

The LAS Insider

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Jan/Feb Newsletter

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Welcome Back to UIC!

We hope you had a relaxing vacation and a very happy new year! The Spring 2007 semester promises lots of exciting changes:



Mandatory Freshman Advising Continues! Second semester freshmen will be required to meet with an advisor once during this semester. Stay tuned for more information on deadlines and scheduling appointments!

The Co-op has Moved!

The LAS office of Internships and Co-ops, which was formerly located in 350 UH, has relocated. You may now find the office on the fifth floor of University Hall. For more information on how you can find an internship, call the office at 312-996-0425, or visit the website: <http://www.uic.edu/las/lascoop/>.

New Advisor! LAS welcomes our newest staff member, Juliah Marley. Juliah is a fantastic addition to LAS staff, which is expanding to better serve our students.

As always, we wish you a successful semester! If you need advising, please feel free to make an appointment by calling 312-996-3366.

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Deadlines!

Last Day for Late Registration (drop and add classes online): January 26

Last Day to request Credit/No-Credit for a class: January 26

Last Day to turn in Academic Workshop material: January 26

Last Day to Submit Intent to Graduate for Spring '07: February 2

Last Day for Academic Workshop advising appointment: February 9

Last Day for Late Drops: February 23

Priority Deadline for Study Abroad (Summer, Academic Year and Fall): February 23

Priority Deadline for UIC Financial Aid (remember to fill out your FAFSA): March 1

Avoiding the Senioritis Epidemic

So you are in the home stretch: you have filed your intent to graduate, and you can see graduation just a few short months away. Finally all your hard work is paying off, and you can relax a little and enjoy these last few months of the college lifestyle. But don't "check out" mentally and coast along until graduation. Even if you feel this is a possibility, here are some important things to consider before taking your extended Spring Break.

- **Tie up loose ends at UIC** - Check your records for any incomplete grades, Financial Account balances, or Student Organization dues. These things will not magically disappear once you graduate, and they may come back to haunt you.
- **Prepare for the job hunt** – Job searches can take months, so start while you are still in school. Visit Career Services for assistance in creating a resume, interviewing techniques, and job search resources. Talk to any UIC professionals with whom you have had regular contact to see if they will be a reference for you.
- **Prepare for the next step in your education** – If you have been on-the-ball in applying to graduate or professional schools, then acceptance letters will be pouring in soon. You may still have interviews, essays, and school visits to conduct. Slacking may mean losing your spot at your 1st choice school or scholarship money to help pay for it.
- **Do not let your grades slip** – Employers and post-baccalaureate institutions can and will ask for a final transcript. It may signal a red flag for them if your grades took a big dip your last semester. If your GPA is teetering on the edge and you do not give this semester your best effort, instead of a congratulatory letter from the college, you may find out you are not the College Grad you thought you were.
- **Attend Commencement** – You know Mom and Dad want to attend and take pictures of their child earning a university degree. Commencement will occur on May 13, 2007 (Mother's Day). Further information about time, location, cap and gowns, and student reservations will be available in March.
- **Consider a Summer Internship** – Internships often lead to permanent positions with the employer if you work hard. Some companies require a trainee/internship program before employment, so look into these opportunities while you are still used to living frugally.

"Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved."

-William Jennings Bryant



Future Teachers Association

Are you a pre-elementary or secondary education major? Are you thinking about becoming a teacher? In either case, the Future Teachers Association (FTC) could be a good resource for you.

According to their web site, http://www2.uic.edu/stud_orgs/prof/ftc, the mission of the FTC is to assist "UIC students through the teaching preparation and certification process."

This organization provides resources for preparing for Certification tests (Basic Skills, Content Area, APT), test taking skills, and tutoring opportunities. In addition, participating in this organization could be an excellent start to your professional networking.

