

CASAC MONTHLY

College of Arts and Sciences Advising Center Newsletter

"Advising: Our Passion. Your Success: Our Reward."



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Lions,

We are delighted to share this edition of CASAC Monthly, the newsletter of the College of Arts and Sciences Advising Center. As the semester has kicked off it has warmed our hearts to see so many familiar faces and so many new ones. In this edition of CASAC monthly, we'll introduce someone new, provide some tips for success this semester, and help prepare you for your advising appointments, and much more. We hope you enjoy!

-Your Friends in CASAC!

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Staff Spotlight: Eden Barney

Academic Advisor



We are so excited to welcome Eden Barney to the CASAC staff of professional advisors. Eden joined the CASAC team in July 2024. Eden previously worked in the Office of Admissions at UAFS as an Admissions Advisor. In her role in Admissions and now in CASAC, Eden says that she strives to meet students where they are and aid them in achieving their personal and academic goals.

Eden holds a Bachelor of Arts degree in English with a minor in Creative Writing from our own University of Arkansas - Fort Smith. Eden says that after completing her undergraduate degree at UAFS "I knew I wanted to remain in higher education. I wanted to give back to the campus community that gave me so much." In her time as a staff member, she's loved getting to work with students helping them find their callings and pursue their dreams. She says the College of Arts and Science Advising Center allows her to not only connect with students on a deeper level but also allows her to engage with the campus community in new ways.

The advice Eden most often gives to students is, "don't be afraid to ask questions, of your professors, classmates, advisors, whomever." She also adds, "don't be afraid to try new things and engage with the amazing community UAFS offers. Yes, it's important you do your homework and attend classes, but I've learned there's a lot more to growing as a person in college than the classroom. Part of that growth happens while you engage in the community around you, and I think it's important for students to find their community within the larger one here at UAFS."

When Eden isn't advising students, can find me curled up at home with her cat and either a good book or watching Netflix.

Top 10 Study Tips

Studying for college can feel like a full-time job, on top of actually going to class and completing homework and assignments. These ten study tips can help you stay prepared and focused.

1. Don't Cram

- It's tempting, but research shows cramming does not improve long term learning. Students may perform well on a test, but it doesn't mean they've truly learned the material (according to the American Psychological Association.)
- Studies show that studying with long term retention is best for learning overall.

2. Plan Ahead - and Stick to It!

- Having a study plan with set goals can help you feel more prepared and can give you a roadmap to follow.
- Procrastination is one mistake that students often make when transitioning to a university-level course load.



3. Ask for Help

- You don't have to struggle through difficult material on your own. Seeking extra support is common in college.
- Be proactive about identifying areas where you need assistance and seek out that assistance immediately.
- There are multiple resources to help you, including your professors, tutors, and fellow classmates. The Gordon Kelley Academic Success Center offers academic coaching, workshops, peer tutoring, and accountability hours for students to keep them on track.

4. Use the Buddy System

- Your fellow students are likely going through the same struggles that you are. Don't be afraid to reach out to classmates.
- Having other people to study with means you can explain the material to one another, quiz each other, and build a network you can rely on throughout the rest of the class—and beyond.

5. Find Your Learning Style

- It might take time figuring out what study methods work best for you. There are a variety of ways to test your knowledge.
- Try different strategies through the process of metacognition. Metacognition involves thinking about your own cognitive processes which can help you figure out what study methods are most effective for you.
- Try practicing the following steps:
 - Before you start a new chapter or watch a lecture, review what you already know about the topic and what you're expecting to learn.
 - As you read or listen, take additional notes about new information, such as related topics, potential connections to other courses, or any questions you have.
 - Afterward, try to summarize what you've learned and seek out answers to your remaining questions.

6. Take Breaks

- The brain can only absorb so much information at a time. According to the [National Institutes of Health](#), research shows taking breaks between study sessions boosts retention, and wakeful rest plays an important role in learning a new skill.
- Allow enough time, relaxation, and sleep between study sessions so your brain will be ready to accept new information.

7. Cultivate a Productive Space

- Where you study can be just as important as how you study.
- Find a space that is free of distractions and has all the materials and supplies you need on hand.
- Eat a snack and have a water bottle close by so you're properly fueled for your study session.

8. Reward Yourself

- Studying can be mentally and emotionally exhausting. Giving yourself a reward during your work can increase the enjoyment and interest in a given task.
- According to an article for [Science Daily](#), studies show small rewards throughout the process can help keep up motivation.

9. Review, Review, Review

- Practicing the information you've learned is the best way to retain information.
- Researchers [Elizabeth and Robert Bjork](#) have argued that “desirable difficulties” can enhance learning. For example, testing yourself with flashcards is a more difficult process than simply reading a textbook, but will lead to better long-term learning.
- “One common analogy is weightlifting—you have to actually “exercise those muscles” in order to ultimately strengthen your memories.”

10. Set Specific Goals

- [Psychology Today](#) recommends using the SMART method:
 - Specific: Set specific goals with an actionable plan, such as “I will study every day between 2 and 4 p.m. at the library.”
 - Measurable: Plan to study a certain number of hours or raise your exam score by a certain percent to give you a measurable benchmark.
 - Achievable: Goals should be realistic and within your reach.
 - Relevant: Goals should align with values and long-term goals.
 - Time-specific: Keep your goals consistent with your academic calendar and your other responsibilities.



