

The LAS Insider

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It's Almost the End of the Semester, Are You Ready?

There are 5 more weeks until finals and lots of things left to accomplish. Are you ready?

It is time to buckle down once again.

- Make sure you allow plenty of time to finish end of semester assignments. Don't procrastinate!
- Start studying for your last exams and finals. Don't wait 'til the last minute to cram.
- Evaluate where you stand grade-wise in your classes. If you aren't doing as well as you would have liked, then get some extra help from campus tutoring, your classmates, and your Professors and TAs. If you have questions about doing a university withdrawal, see an LAS advisor.
- Don't forget to find some time to relax.

April is the start of the registration period for Summer and Fall 2007.

- See an LAS advisor and/or an advisor in your major for assistance in planning your schedule.
- Log-in to Web for Student and check your registration eligibility. Make sure you do not have any holds that will prevent your registration. Register as soon as possible after your assigned date and time.
- If you plan to graduate in Summer 2007 or Fall 2007, see an LAS advisor and a major advisor for a graduation check. Submit the online intent to graduate when you register.

Start planning for your future—finding your first job for after graduation, deciding how to wisely spend your summer, preparing for the next academic year, etc.



Relax Your Muscles

When you're stressed, your muscles tense. Without even knowing it, you may spend your days with

hunched shoulders or clenched fists. With progressive muscle relaxation, you can teach yourself to recognize muscle tension and to relieve it.

First, find a comfortable position, either sitting or lying down.

Starting with your hands and continuing on to the biceps, shoulders, head, and face, then down the back to the buttocks, thighs, and lower legs, tighten or clench each muscle group for 5 to 10 seconds, then release for 20 seconds while you breathe normally.

Repeat this exercise on the areas where you notice the most tension.

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Pre-Health Workshops

The College of Liberal Arts and Sciences will offer four workshops in April for students wishing to go into the health professions. Sign up for any workshop using our new online reservation system! Just go to <http://www.uic.edu/las/college/prehealth/>. Students who sign up using the online system will be automatically entered into a raffle!

Wednesday, April 4th, 2007 from 4:00-5:00 pm

"Navigating AMCAS" – For students applying to Med School this June

If you want to attend Medical School in Fall 2008, you'll need to apply through AMCAS, which is the centralized service for most medical schools in the United States. We will tell you everything you need to know about the application process. If you have applied to medical school before, we'll let you know about the changes to this year's AMCAS application.



Wednesday, April 11th, 2007 from 4:00-5:00 pm

"Pre-Med How-To's" – For freshmen and sophomores

Your freshman and sophomore years are an important time in your academic career. Although medical school might seem far away, now is an important time to prepare. At this workshop we'll explain the pre-med timeline and give you important information for strengthening your application. Come find out how to make yourself the most competitive applicant possible!

Wednesday, April 18th, 2007 from 4:00-5:00 pm

"Perfecting Your Personal Statement" – For any pre-health student

Do you have nightmares about writing your personal statement? It doesn't have to be so scary! At this seminar, we'll go over the do's and don'ts of the personal statement. We'll share what admissions committees are looking for in an essay, plus resources on campus that can help you sort it all out!

Tuesday, April 24th 2007 from 4:00-5:00 pm

"Surviving the Interview" – For any pre-health student

The interview can be one of the most important factors in any application process. We'll discuss tips and tricks for interviewing, frequent interview questions, and common pitfalls.

Choosing a Major Workshop

Don't have a major yet? Have a major but need to change it?

Selecting a major can be difficult.

If you want help, consider attending a **Choosing a Major Workshop**—free for all UIC undergrad students. This workshop can help by identifying your interests, abilities, values and career possibilities.

Attend one of these workshops in 208 Stevenson Hall:

Wednesday, April 4th from 3:00—5:00 pm

or

Tuesday, April 17th from 3:00—5:00 pm

To register, call the UIC Counseling Center at (312) 996-3490, or stop by SSB Suite 2010.



On the Job Hunt

So here you are, at the moment that defines and embodies all of your hard work over the last four or so years. You are on the brink of the one day you have been hoping for and possibly dreading your whole collegiate career. Yes, it is time for you to GRADUATE!

Like so many of your peers you will embark on a wondrous endeavor called the "job hunt". The following passages will provide you with tips that may assist you in your quest to find that job for which you have prepared.

