



CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter

November 2023

Volume 3 | Issue 2

HOW TO AVOID THE MID-SEMESTER SLUMP

1. Watch your Workload

The "Mid Semester" Slump is what happens when your workload becomes too overwhelming. Think about how much schoolwork you can handle along with your other obligations (i.e. work, caring for family, co-curricular activities, etc.)

2. Review your Classes Before Enrolling in Them

Now is the perfect time to plan ahead for next semester. Already met with your advisor? Make sure you review the courses you choose, [check out the syllabi for those courses](#), and find a balance between courses that will be difficult and courses that will be easier for you!

3. Make Time For Self-Care

Self-care is a hot topic among college students right now, and for good reason! It is easy to get bogged down with work, school, and family obligations. Remember to make time for yourself! Even just a few minutes of self-care can improve your well-being.

Source: [Mid-Semester Slump](#)

WHAT'S HAPPENING IN OUR CENTER?

Spring and Summer 2024 Registration is Almost Here!

Registration Dates:

Certain Priority Groups

Monday: November 13th

Seniors (90+ Earned Credit Hours)

Tuesday: November 14th

Juniors (60+ Earned Credit Hours)

Wednesday: November 15

Sophomores (30+ Earned Credit Hours)

Thursday: November 16

Freshmen (0-29 Earned Credit Hours)

Friday: November 17

REGISTRATION WEEK STARTS MONDAY, NOVEMBER 13!

Make sure you set your alarm on your registration day! Register early to help ensure you get in the classes you want. Registration days are assigned by the number of hours you've **earned**. Keep in mind you must have met with your advisor prior to registering for classes to have your advising hold removed!

REGISTRATION LABS IN THE CAMPUS CENTER MONDAY-FRIDAY 10:00 AM - 2:00 PM

The Academic Advising Council is hosting a registration lab each day of registration week at the Campus Center Fireplace! Stop by and let one of our academic advisors help you register for classes.

Laptops will be provided!



Faculty Advisor Spotlight Dr. Maurice Testa

Associate Professor, Physical Sciences - Geoscience



Your Philosophy on Faculty Advising for Student Success

My philosophy on student advising is post-graduation motivated. I work with the students to understand what their goals are after graduation, then use those goals as a road map for their course selection. My job is to best prepare each student to pursue the career or graduate program of their choice. To accomplish this, my advisees know that, while we meet once a semester for course selection, I am their advisor the other days of the year as well. We meet regularly to discuss course progression, internships, research opportunities, and whatever else leads to their success. My door is always open.

Describe Your Passion for Advising Students

My passion for advising students is fueled by their successes. The students know that the classes they need will not be easy, but that we will celebrate each achievement and tackle each obstacle together. Watching my students excel in something they did not think they could is the highlight of my job. I enjoy watching the students grow professionally, but I love watching them gain confidence in their work and in themselves as the next generation of scientists.

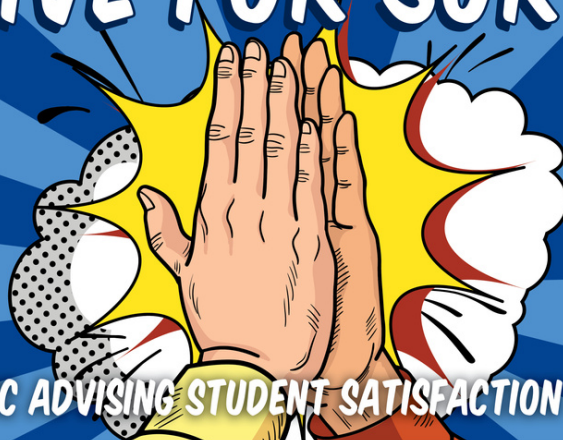
Your Advice for Students

Do not be afraid of failure: embrace it. If you fail at something, it's actually okay. Science is 90% failure. It's what you learned from that failure and what you do with that new knowledge that defines what will happen next. My students know that with each achievement, I bump the bar a little higher. But they also know that there is a support network of faculty, staff, and other students there to help them along the way. Most importantly, remember that it's okay to ask for help!

Your Interests and Hobbies

As a geoscience professor, I am outside as often as I can be. I am an avid hiker and I love camping. I try to make it out to a few National Parks every year and I enjoy getting lost on the trails. I also love my dogs. I volunteer at Artemis Dog Rescue and usually have 1-2 foster pups at a time.

HIGH FIVE FOR SURVEYS!!



TAKE THE ACADEMIC ADVISING STUDENT SATISFACTION SURVEY FALL 2023



Your feedback is important to us! We want to know what you think about your advising appointments. Scan the QR code to complete the anonymous survey.



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