

THE LAS INSIDER

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LIBERAL ARTS AND SCIENCES, UNIVERSITY OF ILLINOIS-CHICAGO

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Mandatory Freshmen Advising

All LAS freshmen **MUST** meet with an LAS advisor in order to be able to register for Spring 2007 classes. Please watch your UIC e-mail account for instructions on when to make your advising appointment.

Appointments can be made for Monday, Wednesday, Thursday, & Friday, 8:30am-4:00pm. To make an appointment, call our front desk at 312-996-3366.

When you call, please have your student ID# and phone number handy. Also, tell the scheduler your major and if you are pursuing a pre-professional educational goal (pre-health or pre-law) so you can see the advisor that best fits your needs!

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Freshmen Pre-Health Information Session

Wednesday, September 27, 2006
4:00-5:00pm
Lecture Center F, Room 3

Find out...

How do I prepare for a career in the health field?

What do professional schools look for in applicants?

How can I find volunteer opportunities?

Are You Making The Most of Your College Experience?

This is an important time in your life, the transition from high school to college. Some students easily make this transition while others have difficulties. Here are some suggestions to help you adjust to college life and make the most out of your time at UIC.



DON'T LET TIME FLY AWAY FROM YOU!

Learn to Manage Your Time

Studies show that sophomores who had a great first year at college realized the importance of learning to manage their time well. They learned to allocate their time between academics and other activities so they can be happy personally and be effective in their academic work.

For tips on Time Management and other academic skills—check out the [online academic workshop](#), [ACE website](#), and handouts in the LAS Academic Center.

Use Campus Resources

Don't be afraid to ask for help when it is needed. Utilize campus resources to improve your academic skills.

- Tutoring is available through the [Honors College](#), individual departments, and support programs ([AAAN](#), [LARES](#), [NASP](#)).
- The [Writing Center](#) is available to assist you with your writing assignments.
- Tips on study strategies & academic skills workshops are available through the [Academic Center for Excellence](#).
- For help with Math and Science classes, you can also visit the [Mathematical Sciences Learning Center](#) & the [Science Learning Center](#).



**“A SOUND MIND IN A
SOUND BODY IS A
SHORT BUT FULL
DESCRIPTION OF A
HAPPY STATE IN
THIS WORLD.”**

– JOHN LOCKE



Be a Part of the Campus Community

Do things outside of the classroom and interact with other students. Studies show that a student's commitment to one or two outside-of-class activities has a strong relationship to overall satisfaction with college life and improved academic performance.

Join a [student organization](#) or participate in an intramural sport. Be a part of a campus governance body or the undergraduate student government.

Read the UIC newspapers and check [Campus Announcements](#) and the [Events Calendar](#) for interesting events and opportunities on campus.

Explore Your Interests

The first year of college is a time to discover your interests and to explore potential majors and careers. Research information on LAS undergraduate majors through [major department websites](#) and through the [major section](#) of the LAS website.

Visit the [Office of Career Services](#) for individual career counseling, and utilize the [Career Exploration Center](#) which has library resources and computer workstations with career related software. Participate in a [Choosing a Major Workshop](#) or [Career Development Group](#) offered by the Counseling Center.

Consider doing an [internship](#) or [volunteering](#) to explore career interests and gain work experience.

Get to Know Your Professors

Make a connection with your professors. Get to know one faculty member reasonably well each semester, and have them get to know you reasonably well. Faculty are a great resource and can provide you assistance with their classes, can become mentors, and can be future references for a job or graduate school.

Take your professor to lunch. To learn more about this free program visit the [Student Leadership and Volunteer Services](#) office.

See an Academic Advisor

LAS requires that all Freshmen have an advising appointment before Spring 2007 registration. Advisors can have a critical role in making your college experience a success. With an academic advisor, you can create an academic plan that explores your interests and fulfills your academic and personal goals.

Review the services offered by [LAS Student Academic Affairs](#) and an overview of the [LAS advising system](#).

Wellness

The transition from high school to college can be a stressful time. Stress from work, relationships, or just the pace of life leads to mental and physical damage throughout the brain and body. Stress, loneliness, and anxiety, for example, reduce the immune response. Combat stress by taking care of yourself – body and mind. Learn to recognize when you are feeling stressed and take immediate actions—exercise, meditate, use relaxation techniques. Figure out what methods help you de-stress and build them into your daily routine. For more information on wellness read the article on the back page and visit the [Wellness Center](#).