QUEST: The Search

- On average it takes new graduates between **six months to a year** to find gainful employment.
- **START LOOKING NOW!!** Put this article down and get on the internet, look in the classifieds, and start applying!!
- **Be sure to utilize several different websites, classifieds, temp agencies etc.** Employers utilize many different modes of finding competent employees.

REPRESENTATION: Your Resume

- **Put your resume together now.** Use all of your campus resources such as Career Services to assist you in putting together the strongest resume possible.
- **Be careful when designing your resume.** Use a resume format which best shows how your individual credentials supports your objective. Stick to creams and light grays for your resume paper. Employers are looking for content, not fancy or dangerously creative layouts.

EXECUTION: Applying for the Job

- Provide potential employers with **all** the information they request. If you do not, your application will most likely be disregarded.

- **Follow up** with your potential employers by phone or email. Don't be afraid to ask a few questions about the company, the job opening, or the timeline for their hiring process.

PRESENTATION: The Interview

- Remember: **You can do this job!!!** Nerves aside, you have prepared yourself for this particular position. You are capable and this job needs a person like you with your abilities.
- **Sell yourself**, you are worth it. Remember, at this stage, they called you so they must think that you have something to offer. You just have to make them realize just what you have that they need and only you can provide.
- **Send a thank you note.** After the interview it is imperative to send a card or email expressing sentiments of gratitude, this will keep you fresh in their minds and set you apart.

PERSISTANCE

- **DO NOT GIVE UP!!** If you don't land your first or tenth interview, it is alright. You will find gainful employment, just keep at it. If possible, don't be afraid to ask an employer what you may have done wrong so that you can learn from each rejection.

Summation: Start looking and get prepared now. Go further than just posting your resume online. YOU are highly capable so don't give up! It is simple. So, get to it and good luck!!

Oh, and **CONGRATULATIONS, YOU DID IT!!!!**

Sources for interview, resume, and job hunt tips:

- Career Services: 996-2300, 3050 SSB, check out their website
- Other Websites: monster.com; collegrad.com; jobweb.com

Pre-Law Day 2007

Admission representatives from all nine Illinois law schools will be on hand to present on topics of interest to pre-law students. There will be a question and answer session following the presentation.

Tuesday, April 17 from 1:00—3:00 pm

605 Student Center East

Topics Include:

- The Pre-Law Student Experience

- The Application Process
- The LSAT
- The Personal Statement
- Choosing a Law School
- Financing Law School
- The Law Student Perspective
- Law School & Diversity Issues
- The Legal Profession



Summer Break— What Should I be Doing?

You've almost made it through this year of college; finals are around the corner and you're counting the days until summer break. **You're probably envisioning long days of relaxing and catching up with friends because that's what summer break is for... right?**

Well, if you're thinking ahead and know that you have plans to eventually attend graduate or professional school, the summer is a **good time to start building your resume**. If you are not established enough to get a formal **internship**, you can still use the summer to get a jump on your future.

If you are still unsure of exactly what you want to do



after graduation, use this summer to **research areas that you are considering**. Find someone who would be willing to let you **"Job Shadow"** them for a couple of days, or see if you can **volunteer** a few hours a week in a relevant office.

In addition to career building basics, you can use the summer to **diversify your experiences**. Use this time to do some important volunteer work, or take the opportunity to travel outside of the country.

So, while no summer would be complete without fun in the sun, don't forget to use some of that time to focus on your future!

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New Psychology Advising Web Site

At UIC, LAS staff members try to provide as much time and resources to students as humanly possible to give the best advising experience. Even then, we cannot always meet all students' needs at once and we often refer you to numerous other sources of information. To make such referrals less cumbersome and confusing, the Psychology Department has launched the all-new Psychology Advising website.

This site covers many topics typical of an advising session. It is designed to be a reference base as well as a virtual adviser for students to call upon at any hour. We have consolidated many sources of information from both within and outside the university to **answer many important questions such as how to:**

- Get Distinction or High Distinction in the Psychology Major
- Get Involved in PSI CHI, the National Honor Society in Psychology
- Get involved in Research Credit: Directed Research (PSCH 396), Readings in Psychology (PSCH 397), and Independent Study (PSCH 399)
- Get Departmental Approval to Enroll in a Course

- Handle Disputes
- Apply for Graduate Studies in Psychology
- Find Something to do with a BA in Psychology

As well as topics such as:

- Senior Precedence
- Prerequisite Rules for Psychology Courses
- Major Restrictions
- Declaring your Major in Psychology
- Incompletes in Psychology Courses
- Late Withdrawal from Psychology Courses
- Study Abroad Protocols
- Transfer Protocols

Here's how to get there: Go to <http://www.psch.uic.edu/> then click on Undergraduate Program, and then on Advising, Programs and Resources.

