



CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter

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HOW TO MANAGE THE STRESS OF FINALS WEEK

Finals week can be an especially stressful time for college students. With many assignments, projects, and tests for different courses due at once, preparing can often be challenging. However, there are some resources to help! Follow these simple tips below to mitigate stress from college finals:

1. Create a Schedule (and stick to it!)

It is important to maintain a regular schedule of activities and to take care of your usual responsibilities. This helps create a sense of normalcy. Be intentional when studying and make sure to study for each subject - not just one. Spending time studying for one exam while neglecting the others is not a recipe for success. Make a study plan and adhere to it!

2. Avoid Multitasking

Doing multiple tasks at once is less effective. It is important to focus on each individual task during a specific time. Allow time to eat a meal instead of snacking while studying. Close the laptop and put away study items during this time. Focusing on individual tasks leads to more productivity in the long run.

3. Take Mental Breaks & Exercise

With long to-do-lists, final exams to study for, and final projects due, it is easy to forget to take care of yourself. Prioritize both your mental and physical health by taking brain breaks, going on a walk outside, spending time with your friends and/or family, or take part in something you enjoy. These breaks can help you recharge and are good for your health!

Source: [How to Deal With College Finals Stress - US NEWS & WORLD REPORT](#)

Helpful Tip:

Stop by the "Donut Forget Your Scantron" stations set up across campus on December 11th and 12th for free donuts, pencils, scantrons, FAFSA information, and more on your way to class! There will be stations in Baldor, Math-Science, the Smith-Pendergraft Campus Center, Vines, Pendergraft Health Sciences building, Flanders, Windgate, & Breedlove!

Items will be available from 7:30-9:30 am each morning.



FAFSA & SCHOLARSHIPS

THE 24-25 FAFSA OPENS BY DECEMBER 31ST!

Apply for FAFSA: [Learn more here!](#)

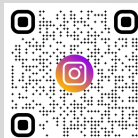
Lion's Share connects UAFS students to scholarships made possible by the generous support of private donors. This simple online application gives students another resource to help pay for college. Please be aware that Lion's Share is only for UAFS Foundation awards. University scholarships (merit, prestigious, etc.) must be applied for separately.

[Apply here for Lion's Share](#)

Be sure to submit your application before the priority deadline of Feb. 5, 2024.

LET'S STAY IN TOUCH!

Follow us on social media!



INSTAGRAM:
@UAFSCASADVISE



FACEBOOK:
UAFS ARTS & SCIENCES ADVISING

Faculty Advisor Spotlight Dr. Alex Zacharella

Director of Bands & Professor of Low Brass

Your Philosophy on Faculty Advising for Student Success

Advising students is one of the most important things I get to do. Many of our music majors, like me, are first generation college students. They have found their way into music because a music teacher touched their lives, and they want to impart on others that same excitement and passion for music that they themselves received in school. My job is to help students get a firm grasp on what the Bachelor of Music Education degree or Bachelor of Arts in Music degree really entails, how to plot and plan for their next four plus years and all the wonderful possibilities that lie beyond in the workforce or in potential graduate degree studies.

Describe Your Passion for Advising Students

My passion for advising students comes from the passion that was shown me in my undergrad, graduate, and doctoral music programs. I had three of the very best college advisors and at each stage of my development they were there to guide me, lift me up, keep me on track and help me follow my passion. My goal is to now pay it forward and help students do the same.



Your Interests and Hobbies

Well.....music, music and walking my adorable black lab mix rescue, Jack/Jackson/Jackie Boy!

In all seriousness, I am fortunate that my career as a musician, artist, conductor, pedagogue keeps me very busy and active. I love to travel and take photographs of landscapes. I also love listening to new music, I call it changing the channel. Every day, I put on, sometimes random sometimes planned, music I have never heard before to expand my love and knowledge of music. I encourage my students to do the same, the world is a big place with incredible music waiting to be devoured and enjoyed!

College of Arts & Sciences

GRADUATING SENIOR SPOTLIGHTS

CORYN CHAFFIN

Major: Chemistry with a Concentration in Biochemistry



What are your plans after graduation?