Career Decision Making Model

Step 1: Gather Information About Yourself

Self-assessment involves examining your strengths, interests, values, skills and abilities, and key personality traits. The more you understand about yourself, the clearer your life goals will become. Your interest, values, and key personality traits help you determine work settings and industries of greatest interest to you. The skills you enjoy using most can help you determine your preferred day-to-day work activities. Asking yourself the following questions will give you some clues:

- What do you truly enjoy? Consider the classes, subjects, and activities that you have liked best. Consider what you enjoy reading, talking about, or studying. What did they involve and why do you enjoy them?
- What are you good at? Identify your skills and abilities. What types of things do you seem to do well? Are they technical, adventurous, intellectual, involve helping or in-



fluencing others, etc.?

- What is really important to you? Is enjoying your work more important than prestige? Is creativity more important than security? You want your choice to be compatible with your values.
- What are your motivations? Why might you be considering a particular major and/or career? Examine both internal (attitudes, feelings, beliefs, biases, etc.) and external (family and friends, finances, time, obligations, etc.) influences shaping your decisions.
- What is the coolest job you can imagine? Describe it as specifically as you can. Try to locate and contact one or two people in this area and ask them how they got there.

Be sure to visit Career Services to utilize career-related software programs, such as DISCOVER and SIGI-PLUS, and other assessments to assist you with discovering more about yourself

Step 2: Explore Options for Majors/Careers

Examine the majors available at UIC and make a list of those majors that interest you (eliminate the majors you know for sure do not interest you). Read about the majors on your list. Mark the courses in each major that most interest you, match your abilities, and share your values.

Review additional information about the majors by visiting department web pages, searching the internet, and utilizing the library at Career Services. Discuss your possible majors with a variety of individuals, including faculty, departmental advisors and students currently in the major. Gain some experience in the majors you are considering by getting involved in departmental activities, joining student organizations and academic clubs, and volunteering in the field.

Talk with an academic advisor and plan an academic schedule that will keep your options open while you are exploring. Discuss taking introductory courses in the majors that you are considering. You can also learn valuable information by examining textbooks and reading course syllabi of classes required for a major.

“We know what we are, but know not what we may be.”

— William Shakespeare

Step 3: Evaluate & Make a Decision on a Major

If you haven't already, narrow your list down to two or three majors. Consider what you have learned, weighing the pros and cons of each option. Be sure that the major(s) you are considering fit with your academic strengths and abilities.

Consider the possibility of choosing an alternative major, making one of your options your minor or perhaps a second major. Talk with an academic advisor and a career counselor who can help you evaluate the information you have collected, suggest additional resources, and guide you through the decision making process.

Step 4: Take Action

Once you have made a choice it is time to design a course of action. Make a list of the goals and objectives needed to implement your decision. A goal is an aim or an end towards which effort is directed. A goal is where you want to be. Your goals should be specific, measurable, attainable, realistic and timely. Then develop an action plan detailing the activities necessary to accomplish the stated goals. What specific steps will you need to take to carry out your plan?

The biggest mistake next to not having a plan is to be so fixed that new opportunities are missed. Remember, a plan is not a life sentence. As your interests and expertise change, feel free to adjust your plans and goals.

Resources for Choosing a Major

Campus Resources:

LAS Academic Advisors and Departmental Advisors

UIC Career Services — http://www.vcsa.uic.edu/MainSite/departments/career_services/home/

UIC Counseling Center — http://www.vcsa.uic.edu/MainSite/departments/counseling_center/home/cc_events.htm

Online Assessments:

Personality assessment — <http://keirse.com/>

The Career Key — <http://www.careerkey.org/>

Career Research Tools:

UIC departmental websites — <http://www.uic.edu/index.html/colleges.shtml>

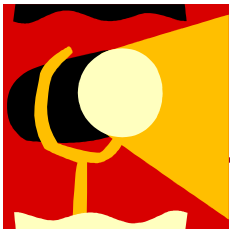
UIC Undergraduate Catalog — <http://www.uic.edu/ucat/catalog/>

Career Video Podcasts — <http://www.collegerecruiter.com/podcast/summary/>

Occupational Outlook Handbook — <http://www.bls.gov/oco/>

What can I do with a major in.. ?

