

CASAC MONTHLY

WHAT'S HAPPENING IN OUR CENTER?

Priority advising begins March 1st!

Advising campaigns were sent the week of February 21-25th. Please check your email for message from your faculty or college advisor requesting an appointment. Keep in mind you can't register for classes until you meet with your advisor! Registration will start April 11th.

Graduating in December 2022?

If the answer is "Yes!" it is time to make an appointment for a graduation audit and application. Chances are you may have already heard from us! Schedule an appointment with one of the CASAC Advising Coordinators ASAP!

Kristen Merritt (STEM and Criminal Justice Majors) -

kristen.merritt@uafs.edu

Click here: <https://uafs.campus.eab.com/pal/ztUIPd5EHw>

Amber Bergthold (Liberal Arts & Humanities Majors) -

amber.bergthold@uafs.edu

Click here: <https://uafs.campus.eab.com/pal/ZQaFcW3bsD>

UTILIZING NAVIGATE

for your advising appointments

- **Tip #1: Know your Success Team!** - Navigate shows you all members of your student success team and allows you to contact them via email directly in the platform.
- **Tip #2: Keep up with your degree plan!** - A copy of your degree plan can be found in the Notes section of your Navigate! This allows you and your advisor to make sure you're on the same page.
- **Tip #3: Schedule appointments!** - Navigate allows you to schedule appointments with your advisor, success team, and other campus offices.
- **Tip #4: Keep up with your class schedule.** - In addition to Banner Self-Service, Navigate shows a visual representation of your class schedule and all campus appointments scheduled through the system.



Staff Spotlight

JUSTIN MARTIN

Academic Advisor

Justin joined the CAS advising team as an Academic Advisor in November 2021. Justin loves working with students and helping them achieve their educational goals. He takes on an "advising as teaching" mindset when it comes to advising, stating that his personal goal is to learn something new every day. With that goal in mind, he works to assist students in doing the same. Having worked in other roles on campus, Justin is familiar with various struggles that students face and can work with them to overcome those struggles or connect them with resources that can help. He has really enjoyed working with the other advisors in the CAS Advising Center and learning from them over the course of the past few months.

He previously held roles in the Financial Aid Office and TRIO STEM - Student Support Services. Justin has worked at UAFS since September 2018.

Justin has a Bachelor of Arts in Media Communication from UAFS and is nearing the completion of his Master of Science in College Student Personnel Services from Arkansas State University. He enjoys advising the same major as his bachelor's degree. In addition to Media Communication, he advises Political Science, History, English, Rhetoric & Writing, and the Associate of General Studies degree.

When not at UAFS or working on grad school, Justin likes to spend time with his fiancé Becca, who is also a UAFS alumni, and their two pets: Olive & Cuddles. Additionally, he plays video games, and learns new technology skills, social media marketing techniques, and basic web design. Come to Vines 119 to say hello to Justin!

Faculty Advisor Spotlight



DR. BRITTANY BRIGHT
Associate Professor of Computer Science

PHILOSOPHY ON FACULTY ADVISING:

Advising allows for connections with students and opening their mind to the purpose of their degree requirements. It's important for students to choose courses that they will enjoy and will keep them focused on their path forward and their continuous growth.

PASSION FOR ADVISING STUDENTS:

Advising allows for the building of relationships with students. I have been able to learn many interesting facts about my students through advising that I wouldn't have had the chance to discuss in a classroom. I've been in the shoes of a college student, and I know they need to see empathy and understanding of their situation, embracement of their unique abilities, and involvement in the program they're a part of.

ADVICE FOR STUDENTS:

College can provide you with many opportunities to help start your career. Utilize them all. Get an early start on planning for the future with career services, seeking internships, asking for help, and most importantly finding balance with your personal life.

INTERESTS AND HOBBIES:

I enjoy resin crafts and creating diamond art.

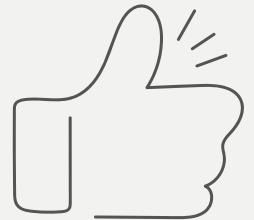
FOLLOW US ON SOCIAL MEDIA!



INSTAGRAM:
@UAFSCASADVISE



FACEBOOK:
UAFS ARTS & SCIENCES ADVISING



TIPS FOR MANAGING YOUR MENTAL HEALTH IN COLLEGE

1 *Take the time to prioritize time management.*

If you know what's coming, then it's easier to plan for it. This can significantly decrease your stress levels. Invest in a planner or print off a time management calendar online!

2 *Positive People Encourage Positive Outlook.*

Surround yourself with people who push you to be your best version of yourself. These are the people who will help you to study and take care of yourself

3 *Utilize Campus Services - Remember that seeking help for mental health is a strength not a weakness.*

We have a counseling center on campus that is free to all students at UAFS.

You can call 479-788-7398 or visit a counselor in Pendergraft 129 to schedule your free confidential appointment!

Did you know that long term stress has physical effects?

You might notice symptoms of headaches, allergies, acne, muscle tension. Stress can also put you at risk for cardiovascular disease, hypertension, and autoimmune diseases. Don't let your stress build up - talk to your academic advisor or visit the Counseling Center in Pendergraft 129!

<https://uafs.edu/student-life/health-and-wellness/counselling-center.php>

ADAPTED FROM:
UNIVERSITY OF MASSACHUSETTS GLOBAL
TIMELY MD
COLLINGWOOD, J. (2018, OCTOBER 8). THE PHYSICAL EFFECTS OF LONG-TERM STRESS - PART2.

Apply for Scholarships on Lion's Share!

LION'S SHARE IS YOUR GATEWAY TO UAFS FOUNDATION SCHOLARSHIPS. THESE SCHOLARSHIP OPPORTUNITIES ARE MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF PRIVATE DONORS. SCHOLARSHIPS FROM THE UAFS FOUNDATION ARE A GREAT RESOURCE TO ASSIST YOU IN PAYING FOR COLLEGE.

SUBMIT YOUR APPLICATION BY MARCH 15 TO MEET THE PRIORITY APPLICATION DEADLINE.

UAFS.EDU/LIONSSHARE

QUESTIONS?
CONTACT UAFS FINANCIAL AID AT
SCHOLARSHIPS@UAFS.EDU
OR 479-788-7090.



SCHOLARSHIP OPPORTUNITIES
LION'S SHARE