Professions (and Confessions) About Your Professors

When you come to school at UIC, the expectations are heightened. You expect new experiences, new people, and the college lifestyle you have been thinking about for years. On the flip-side, your professors have expectations for you – how you will act, what you know, and your interest in (gasp!) actually learning something. Here's an idea of what these great expectations are all about:

What Professors Expect of You:

1. *That you will read and understand the course syllabus.* –It's handed out for a reason; get it, read it, refer to it weekly. If you have questions or concerns, you have to let them know!
2. *That you are ready to learn the material to earn your grade.* –You got in, right? The next step is being ready for new challenges. College courses expect that you are ready to work hard to earn your grades, so do not assume you will get by using what you learned in high school.
3. *That you will ask for help when you need it.* –This is the #1 key to your success or failure in a class. Instructors/advisors/support staff are happy to answer questions or provide you with support, but you have to ask first!!
4. *That you will be respectful of their class policies and rules.*–Each instructor will conduct his/her class a little differently, so know these differences and abide by them accordingly.

Bottom Line: You are expected to take responsibility for your education, and it's up to you to let people know when you need their help!

How to Make a Good First (or Second!) Impression

Making a good impression is important; if you show your professors you are serious about learning, they will be serious about helping you when you need it. To get there, you may have to meet your professors more than halfway.

1. *Do your research* – Check out your instructors' webpages, faculty bios, find out who they are and their contribution to the discipline in which they teach.
2. *Go to class, and go regularly* – Attendance is a huge step in doing well in a class and showing your professors you care. They will probably be more understanding when emergencies arrive if you start out with a good attendance record.
3. *Get a good seat* – Choose to sit as close to the middle-front of the classroom as you can. You should be comfortable, but not so cozy that you fall asleep or find it hard to stay focused on the subject matter.
4. *Engage in the class* – Take notes, nod your head, raise your hand to ask questions or offer your opinion in a class discussion. Make yourself stand out in the crowd.
5. *Introduce yourself* – Put a face to your name, go up to your professors before/after class to ask questions or discuss a matter that relates directly to your success in a class.
6. *Go visit them during office hours* – Review your grade on a test, further discuss the class topic, find out where to go for assistance, etc.

Information taken from: *College Rules! How to Study, Survive, and Succeed in College*, Sherrie Nist, Ph.D., and Jodi Patrick Holschuh, Ph.D., 2002.

The Complete Idiot's Guide to College Survival, Lorie Rozakis, Ph.D., 2001.



**“TEACHERS OPEN
THE DOOR. YOU
ENTER BY
YOURSELF.”**

CHINESE PROVERB



LAS ACADEMIC ADVISING CENTER

3rd Floor of University Hall

Phone: 312-996-3366

WE'RE ON THE WEB!

WWW.LAS.UIC.EDU

IMPORTANT DEADLINES....

- **October 2nd–6th** – Evaluate how you are doing in all of your classes.
- **October 6th**– The *last day to drop a class* using one of your four lifetime late drops

Do you have a good understanding of the course material? Or, do you find the course totally incomprehensible?

What grades have you earned so far in the course?

Talk with your professor to learn more about where you stand in the course and what to expect later in the course.

College Faculty: More than Meets the Eye

As you may have noticed, college faculty have a lot more on their plates than grading your papers and lecturing. For all faculty, work inside and outside the classroom go hand-in-hand. Most faculty on campus do one (or more!) of the following activities:

- **Research** – Many faculty actively seek and perform research projects focusing on their area of expertise within their academic department.
- **Writing** – Many faculty are actively writing novels, poetry, textbooks, and other written works to be published.
- **Service** – Faculty often advise individual students in their department, sponsor student organizations, or serve on committees within their department or campus-wide.
- **Teach elsewhere** – Some instructors may teach at other schools in the area or even overseas through cooperative agreements.

These multiple responsibilities impact students by keeping the faculty fresh and involved in their disciplines, and creating opportunities for students to become involved in research through internships or assistantships. These responsibilities also increase revenue for the school, and sustain vital departmental, college, and campus activities.