After graduation I will be working full time as a medical assistant at Johnson Dermatology as well as applying to Physician Assistant Programs to pursue a PA degree. I hope to work in pediatrics, dermatology or another type of specialty.

What was your advising experience like at UAFS?

While at UAFS I had multiple advisors due to athletics and a chemistry degree plan. My professors were helpful in discussing future classes, looking for internships, and gathering all the application information necessary for medical school / PA school. I had very intentional professors that truly cared about my success. In particular, Dr. Belcher, Dr. Kannan, and Dr. Mader. I am truly grateful to have been their student and still continue a relationship with them despite not being in their classes anymore.

What was the best part about being a lion?

As a lion, some of my most favorite memories were made through Lions for Christ, a campus ministry at UAFS. I found a community of people that expressed the love of God and pushed me to be the best version of myself. This campus ministry lives out the gospel and teaches others that they are designed for a purpose much greater than picking out the right career or degree. I found that LFC shaped and empowered me to become a confident, driven, empathetic leader with eyes to see others needs before my own. By the grace of God and the love of this community, I have long-lasting real friendships and a taste of God's love that encourages me to show to others. LFC will forever hold a special place in my heart, and is truly the best thing about my college experience.

JESSE WITT



Major: Computer Science with a General Concentration, Minor in Mathematics

What are your plans after graduation?

My plans post-graduation involve moving up to Northwest Arkansas to start my role as a Software Engineer for JB Hunt!

What was your advising experience like at UAFS?

My advising experience at UAFS was incredible. Each advisor I've had was helpful, informative, always advocated for me, and showed me options and different paths I could pursue to obtain my bachelor's degree.

What was the best part about being a lion?

My time here at UAFS has left me better prepared for a future in the tech industry. The best part about being a Lion to me is getting to be part of a friendly close-knit community of students, faculty, and staff that all encourage me to succeed.

Major: Media Communication with a Concentration in Media Production & Writing, Minor in Sociology

What are your plans after graduation?

After obtaining my degree in Media Communication, I plan to pursue a career in Social Media Management, as I love working with all things social media and creating all types of content, no matter the platform. I am planning to relocate to Allen, Texas following graduation as well.

What was your advising experience like at UAFS?

When I first transferred to UAFS in Fall of 2021, I was so scared, as it felt like being the new kid in a whole new world, like you would imagine a new kid entering high school. However, after I had my first advising session with the CAS center, I felt at home. My advisor, Justin Martin, was so approachable and actually made the advising experience FUN! I will really miss him once I graduate.

What was the best part about being a lion?

Becoming a lion at UAFS was one of the best decisions I've ever made in my life. I was able to stay close to home and obtain a quality degree, and I'm forever thankful for all of the meaningful bonds and friendships I've made during my time at UAFS. To Justin Martin and the CAS advising office for always being there for me and my questions, to my amazing friends and former co-workers in the Babb Center for Career Services, and one of my primary MCOM professors, Dr. Nicki, for just being outright awesome and always caring for her students. I am proud to have attended UAFS and always will be, even as an alumni.

KIRSTEN MATLOCK



MAYELI RIVAS



Major: Associate of Arts

What are your plans after graduation?

After graduating with my AGS, I plan to continue my studies for my Bachelors in Science of Nursing. I am currently about to enter my 3rd year as a Nursing student and am excited to start my clinical rounds!

What was your advising experience like at UAFS?

My advising experience at UAFS has been exceptional. I have had upwards of 5 different advisors for different parts of my educational career. I have built awesome professional relationships with each of the advisors and know that I am free to contact them whenever I need anything. My previous and current advisors have all helped me gain a better understanding in what classes I need and how to successfully register for them. They also have encouraged me and provided me tools to succeed in the the most difficult classes. Advising is critical in the retention of students at a University, especially a small one like UAFS. Just like a nurse is a patient advocate, an advisor is an advocate for the students. They are here to help and only want the students to succeed.

What was the best part about being a lion?