<http://www.careercenter.uiuc.edu/findingpath/whatmajor.asp>



Gender & Women's Studies Major

This academic year inaugurates the BA degree in Gender & Women's Studies, and 25 students have already declared GWS as their major. Starting from the assumption that "gender matters," GWS explores how and why it has mattered in the past and the present in the United States and across global cultures.

The new 33-hour major introduces students to core issues and concepts through classes in Gender in Everyday Life, Global Perspectives on Women and Gender, and History and Theories of Feminism. Majors can focus their studies with special attention to tracks within the major devoted to Culture and Representation; Science, Health, and Body; Feminism, Social Policy, and the State; and Sexuality and Society. A capstone course studies Feminism and Social Change. In addition to its core faculty of 11 scholars, GWS courses are taught by scholars across the university.

The GWS Program has been active at UIC since 1973 and is one of the pioneer programs in the Chicago area. GWS graduates enter graduate and professional schools and find jobs in diverse fields. For example, GWS major Gabrielle Anderson is active in the student group Feminists United and hopes to work in a women's advocacy organization, while Alaine Kalder plans to study violence against women, and women and the law.

For further information, please see <http://www.uic.edu/depts/wswb/WSweb.html>.

**College of Liberal Arts and Sciences,
University of Illinois at Chicago**

LAS Academic Advising Center
3rd floor of University Hall
Phone: 312-996-3366
Hours: 8:30 – 4:45

Appointments:
Monday, Wednesday, Thursday, Friday
Walk-ins: Tuesday 8:30–11:30, 1–3:30
Special Walk-ins for Late Drops: Feb 22 and 23

Comments or Questions about Submitting an
Article: Contact Melinda Finkle at mfinkle@uic.edu

We're on the Web!
www.las.uic.edu

Sending an Email to an Advisor

If you want to make sure the email gets read and not considered junk mail:

- Make sure your email is set up to say it came from you (i.e. your full name) and not a nickname or something silly like “Guess Who?”.
- Send it from your UIC email account.
- Put something in the subject line like “advising question”.

In the text of the message include the following:

- First and last name
- University Identification Number (UIN)
- Clearly state your question

Enjoy Your Spring Break Without Breaking the Bank

So you checked out your bank account and decided that Spring Break plans can not include hot sun, warm beaches, and foreign destinations. Or maybe you want to get the most out of your spare time, but do not know where to start. Here are some suggestions that can fit every budget and time availability:

If you have the whole week off and want to get out of town:

Alternative Spring Break -This organization sponsors service-oriented trips to needy areas of the U.S. You may spend the week building homes for Habitat for Humanity, or similar trips. For more information visit http://www2.uic.edu/stud_orgs/service/asb/index.php.

Road trip- Get a group of friends, pick a city you can drive to, and go!! Or visit friends or family in other cities/towns. Spend the week on Uncle Bob's farm milking cows, or find the hot spots in St. Louis, Mo.

If you want to get a jump on your career:

Job Shadow- Contact someone you know that has a career in which you are interested. See if you can shadow them for a whole day or week. Learn about what they really do, and how they got to where they are. If you do not know someone directly, contact a business, medical office, or company related to your career aspirations for assistance.

Volunteer- Contact local charities, park districts, and community agencies to see what help they may need for the week. Community Service is a great addition to any resume or job application.

If you want to have fun but can't leave the area:

Try something new! Always wanted to skydive, try rock climbing, or learn how to knit? Take advantage of your free time to finally do it!

Visit an old favorite with fresh eyes. Have you not been to the Art Institute since 8th grade? Check it out now! Museums constantly update their exhibits and often showcase artifacts from other museums for a limited amount of time. The Museum of Science and Industry can be just as fun at 20 as it was at 12.

If you are short on cash:

Make some extra money. Beef up your hours at your part-time job, contact temporary staffing services for a full-time job you can do for the week, or offer your time and labor to your family and neighbors.