The direct link is: http://www.psch.uic.edu/underadvisingoffice.asp?sm=undergrad_advisingoffice

Show Me the Money: How to Find, Apply For, and Win Scholarships

It is obvious to say that a college education is not cheap. It is also obvious to say that everyone wants scholarships. But when it comes to finding and earning them, many students are at a complete loss.

There are millions of dollars in scholarships waiting for eager students to snatch them up. Some are more obvious than others, but they all have 3 criteria in common: you have to find them, be eligible for them, and apply for them. So get your mind in gear and your resources ready to do a little work.



fices offer scholarships to their employees, their children, and the constituents they serve.

• **Online resources/ web-based search engines.** These may be a little tricky because some may actually charge you for their services and end up being a scam. Do your research thoroughly with online resources!! Some good ones are:

<http://www.collegeboard.com/student/pay/scholarships-and-aid/index.html>

<http://www.college-scholarships.com/>

www.fastweb.com

The first place to look is on campus.

UIC Office of Special Scholarship Programs

- 2506 UH 312-355-2477
- www.uic.edu/depts/oa/spp

This office assists students in searching and applying for a wide range of campus-based and private scholarships.

UIC College of Liberal Arts and Sciences

- 409 UH 312-413-2504
- <http://www.uic.edu/las/college/scholarship/>

Your college has a dozens of scholarships specifically for students in our college and specific majors. The eligibility criteria and application materials are available online.

Besides campus, there are places in your community and beyond to look:

- **Organizations in which you or your family belong.** Churches, synagogues, VFWs, the Masons, etc. may have scholarships available for members and their immediate family members.
- **US, State, and local governments, and area businesses.** Many business and government of-

As you are looking, consider your eligibility.

What kind of student am I? What is my family's financial situation? What special interests, skills, or hobbies do I have? Have I won any awards or served as a leader of an organization? Even if you do not have the perfect 4.0 GPA, there are scholarships out there that are not merit based, and look for truly hard-working, deserving students in need of a little financial help.

The next step is to fill out the applications.

Take your time when filling out applications and make sure you don't leave anything out. Be sure to proofread for any spelling or grammar errors. You want to show whomever is reviewing the applications that you are the best candidate. These people are investing in your future, and you want to show them that you will not let them down!

Lastly, be patient.

You may not hear back for months after the deadline for the application. In the meantime, keep applying for other scholarships. Also, involve yourself in opportunities that will enhance your resume and make yourself more competitive for scholarships.

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**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, 1:00-3:30

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

We're on the web!

www.las.uic.edu

Deadlines

April 3-April 18: Advance Registration by Time Ticket

April 6: Deadline for LAS and UIC Scholarships

www.las.uic.edu/scholarship

April 20: Deadline for LAS Commencement Reservation

April 27: Last Day to easily do a University Withdrawal

April 30—May 4: Last week to do a University Withdrawal with additional paperwork

May 7-May 11: Finals Week!

May 13: LAS Commencement

June 8: Deadline for intent to graduate for Summer 2007

Sept 14: Deadline for intent to graduate for Fall 2007

HINT: Submit your intent to graduate using Web for Student when you register for your last semester!

Commencement Reminder:

Summer 2006, Fall 2006 and Spring 2007 graduates planning to attend Commencement on May 13, 2007 must submit an Attendance Reservation Form found at www.las.uic.edu/commencement no later than April 20, 2007. All Commencement details can also be found at that site.

Did You Know That...

The Office of Student Leadership Development and Volunteer Services sponsors “**Take a Professor to Lunch**” for Spring 2007 classes through April 30.

Ask your classmates (minimum of 2 and maximum of 8) to reward a special professor for their excellent service to UIC. The lunchtime gathering can be reserved for the Dean’s Room in Behavior Sciences Building or the Centennial Room in Student Center West.

The lunch needs to be requested at least one week in advance.

To register and for further information, please contact Student Leadership Development and Volunteer Services, 390 Student Center East, 996-4500, lead@uic.edu.



You can join fellow German language enthusiasts at the Jane Addams Hull-House Museum Residents’ Dining Hall for **Kaffeestunde**. Enjoy kaffee, kuchen, and great conversation.

Wednesdays from 12 pm — 1:30 pm

For more information please see,

<http://www.uic.edu/jaddams/hull/Events/kaffe/>.