

CASAC MONTHLY

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

College of Arts and Sciences Advising Center Newsletter

January 2024

Volume 3 | Issue 4

WELCOME BACK, STUDENTS!

A Message from Your Advising Center:

Students.

Welcome back to another wonderful semester at the University of Arkansas - Fort Smith! The staff in the College of Arts & Sciences Advising Center (CASAC) and your faculty advisors are excited to welcome you back and assist you in your academic journey. The Spring semester is full of exciting opportunities as we progress through winter and into spring. Even though we got off to a snowy and cold start, your professional advisors in CASAC are here to assist you with schedule changes, graduation applications, or just to talk through any hurdles you may be facing. We believe in serving the whole student, so let us know if there's anything we can do to help!

Sincerely,

Drake Jounni & Justin

TIME MANAGEMENT: A KEY TO SUCCESS IN ANY SEMESTER

"Attending classes, studying for exams, making friends, relaxing, and decompressing can quickly fill up your schedule. If you often find yourself wishing there were more hours in the day, this guide offers time management tips to accomplish what you need to get done, have fun with your friends, and gain back some valuable time for yourself."

- 1 Create a Calendar**
Use tools like a planner, your phone, or your Outlook calendar!
Pro Tip: The Academic Success Center can help with calendar creation!
- 2 Set Reminders**
Reminders can be visual, electronic, or in written form. Similar to Tip #4: use a system that works for you. This could be reminders on your mobile device, sticky notes in a location where you'll see them, or a list written in your planner/notebook.
- 3 Build a Personalized Schedule**
Make sure to include classes, work, and personal obligations. Don't forget to schedule time for breaks, meals, and commutes as well. - When building your schedule, keep Tip #8 in mind!
- 4 Use Tools That Work for You**
Some students prefer to use tools like a paper planner and notebooks. Other students prefer to use their mobile devices and computers. Use whatever works best for you!
- 5 Prioritize**
Consider things like: due date, time commitment, type of work, and external parties (i.e, group members.)
- 6 Make Time for Fun & Self-Care**
Don't forget to make time for yourself. Do things you enjoy, connect with friends and loved ones, and relax. Keep in mind the basic necessities of eating, sleeping, and exercising, as well!
- 7 Find Support**
Visit places like the [CAS Advising Center](#), [Academic Success Center](#), [Writing Center](#), and the [Babb Center for Career Services](#) for support. Don't forget to utilize the [Powell Student Health Clinic](#), the [Counseling Center](#), and the [Recreation & Wellness Center](#), as well.
- 8 Be Realistic & Flexible**
Be patient, give yourself grace, and allow for change!
Pro Tip: Include buffer time between obligations.

Adapted from the [Harvard Division of Continuing Education](#)

Faculty Advisor Spotlight: Dr. Chizuko Iwaki

Associate Professor – Mathematics

Your Philosophy on Faculty Advising for Student Success

I believe success starts with really knowing each student so I can understand their individual goals and challenges. Unlike quick meetings, I make sure to spend at least a good half hour with every advisee to get a sense of both their academic and personal sides. I see my role as guiding students to fully understand the scope of the Bachelor of Mathematics degree, going beyond its implications in research, career paths, or potential graduate studies.

Your Passion for Advising Students

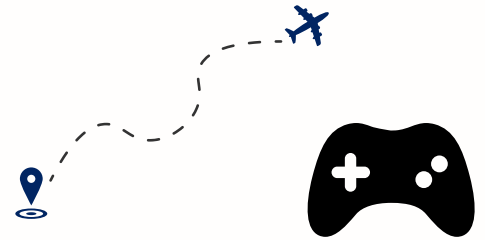
While I was an international student from Japan at UAFS, I can recall my advisor who took the time to understand my goals, challenges, and cultural adjustments. My own positive advising experience during my time here as a student not only shaped my academic journey but has also encouraged me to provide similar support to my students.

Your Advice for Students

I would suggest actively connecting with both peers and faculty. Having conversations with both students and faculty about your classes and goals offers different perspectives that can significantly enhance your academic experience. Drawing from my own experience, I decided to pursue graduate school because I engaged in conversations with peers, my advisor and faculty. It was these meaningful connections and discussions that have helped me build the foundation of who I am today, both academically and personally.

Interests & Hobbies

I like thrifting vintage clothes and accessories; I would say 90% of what I wear is second hand. I also like traveling, video games and food. Beyond that, I love to take naps and cuddle with my two cats.



TIPS & TRICKS: OUTLOOK EMAIL TRANSITION

In early January 2024, the university transitioned to using Microsoft 365 instead of Google for student email. We've cultivated some tips and tricks to help make the transition as seamless as possible!

Setup Multi-Factor Authentication

Keep your account secure and information safe.

Your Email Address Has Changed!

Remove the g. from your email. (nlion00@uafs.edu).

Update External Accounts

Update accounts, like Spotify, that use your school email.

Ask for Help If Needed

UAFS Service Desk: 479.788.7460 & Located in Gardner 101.

Migrate Old Content

Make sure to forward any emails you were saving!

Download the App!

Know, on-the-go, when the university contacts you!



Celebrating Outstanding Faculty Advising

The College of Arts & Sciences acknowledges the important role that faculty advisors and mentors play in student success. During University Day this spring, the college acknowledged and celebrated twelve outstanding faculty advisors and mentors, each of whom have been spotlighted in a previous edition of CASAC Monthly.

Justin Martin, Advising Coordinator, was delighted to present to each spotlighted faculty advisor a certificate of appreciation. All previous editions and spotlighted faculty advisors can be found on the CASAC website.

[Click/Tap Here to Visit Our Website](#)



(L to R): Justin Martin, Dr. Brittany Bright, Dr. Maurice Testa, Dr. Elizabeth Momand, Dr. Jordan Mader, Dr. Amy Skypala, Professor Katie Waugh, & Dr. Ann-Gee Lee

Not Pictured: Dr. Alex Zacharella, Dr. Janine Chitty, Dr. Nicki Stancil, Dr. Myron Rigsby, and Dr. Evan Rothera

Spotlighted Faculty

- Dr. Alex Zacharella**, Professor of Music
- Dr. Maurice Testa**, Associate Professor of Geoscience
- Dr. Janine Chitty**, Program Director, Professor of English
- Dr. Jordan Mader**, Associate Professor of Chemistry
- Dr. Nicki Stancil**, Program Director, Associate Professor of Media Communication
- Dr. Amy Skypala**, Associate Professor of Biology
- Dr. Elizabeth Momand**, Professor of Music
- Dr. Ann-Gee Lee**, Assistant Department Chair, Professor of Rhetoric, & Writing
- Dr. Brittany Bright**, Assistant Professor of Computer Science
- Katie Waugh, M.F.A.**, Department Head, Associate Professor of Art & Design
- Dr. Myron Rigsby**, Retired Associate Professor of Mathematics
- Dr. Evan Rothera**, Assistant Professor of History

UPCOMING DATES

- Jan. 30** – Last day to drop with a 50% refund.
- Feb. 23** – Last day to drop first 8 weeks course.
- Feb. 26** – Fall advising appt. scheduling begins.
- Mar. 1** – Fall Schedule Available/Advising Begins
- Mar. 7** – Second 8 weeks courses begin.
- Mar. 13** – Midterm grades are available.

LET'S STAY IN TOUCH!



@uafsCASadvise



PLEASE CONTACT US:

479.788.7677
CASadvise@uafs.edu
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