



UAFS

ARTS AND SCIENCES
ADVISING

CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter

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Welcome Back, Lions! Let's finish the Semester Strong!

Lions.

In this edition of CASAC Monthly, you'll find some helpful tips for preparing for your advising appointment, tips and tricks for online learning, what your advisors have been up to, and we'll shine the spotlight on a faculty advisor in our college. We hope you enjoy this edition of CASAC monthly!

-Your Friends in CASAC!

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PREPARING FOR YOUR ADVISING APPOINTMENT

1) Know Before You Go!

Look at your degree plan, academic plan, and class schedule before your advising appointment to have an idea of what you'd like to take.

2) Know To Whom, When, & Where To Go

When you schedule your appointment, make sure to make note of whom you're meeting with and when. You'll get reminders for your appointment, but you want to make sure to prepare ahead of time. Make sure to confirm the location of your appointment as well!

3) Be Honest With Your Advisor

Don't be afraid to ask tough questions. Now is the time to ask about balancing academics and your life. Do you need assistance in any of your classes? Do you know how to access the Undergraduate Catalog? Where do I go when I feel stressed and strained? These are all things your advisor can help you with!

4) Think About Your Post-Graduation Plans

Knowing what your career goals are will allow your advisor to tailor your degree plan and courses to make the most of your academic experience and reach the goals you've set for yourself.

ADVISING vs. REGISTRATION: What's the Difference?

advising [ad·vis·ing] (*verb*)

Advising is the action of meeting with your assigned advisor to discuss your progress, any questions you have, and which courses you should take for the upcoming semester.

(see **advising** in the UAFS Student Dictionary)

registration [reg·is·tra·tion] (*verb*)

Registration is the act registering for classes. This is often done through My.UAFS or with a professional advisor. Registration is not complete until you see courses on your student detail schedule and bill.

(see: **Adding Classes** in the UAFS Student Dictionary)

The UAFS Student Dictionary can be found on the UAFS website.

LET'S CHAT: TIPS & TRICKS FOR ONLINE LEARNING

"Online learning has several of the same basic elements as face-to-face learning. The major difference is that instruction is delivered online – either through synchronous interactions (e.g., Zoom meetings, live-streamed lectures, live chats), asynchronous interactions (e.g., discussion forums, self-paced online lessons, pre-recorded videos), or a combination of these."

Create Space to Learn

Have a dedicated study space. This can be in your room at home, a home office, or even dedicate yourself to using the library on campus!

Actively Engage with the Course

Engage with your course, your faculty, and your peers! Read the text, watch the videos, and participate in discussion boards.

Build a Custom Schedule

Build a schedule that makes sense for you. Include time for studying, homework, work, and other obligations. Give yourself enough time to complete coursework without rushing.

Ask for Assistance

Your professors, advisor, the Academic Success Center, and the Writing Center are all here to help! Don't hesitate to reach out if you need it!

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Keep an Open Mind

Each online course is built differently, as is each instructor. Go into each course with an open mind and the possibilities will be limitless.

Manage Your Time Effectively

Make sure to note due dates, assignments, etc., and plan accordingly. Don't wait until Sunday to complete all your assignments for the week.

Have A Tech Backup Plan

Sometimes, technology fails us. Store your assignments in a safe place, such as your UAFA OneDrive or a flash drive!

Be Kind To Yourself

You've got this! Feeling tired or overwhelmed? Take a break. Give yourself grace if something doesn't go right on the first try.

When in Doubt, Find Out!

Sometimes, we need more clarification on course topics. Ask your professor if you could meet to discuss and ask questions.

Faculty Advisor Spotlight: Carolyn Thompson M.S.

Senior Instructor of Communication

Your Philosophy on Faculty Advising for Student Success

My philosophy on faculty advising for student success is to offer a comprehensive approach to advising by understanding each student's unique needs and goals in our degree program. The first year can be overwhelming, so building tools to understand the academic and advising process is critical. Students have the most interaction with faculty, and this offers an opportunity to introduce academic strategies during lectures. It is common to have classroom discussions or activities around academic advising or student success in my introductory courses. As an Advisor, we wear multiple hats from interpreting the degree program to sharing career options, add/drop procedures, internships, graduate school, and teaching students how to manage ambiguity.



Your Passion for Advising Students

My passion for advising students begins with my own experience of having a supportive network. There are obstacles you must navigate on your academic journey. It is about helping the next person to navigate their path. The excitement of staying connected to our first graduating class (2010) to our current Media Communication students brings pride in what we do as a Media Communication Community.

