



CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter



STAFF SPOTLIGHT

Kristen Merritt
ADVISING COORDINATOR

Kristen began working as an academic advisor at UAFS in June 2019 after earning her Master's Degree in College Student Personnel from Arkansas Tech University. Both her Bachelor's and Master's degrees are from ATU! She is from Dardanelle, Arkansas. She was promoted to Advising Coordinator in August 2021. She primarily advises STEM majors in the College of Arts and Sciences.

Kristen's favorite part about working at UAFS is the warm and inviting environment among faculty, staff, and students. Every student counts at UAFS, and it shows every day! Her advising philosophy involves helping students realize their full potential both inside and outside of the classroom with a holistic advising approach. She takes pride in being a trustworthy, reliable, and resourceful advisor for her students.

When she's not at work, Kristen enjoys running, exercising, shopping, and decorating. She finds enjoyment in being creative. For instance, she currently designs each of our monthly newsletters! She is also busy training for a half marathon later this month! This will be the 5th one she's completed. She believes exercise is at the core of a healthy mind!

SUGGESTED READING

- <https://www.washington.edu/counseling/covid-19/tips-for-studying-from-home/>

WHAT'S HAPPENING IN THE CENTER?

Priority Registration starts November 15th!

Priority registration is available to all current UAFS students, and occurs via your My.UAFS. You are required to meet with your faculty or CAS Advisor prior to registration. Priority registration is important because it helps you get a seat in the courses you need.

Make sure you take care of all holds that will prevent registration prior to your date. To do so, log in to your My.UAFS, click the "Students" tab, click the student services button, then click the "Register Add/Drop" icon to view your holds. If you have questions about a hold on your account, please contact your CAS Advisor for help.

The CAS Advising Center has computers available to students in the center for web registration. An advisor or student worker will be happy to assist you with registration.



WHEN AM I ABLE TO WEB REGISTER?

- November 15th - Certain Groups
- November 16th - 90+ Credit Hours
- November 17th - 60+ Credit Hours
- November 18th - 30+ Credit Hours
- November 19th - 0 - 29 Credit Hours
- November 22nd - Nondegree seeking, transient, and concurrent students

Finals Week

TIPS FOR PRACTICING SELF CARE

- Get plenty of sleep (we know it's hard!)
- Drink lots of water (don't over-caffeinate!)
- Take a break!
- Utilize the Counseling Center and Academic Success Center on campus
- Unplug from social media.



TIPS FOR STUDYING AT HOME:

HAVE A DEDICATED LEARNING SPACE

- CHOOSE A SPACE SEPARATE FROM YOUR SLEEP AREA
- LET OTHERS AT HOME KNOW WHEN YOU ARE ATTENDING CLASS OR STUDYING
- ATTEND CLASS AND TAKE EXAMS IN THE SAME SPACE

STAY ON TRACK

- IDENTIFY THE NUMBER OF EXAMS, TYPES OF ASSIGNMENTS, AND EXPECTATIONS
- CHECK EMAIL REGULARLY

CONNECT WITH YOUR LEARNING COMMUNITY

- COMMUNICATE WITH PROFESSORS OR PEERS IN YOUR CLASSES
- SHARE YOUR LEARNING/STUDY STRATEGIES
- BE PROACTIVE!

CREATE A ROUTINE

- ESTABLISH A ROUTINE AS IF YOU WERE GOING TO CLASSES
- INCLUDE A MORNING RITUAL (I.E. EATING BREAKFAST AND GETTING DRESSED)
- TAKE BREAKS TO HELP YOU STAY ENGAGED



FACULTY ADVISOR SPOTLIGHT

Dr. Myron Rigsby

ASSOCIATE PROFESSOR OF MATHEMATICS

Your philosophy on faculty advising as a vehicle for student success. We must remember that each student is a unique individual with a distinct set of interests, abilities, experiences, and responsibilities. We can help students find a path toward their goals within their personal environment.

Describe your passion for advising students. Personal relationships matter to students. Advising is another opportunity to interact with students on an individual basis and learn about their life and interests. Also, students live course to course. Advising is one opportunity for faculty members to talk with students about the degree program.

Your Faculty Rank
Associate Professor.

Interests and Hobbies
Alabama football and the outdoors.

Advice for Students
If all your degree gets you is a better job, then we have failed you. An education should be about better understanding yourself and the world around you. Treat every course as important.

GRADUATING SENIOR SPOTLIGHT



Peggy Hammonds

CAS Advising Center Student Worker

Q: Tell us a little about yourself!

I am a Rhetoric and Writing Major with a focus on Creative Writing and a minor in Business. I enjoy reading, writing, bingeing tv, and spending time with my friends and family, especially playing games!

Q: What have you enjoyed most about working in the CAS Advising Center?

I have worked in the CAS Advising Center since I was a Freshman, 3 years ago! It is the best working environment I could ask for: the advisors I work with are amazing, I scan, fill out, and upload documents which I enjoy, and it's an opportunity to meet other students and faculty! I guess I just love all of it!

Q: What are your plans after graduation?

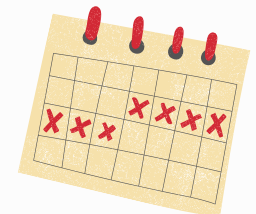
After graduation I plan on going to ATU in Russellville to pursue a masters in Advising! I would love to return to UAFS as an academic advisor someday in the future. Working in the CAS Advising Center has been more than a job to me and has helped me feel connected to UAFS and realize what I want to do after graduation.



IMPORTANT DATES

There are many dates to remember for the remainder of the semester. Here is a quick list of important ones to remember:

- November 12 - Last day to drop a 16 week course with a "W"
- November 15 - Payment plans open for Spring 2022 on My.UAFS
- November 16-22 - Priority registration
- November 24-26 - Thanksgiving Holiday (campus will be closed Nov. 24 and 25)
- November 29 - Last day to drop a second 8 week course with a "W"
- December 9 - Last day of classes
- December 10 - Reading Day
- December 11 - 17 - Final Exams
- December 18 - Commencement
- December 23 - Grades available in My.UAFS



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