Being a Lion is amazing! UAFS has offered me so many opportunities and opened many doors when I was not even looking. I have met so many wonderful staff and employees, as well as students. Whenever I think back to the best part of being a Lion, I think back to Cub Camp, interactive campus activities like Haunted University, and the wonderful student associations that volunteer their time while also having fun. One of my favorite experiences as a Lion was my Maymester spent in South Carolina. The Myles Friedman honors students got to explore the deep history in Charleston, SC while also have an interesting but fun trip. This upcoming semester I plan to take a Maymester in Belize! Take part in all the activities and opportunities UAFS has to offer, along the way you'll meet new friends and enhance your college experience.

College of Arts & Sciences

FALL 2023 GRADUATES

Associate of Applied Science in Criminal Justice

Landon W Verkamp
Madison Whitney McDaniel
Jose Angel Cordova Jr

Associate of Arts

Kristin Marie Ross
Amanda Gail McKenna
Teresa Gayle Teague
Ashley Marie Grizzle
Jada Aubrey Laws
Alexander J Dart
Mayeli Del Carmen Rivas
Esdras Daniel Carcamo
Brittani Raylynn Oliver
Vandenesha Benjamin
Anna Elizabeth Staples
Abigail Delafuente
Madison Nicole Linker
Mackenzie Brenae Reid
Kaleb Michael McLaughlin
Alyssa Belle Lovan
Vanessa Gonzalez
Emily Southammavong
Sierra McEntyre
Brianna Nicole Leeann Watts
Jessica Matamoras
Tika Muncrief
Erick Hernandez
Matthew Bonilla
Daylon Burch
Shawn Michael Robison
Gavin Wayne Garrett
Grant Michael Elmore
Emily Breann Nicko
Jake Henry Grist
Zailly Lizeth Monterroza
Taylor Lauricella
Katelyne L. Thongkham
Luke C Barnes
Joshua Easton Maze
Destinee Airana Barnum
Steven Joseph Simon
Brayden Jackson Ross
Alexis Karen Townsley
Rachel Nuñez
Hannah Kristine Owens
Rylee Ryan
Karson T. Ramirez
E'Claisha Monae Dobbs
Lexi Paige Dyer
Hannah Rachelle Watkins
Kylie Alexis Hicks
Kobe Spencer Panis
Ashton Blaine Durant
Israel C Hatley
Taylor Danielle Pixley
Charis Alynna Shure
Benjamin David Huff
Nayda Barbry
Blayne M Quarnstrom
Addisyn B Jones
Analise Rosalee Black
Barrett Glass
Trenton Ball
Jonathan Thomas Mitchell
Jennifer P Martinez
Karley Ann Brasher
Kya Shea Mason
Marylin Lisbeth Rivas
Alexis Williams Love
Chloe A Ford
Jessica Isabella Polk
Tanner Shea Callahan
Javiya Renee Lawson
Angie Negrete
Cristobal Raul Rodriguez
Elizabeth Margaret Jones
Christian Phillip Robertson

Hayden A Wells
Taylor Lauren Horn
Sydney Lynn Crabtree
Jonathan Matthew Nix
Allison Smith
Austyn Michele Russell
Destiny Nichole Smith
Haliel Juarez
Abigail Leigh Carico
Letty Lynn Conner
Tara Nicole Nix
Abby Jane Summitt
Elizabeth Michelle Terry
Alexis Faith Gibson
Anna Lynne Hightower
Joy Chek Collins
Hannah Nicole Aldridge
Logan Oscar Perez
Zachary Lyndon Larue
Jacey Joleen Whisenhunt
Jalen Danika Collins
Eezette Arlene Carranza
Taylor Paige Hartsfield
McKenna Danielle Lee
Khuong "Peter" Duy Ta
Mya Elizabeth Motley
Anna Leigh Carden
Ayden I Karnes
Kirsten D Garner
Jase Austin Strozler
Emma Smith
Madison Holt
Cory Hansen
Colton Zachary Williamson
Alexis Elizabeth Davis
Alex Lee Beherns
Edie Maria Caplinger
Isabella Grace Law
Kimberly Vanessa Cruz-Chavez
Dylan Ray Parham
Emily Nicole Kelley
Audrey Elizabeth Dahlem
Vanessa Paj Suab Vue
Kendyl Marie Hooper
Ciera H. Grijalva
Libbi Jo Cusimano
Joselyn Garduza Sanchez
Sydney Kay Bales
Kaylin Brianna Horne
Ngoc Nhu Quynh Nguyen
Maiya Ayanna Reed