Faculty Advisor Spotlight: Professor Peter Cullum

Associate Professor – Studio Art

Your Philosophy on Faculty Advising for Student Success

I begin with a frank discussion with each advisee about how they personally define success. There are so many different career paths in the art world that I want to explore which ones they are interested in. This discovery process is often a two-way street: I get to learn about new careers that didn't exist just a few years ago while also guiding each student toward their exciting future. Advising, like a class, has homework! Students work on 3 and 5-year goal-setting exercises to help them clarify their individual definition of success.

Your Passion for Advising Students

My joy in advising comes from demystifying processes and clarifying options so each student is empowered and confident in making their own academic and career decisions. Each student starts with a vision and, early in the advising process, I am offering ways to broaden that vision. Later, as they begin to recognise their strengths we can focus on their future goals and plans. I want each of my students to be as confident entering the world as they are crossing the stage to get their diploma. Seeing this process come together over four years is incredibly rewarding.

Your Advice for Students

In my experience, the most successful students are the most proactive ones. Come to the advising meeting prepared. Think about the next steps to fulfill your major and minor requirements. While I am happy to help shepherd students through that process, our most valuable time should be spent discussing your long-term goals. With a confident mind and clear plan you'll be well on your way to achieving amazing results.

Interests & Hobbies

I have always been a bit of an information sponge so I am naturally drawn to reading a wide variety of books. One of my favorite campus activities is to peruse the new books section in the Boreham Library. I also enjoy hiking and gaming and anything involving box turtles.



Preparing for Your Advising Appointment

You should receive an email from your professional or faculty advisor the week of September 23rd to schedule your advising appointment for the spring and summer semesters. Just like it's important to prepare for class, it is also important to prepare for your advising appointment. We compiled a list of tips to make the most of the time you spend with your academic advisor!

1 Review your degree plan and select a list of classes you think you want to take in the Spring/Summer semester(s). We recommend picking out a couple extra courses in case one of the options isn't available.
TIP: The spring and summer 2024 schedules will be available on Tuesday, October 1.

2 Evaluate your career goals. Reflect on how your degree will fit with your long term career goals. Do you need to make any adjustments? Do you have any questions for your advisor about your career plan?
TIP: Write your questions down and take them with you so you don't forget to ask!

3 Be honest! Be open about your dreams, struggles, opportunities, and areas of weakness.
TIP: Your advisor wants you to succeed and is equipped with tools to help you do so! Just ASK!

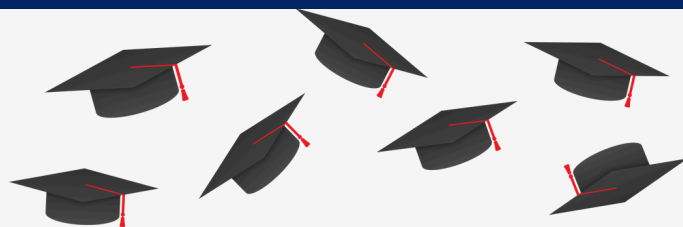


STUDENT RESOURCES AT UAFS

QUICK REFERENCE GUIDE

ACADEMIC / STUDENT SUCCESS	HEALTH & WELLNESS
<u>GORDON KELLEY ACADEMIC SUCCESS CENTER</u>	<u>STUDENT COUNSELING CENTER</u>
<u>WRITING CENTER</u>	<u>DENTAL HYGIENE CLINIC</u>
<u>BOREHAM LIBRARY</u>	<u>LION PRIDE PANTRY</u>
<u>BABB CENTER FOR CAREER SERVICES</u>	<u>POWELL STUDENT HEALTH CLINIC</u>
<u>TRIO STEM / TRIO SSS</u>	<u>RECREATION AND WELLNESS CENTER</u>

All resources above are hyperlinked for your convenience.



Graduating in Spring 2025?

If you haven't already, you will be receiving communication from your advisor in CASAC about completing your graduation application with us soon! Please keep an eye on your student email about scheduling your graduation application appointment. This can be done in person or over Zoom.

In this appointment we'll go over the following:

- Your Degree Progress
- Remaining Courses Left to Complete Your Degree
- How You'd Like Your Name Listed On Your Diploma
- Any Questions You Have About Graduation

Our Commitment to Students

Journi, Justin, Drake, and Eden are here to help you meet your academic, personal, and career goals! Each advisor in the CAS Advising Center has a passion for serving students and guiding them towards success. We're committed to providing specific and accurate information relating to the curriculum, institutional policies and procedures, course sequencing, learning outcomes, pedagogy, and requirements for majors, minors, and concentrations in CAS. We recognize and respect diverse identities and perspectives. We promise to be accessible via multiple modalities and encourage advisee interaction and questions outside their typical transactional advising needs. We have an appreciation for students' perspectives and maintaining a student-centered posture. We're committed to helping students confidently develop their educational/career paths based on their interests, gifts, skills, and abilities.



Journi, Justin, Drake, & Eden

UPCOMING DATES

- Advising Campaigns Sent to Students..... **September 23**
- Last Day to Drop a First 8-Week Class with a W... **September 27**
- Spring/Summer 2025 Schedule Available..... **October 1**
- Second 8-Week Classes Begin..... **October 10**
- Last Day to Drop 2nd 8 Wk Class w/ Full Refund **October 11**
- Fall Break (No Classes/Offices Open)..... **October 14-15**
- School of Education Application Deadline..... **October 15**

LET'S STAY IN TOUCH!



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