized student experiences I could have at a smaller school, and hand-in-hand with that is my passion for solid, holistic advising.

YOUR ADVICE FOR STUDENTS

My biggest advice for students is to not be afraid to ask – ask questions in class, ask for help from peers or faculty, ask for advice... just ask. Being a college student can be extremely overwhelming, and it can be hard to shake the high school mentality that asking for help or clarification somehow makes you lesser than. I approach both my advising and classroom management with compassion for students as people, first and foremost. I always want to help students succeed in any way that I can – and many faculty and staff around campus share that same mentality.

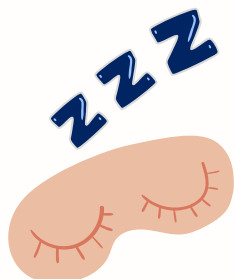
YOUR INTERESTS AND HOBBIES

As a media professor, my primary interests and hobbies naturally focus on media and pop culture! I'm a big console gamer (and one of the UAFA eSports coaches) and love a deep storyline. I'm also a huge horror fan (mainly film and television) – I even cohost a horror film podcast with one of the librarians and another professor on campus. I am drawn to the macabre in a 'dark and sparkly' way and got married on Halloween. Beyond that, I love to paint, spend time with my husband and family at the lake, and cuddle with my chubby, senior cat.



SELF-CARE SPRING BREAK

Spring Break is quickly approaching (March 20–24)! We compiled a list of tips to help you rest, relax, and come back ready to take on rest of the semester. See our top tips below!



CATCH UP ON SLEEP

Make sleep a priority and try to sleep at least 7–9 hours each night.

EXPERIENCE THE NATURAL STATE!

Take a day trip and enjoy the natural beauty our state has to offer.

[Click this link to view a list of our state parks.](#)



HAVE A "SCREEN-FREE" DAY

Do a social media cleanse and put your phone away for the day. Spend time with your loved ones. Do some self reflection or meditation. You'll be surprised at how freeing no screen-time can be!

Source: [Spring Break & Self Care](#)