Associate of General Studies

Jessica Yutterman
William Harrison Green
Christopher David Dunn
Marlene Toledo
Brooklyn Page Ray
Karina Avila
Angela Carriemae Mooney
Lydia Vaughan Bowerman
Maci Paige White
Veronica Kay Christine Vaughn
Pacie Leighton Becker
Ashley C Marschewski
Breanna Nicole Rice
Kejuan Hunt
Bailey Bowlin
Joan Sebastian Martinez
Hayden Sexton
Nathan C Robles
Emma R Ogilvie
Lyndsie Hicks
Reyna Diane Lamb
Savannah Lynn Foster
Faith Harris
Makenzie Caroline Pogue
Victor A. Martinez
Jessica Katherine Griffin
Sidney Faye Hatley
Jordan Renee Scott

Amanda Renee House
Tommy Phan
Mackenzie Castling
Connor Hadley-Kimbrell
Ana Anguiano
Cali Mae Parks
Jose Almaraz
Zoe K Leonard
Jenna Michelle Nix
Ian Kamm
Jireh R. Gonzalez
Sierra J Weaver
William Jason Shackelford
Billy R Marts
Anna R McCoy
Alejandro Iturriaga
Gabrielle Moriah Solomon
Itzel Espinosa
Brock Allen Thrash
Tyree Rahsjay Welch
Aaron Jakob Saltsman
Sierra Danielle Wilson
Dakota Bryce Peters
Emily Marie Rowton
Peyton T. Edgar
Caleb Griffith
Shawnee Haysmer
Kaylin Rae Watson
Alondra Perla Araujo
Phillip R Barker
Braxten Steven Martin
Dylan E Perez
Quinton Wesley Gano
Jakob Wriley Petross
Justin H Pham
Lukas Walker Petross
Kendrix Holcomb
Ken Huang
Grace McCormick
Ryan Patrick White
Allan Galvez
Giselle Alvarado
Megan N. Welch
Daniel Wade Crober
James Tyler Holmes
Mariel Katherine Haest
Diana Paredes
Stacy Lynn Ollervidez
Chase Estes
Hannah E Carney
Samuel Linares
Christopher Adrian Mendoza
Julia Elizabeth Bond
Sofia Nicole Pena
Kelsey B. Yother
Vanessa L Zelaya
Noah J Davis
Zackery Beshears
Katie Brown
Kaleb Matthew Furlow
Yovana Martinez
Brant Jackson Langley
Lea Ann Thompson
Logan Walker McLellan
Markellsyia Denise Pearson
Parker G Wesson
Sapphanie Le
Ruben Nava
Gabriel C Hubbard
Heather P Xiong
Jordyn F Krigbaum
Braxton Allen Riley
Crystal Atkinson
Camryn Elizabeth Harvey
Riley Lynn Hayes
Sydney L Hesson
Brooke E Purifoy
Isaac Lynn Nichols
Payton Earl Brown
Ashlynn Nicole Barron
Saylor D. Vera
Yazmin Castro-Dominguez
Anthony Steve Carrascoza
Jordan Savannah White
Reagan Alexander Macha

Sydney E. Barnes
Lane G English
Eric Allen Durling
Aaron Logan
Ayren Binam
Rylee Jaye Ross
Olivia P Aguilar
Vicente S Centeno
Kasea E Wight
Jaquelin De La Fuente
Courtney Alyssa Marie Nickerson
Austin Heath Place
Jeremy Roland Navarro Tandoy
Taryn Nicole Ridenour
Toan Cao
Jaedyn King
Ciara Grace Lance
Eunity Kantrell Alexandria Taylor
Micah Holyfield
Fallon Rowe

Associate of Science Engineering

Cody Austin Pickett
Isaac David Emerson
Gavin A Moore
Colton Silvey
Gabriel Santos Racher