Remember to... Take Care of Yourself!

Lectures, tests, readings, papers, and labs – you have a lot to be anxious about as a college student. However, amongst all of the responsibilities that come with college, the most important thing you should worry about is yourself. Are you managing to take time out of your busy schedule to make sure that you're okay? Taking care of yourself, body and mind, should be your top priority.

Sleep is NOT optional! It's helpful if you stay awake in class or can make it through a chapter without nodding off. Sleep specialists say we need at least eight hours of sleep per night to stay healthy. So make sure to develop a sleep routine and plan those eight hours into your daily schedule. On the other hand, you can get too much sleep! If you find yourself frequently sleeping too much, that might be a sign of something more serious. Make sure to visit the [Counseling Center](#) or [Family Medicine Center](#) if you have concerns about your personal or mental health.

Exercise does the body (and mind) good. Participate in [UIC Campus Recreation](#)—join an intramural sport, like rugby; workout at the state-of-the-art New Student Recreation Facility; or unwind in a yoga class, one of the many group fitness classes offered at the recreation facility. Making time for exercise will lift your spirits and invigorate your soul, recharging you for another round of studying.

Healthy food intake makes for a healthy and happy student. It is in your best interest to keep a balanced and nutritious diet and eating three meals or six small meals a day is recommended. Snack on nuts or granola bars between class and try to stand in the Subway line, instead of Wendy's, at lunch-time to keep you going.

Making time to take care of yourself by getting enough sleep, exercising, and eating well is important. You will find that when you achieve a better balance between your body and mind, better grades will follow (which, in turn, makes for a happier you).



Campus Resource Page

(in the order mentioned in the newsletter)

Online Academic Skills Workshop	http://www.uic.edu/las/college/info/workshop/
Honors College Tutoring	http://www.hc.uic.edu/tutoring/tutorintro.htm
AAAN	http://www.vcsa.uic.edu/MainSite/departments/aaan/home/
LARES	http://www.uic.edu/depts/lares/
NASP	http://www.vcsa.uic.edu/MainSite/departments/native_american_support_program/home/
Writing Center	http://www.uic.edu/depts/engl/writing/
Academic Center for Excellence	http://www.vcsa.uic.edu/MainSite/departments/ace/home/
Mathematical Sciences Learning Center	http://www.math.uic.edu/undergrad/mslc/
Science Learning Center	http://www.uic.edu/depts/bios/undergrad/slc.html
Student Organizations	http://www.uic.edu/depts/chcc/programs/Campus/Files/
Campus Announcements	http://tigger.uic.edu/announce/
Events Calendar	http://www.uic.edu/htbin/eventcal/eventcal.fcgi
Major Department Websites	http://www.uic.edu/las/college/curricula/index.shtml
Major Section of LAS website	http://www.uic.edu/las/college/info/major.shtml
Office of Career Services	http://www.vcsa.uic.edu/MainSite/departments/career_services/Home
Career Exploration Center	http://www.vcsa.uic.edu/MainSite/departments/career_services/Students/Library+Resources.htm
Choosing a Major Workshop	http://www.vcsa.uic.edu/MainSite/departments/counseling_center/home/career.htm
Career Development Group	http://www.vcsa.uic.edu/MainSite/departments/counseling_center/home/career.htm
Co-op/Internship Office	http://www.uic.edu/las/lascoop/
Volunteering	http://www.vcsa.uic.edu/MainSite/departments/student_development_services/student_leadership/
Student Leadership and Volunteer Services	http://www.vcsa.uic.edu/MainSite/departments/student_development_services/student_leadership/take.htm
LAS Student Academic Affairs	http://www.uic.edu/las/college/office/acad.shtml
LAS Advising System	http://www.uic.edu/las/college/info/advising.shtml
Wellness Center	http://www.vcsa.uic.edu/MainSite/departments/student_development_services/sub_wellness_center/home/
Counseling Center	http://www.vcsa.uic.edu/MainSite/departments/counseling_center/home/
Family Medicine Center	http://www.uic.edu/depts/mcfp/Student_Health.htm
UIC Campus Recreation	http://www.vcsa.uic.edu/MainSite/departments/Student_Centers/sub_campus_recreation/Facilities/