Your Advice for Students

My advice for students would be to ask for help. Asking for help can be one of the most difficult tasks for people. It is okay not to have all the answers. College is about discovering who you are and building a network of resources. On the first day of class, I made it a point to use the phrase "do not suffer in silence" while sharing three points of contact at the University. Other helpful tips would include using positive talk about yourself to keep a healthy mindset, trying new things to broaden your perspective on the world around you, dreaming big and never giving up.



Interests & Hobbies

I enjoy the ability to capture new perspectives of everyday life through photography, spending time discovering my ancestry and motivational public speaking. I also enjoy the challenge of Martial Arts training to keep a healthy lifestyle. I love to recharge by reading, watching movies and listening to podcasts.



CASAC Advisors Attend Professional Development

In March, the professional advisors in the College of Arts & Sciences Advising Center have been busy attending different types of professional development to ensure we're providing you with the best possible services. Advising Coordinator, Justin, kicked off the month by attending the 2024 NACADA Regions 4 & 7 conference in New Orleans, Louisiana. Justin attended sessions on inclusion, student progression, and building hope through advising.

All CASAC professional Advisors (Justin, Drake, and Journi) attended the 2024 UAFS Mini-Conference: Bridging the Gap, where they attended sessions about promoting the institution through self, communicating across generations, and assisting students with different life experiences.



Justin with Kim & Sophie at NACADA Region 7 in New Orleans, LA



Justin, Journi, & Drake 2024 UAFS Mini Conference



STUDENT HEALTH AND WELLNESS RESOURCES

“At UAFS we believe in providing for the well-being of the whole student. In order to fulfill this mission, we offer a range of services, facilities, and programs to care for and improve your mental and physical health.”

UAFS Student Counseling Center

The University of Arkansas - Fort Smith Student Counseling Center is committed to treating the psychiatric, behavioral, and emotional needs of our students. Our licensed, caring mental health professionals understand that mental illness and disorders are real, and are here to help you navigate through difficult times.



UAFS students who are currently enrolled in credit courses, including UAF Engineering and ROTC programs, can receive up to eight counseling sessions each year at no charge.

Dental Hygiene Clinic

Taking care of your teeth is very important. Whatever your age, financial circumstances, or dental hygiene needs, you want the best care possible. The Dental Hygiene Clinic at UAFS provides comprehensive dental hygiene care you want at a price you can afford. Students provide services under the supervision of our expert faculty licensed dental hygienists and dentists.



Lion Pride Pantry

The pantry originally began as a blessing box-style pantry in fall 2019. When COVID-19 hit in March 2020, the pantry began giving out food bags at its current location inside the Recreation and Wellness Center (RAWC).



Eligible patrons (UAFS undergraduate and graduate students, faculty, staff, and contract partners) can visit the pantry once per week for food, school supplies, and household and personal care items. The pantry is open 11 a.m. to 1 p.m. Tuesdays and Wednesdays. Students who need to access the pantry after pantry hours may contact UPD at 479-788-7140.

Powell Student Health Clinic

The Powell student health clinic is a free resource for eligible students (currently enrolled students – part-time, full-time, undergraduate, graduate – with the exception of WATC, concurrent, RWG, and health care-eligible employees who are students) to use for many health and wellness related issues. Services provided include: walk-in sick visits, prescription refills, tuberculosis testing, simple wound care, flu shots, labs as indicated, annual wellness physicals, chronic issue management, health screening for admission into health science programs, diabetes testing, and depression screening.



Recreation & Wellness Center (RAWC)

Campus Recreation and Wellness is here to enhance the quality of life of our students, faculty, and staff by providing opportunities for participation in various recreation programs, services and facilities.

The department includes the Recreation and Wellness Center (better known as the RAWC), intramural sports, fitness programs, club sports, climbing and bouldering walls, and outdoor programs.

UAFS students have access to our facilities and programs including: a 35-foot climbing wall, a 15-foot bouldering wall, matrix strength and cardiovascular equipment, two full-size basketball courts, two studio rooms for group fitness and personal fitness use, a walking/jogging track, group fitness classes, & much more!



Information Courtesy of UAFS Student Life. For More information, visit the [UAFS Website](#).

UPCOMING DATES

Undergraduate Research Symposium.....	April 5
No Classes.....	April 5
Last Day to Drop 16-Week Course with 'W'.....	April 12
Registration Week.....	April 15-19
Last Day of Spring Classes.....	May 3
Final Exams Week.....	May 4-10
Commencement (Graduation).....	May 11

LET'S STAY IN TOUCH!



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