

# THE ADVISEMENT TIMES

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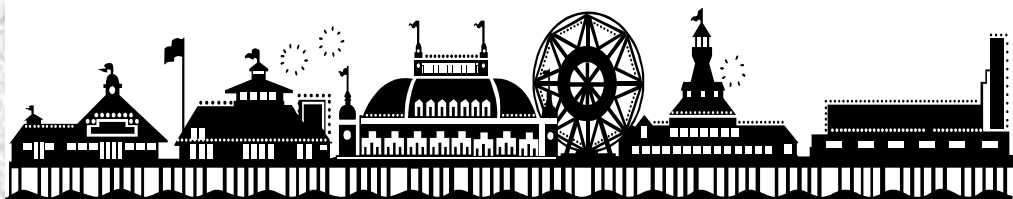
## CARNIVAL OF MAJORS 2008

Ladies and gentlemen, step right up and find the major you have been searching for!

Students, faculty and staff are all invited to visit the 6th annual Carnival of Majors hosted by the Office of Academic Advisement. The Carnival will be held in the SMC Multipurpose Room from 11am-1pm on Wednesday, March 26th.

Exploratory students as well as students who are considering a change of major or minor will greatly benefit from attending this event. Representatives from the major departments from all over the University will converge at the SMC to display the best of what their department has to offer. Faculty members will be on hand to facilitate student questions; in addition, informational papers, pamphlets, projects, videos and other presentations will all be available to assist you in your quest for a major or minor!

Don't forget to bring your appetites because popcorn, candy and cotton candy will be provided! Plus your chance to win t-shirts, hats and other awesome prizes in our free drawing! Please come over to the SMC on March 26th for a wonderful, informative event!



## MARK YOUR CALENDAR



March 17: Fall 2008 Schedules available online

March 26: Carnival of Majors

March 28: Last day to withdraw from a course and receive a W

April 1: Summer 2008 Registration begins

April 10-18: Fall 2008 undergraduate registration

May 1 & 2: Reading days (no classes)

May 5-10: Finals Week

May 10: Commencement

May 16: Spring '08 grades available on MAX

### ACADEMIC ADVISEMENT

#### FACULTY/ STAFF

- Dr. Michelle White,  
Director of Academic Advisement
- Dr. Ralph Anttonen,  
Director of the Exploratory Program
  - Katie Jacobson,  
Graduate Assistant
  - Michelle Morgan,  
Graduate Assistant
  - Danielle Rapp,  
Secretary

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## WIN THE BATTLE WITH STRESS

Stress is unavoidable and some stress may even be good for you. As the semester marches on, it is very important to consider the physical and psychological signs of stress and some ways to manage stress so that it does not control your life. Remember, the key is to control your stress by finding a way to balance work and play.

### Physical signs of stress

- Nervousness
- Insomnia

- Upset Stomach
- Muscle tension
- Lack of energy
- Headaches

### Psychological signs of stress

- Confusion
- Mood changes
- Depression
- Changes in sleeping and eating habits

### Controlling stress

- Regular exercise

- Time management
- Deep breathing
- Eat a balanced diet
- Get enough sleep
- Take time for yourself

If the stress you encounter seems to be too much for you to handle, consider seeking outside sources such as Counseling Services and leaning on friends and family members.

“IN THE MIDDLE  
OF DIFFICULTY  
LIES  
OPPORTUNITY.”

~ALBERT  
EINSTEIN

## ASK AN ADVISER

I am very confused about selecting a major, and I can't seem to find one that suits me. What can I do?

-No Major in Sight

Answer: The first thing you can do is take courses that interest you. Most likely the courses you find the most interesting and do the

best in will be a starting point for selecting a major. However, taking courses that interests you may have the opposite effect by letting you know what you would not like to major in, which is equally important. Additionally, there are resources on campus that help in this process such as

the Career Services Office. Lastly, attend our Carnival of Majors event, where you can get a glimpse into many of the majors offered at MU!

If you have any advisement questions, you can email us at [adviser@millersville.edu](mailto:adviser@millersville.edu). We will answer your question directly, and possibly feature it in an upcoming issue. You can also stop by our office on the 2<sup>nd</sup> floor in Lyle.

## WHO WE ARE

The Office of Academic Advisement, located on the 2nd floor of Lyle Hall, coordinates services for all students in conjunction with academic departments such as change of majors, minors, and advisers, and provides advisement for student who have not declared an academic major in collaboration with the Exploratory advisers. The office has a comprehensive website at [www.millersville.edu/~adviseamt](http://www.millersville.edu/~adviseamt). The Exploratory Program also has a website which includes relevant information for the undeclared student at [www.millersville.edu/~undprgm](http://www.millersville.edu/~undprgm).