Certificate of Proficiency Cyber Systems

Branigan Tyler Nguyen Geocates
Christopher Hall

Certificate of Proficiency Grant & Nonprofit Writing

Teresa Teague
Jennie Renee Carr

Certificate of Proficiency Pre-Law Studies

Lauren O Wilkinson
Stephany Danielle Papp

Certificate of Proficiency Spanish for Helping Professions

Abigail Delafuente
Gabriella Denis Hernandez Donato
Edgar Manuel Garcia
Yesica Marlene Perez
Rachel Nuñez
William A Romero
Jamie Mathews
Sophia Ellen Mammarella
Suheidy Heidi Hedman
Cole Wright
Lauren Anne Christianson

Certificate of Proficiency Teaching English as a Second Language

Gabriella Denis Hernandez Donato
Eden Star Akins

College of Arts & Sciences

FALL 2023 GRADUATES

Bachelor of Science in Information Technology

Blake M Godwin
Austin Evans
Brandon Ledbetter
Ryan M Smith
Jacob Dawson
Marvin James Locke

Bachelor of Science in Computer Science

Brandon Robert Lee Evans
Jesse Witt

Bachelor of Arts in English

Dustin Falcon Rogers
Austin Phillips
Dalton Lee Ball
Olivia Kailee Garner

Bachelor of Arts in Rhetoric & Writing

Sarah Chiles

Bachelor of Arts in Spanish

Gabriella Denis Hernandez Donato

Bachelor of Arts in Studio Art

Brooke N Short
Bailey Dawn Woodward
Eilene Rosemarie Pearson

Bachelor of Arts in History

Rochelle Anne Thomas
Ilse Anais Arroyo
Natalie Odeth Verdin
Madeline Brennan

Bachelor of Arts in Media Communication

Dezaray Elayne Wiederhold
Kobe Godwin
Kirsten Grayce Matlock
Rylen Irene Baxter
Pierson C Hurst
Chloe Anne McConnell

Bachelor of Arts in Political Science

Steffany Danielle Papp

Bachelor of General Studies

Teresa Pellam
Chris Willhite
Austin J Calvillo
Kristian Moore
Branigan Tyler Nguyen Geoates
Bailey Shae Davis
Brady Harper
Hannah Lynn Watkins
Paw Thu Mwe
Tandra Rochelle Thomas
Firdaws Atakora
Cassie Nicole Covey

Bachelor of Science in English with Teaching Licensure

William Payne Sillavan
Leah Fowler Sheffield
Mari Kagen Turnipseed

Bachelor of Science in Biology

Tyler Daniel Lesley
Samantha Kate Cobos
Kiersten Renae Green
Ashley Dawn Robbins
Cody Stevens
Natalie Alcocer-Orduña
Alexsandar Ben Amor
Shelby Potter
Jillian Cochran
Sela Johnston
Reagan Cox
Ryan Don Bennett Jacobs
Kiara Kesterson
Paul Gambill
Ethan Mathew Moore
Evie Elise Hickman
William A Romero
Maria Guadalupe Salas
Nelly Briana Ortiz
Jessica Sara Edwards
Corey Bass

Bachelor of Science in Chemistry

Kenia Mendez Vivar
Keegan Douglas Hice
Tran Huynh Nguyen
Aries Jacqueline Sanders
Gabrielle Hinton
Coryn Chaffin
Raquel Spencer

Bachelor of Science in Mathematics

Jalease Tyra Nicole Lofton
Kagan Wallace Stockton
Brianna Aylin Calvillo
Ricardo Sanabria

Bachelor of Science in Mathematics with Teaching Licensure

Molly Kelley

Bachelor of Music Education

Viravanh Tommy Thavonekham
Jack A Garner

Bachelor of Science in Criminal Justice

Teresa Dunlap
E. Brooke Dolan-White
Destiny Marie Davis
Magdalena Castillo Espinoza
Shana Blue
Andrea Susan Campbell
Amanda Marie Barr
Karleigh A Ross
Connor Lee Morris
Cade Noel Brooks
Benjamin Andy Pollock
Adriana Elizabeth Young
Charliasha Janaye Thomas

Bachelor of Science in History with Teaching Licensure

Michael Dane Millard
Matthew Lee Wilson
Cassidy Jean Vanhook
Melissa Bennett

Happy Holidays from the CASAC Staff!

We hope you enjoy your break!