

THE ADVISEMENT TIMES

Millersville University

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 students who have not declared an academic major in collaboration with the Exploratory advisers. The office has a comprehensive website at www.millersville.edu/~adviseemt. The Exploratory Program also has a website which includes relevant information for the undecided/undeclared student at www.millersville.edu/~undprgm.

Academic Advisement Staff

- Dr. Michelle White, Director of Academic Advisement
- Dr. Ralph Anttonen, Director of the Exploratory Program
- Maria Riera-Palomeque, Graduate Assistant
- Kate Jacobson, Graduate Assistant
- Barbara Johnson, Secretary

Carnival of Majors!!!

March 29, 2007 is going to be a date to remember! Students, faculty, and staff are welcome to visit the 5th Annual Carnival of Majors hosted by the Office of Academic Advisement. The Carnival will be held in the SMC Multipurpose Room from 11 A.M.—2 P.M.

Exploratory students and students that are considering a change of major will benefit from this event. Major departments from all over the University will converge at the SMC to display the best of what they have to offer. Students interested in a minor should also attend, since informational papers and pamphlets will

be available. Faculty members from various departments will also be there to facilitate student questions.

Last year's Carnival of Majors was a great success! Projects, videos, and other presentations were among the many highlights of the Carnival. Also, the entire Millersville community can view scenes from our previous Carnival on our webpage (<http://muweb.millersville.edu/~adviseemt/>). MU students should bring their appetites because popcorn and cotton candy will be provided.

Please come out for a wonderful, informative event!

Inside this issue:

Office of Academic Advisement	1
Carnival of Majors	1
Important Dates	1
Academic Advisement Staff	1
Making the Grade	2
Stress Matters	2
Talk it Out	2



MARK YOUR CALENDAR

Mar. 9: Last day to change a major

Mar. 12–16: Spring Break!

Mar. 19: Fall class schedules available to view on the web

Mar. 23: Last day to withdraw from a course and receive a W grade

Mar. 29: Carnival of Majors

Apr. 12 – 20: Undergraduate Registration for Fall 07

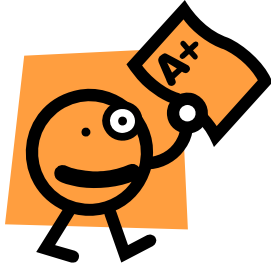
May 3–4: Reading Days (no classes)

May 7–11: Finals week

May 12: Commencement ceremony

May 18: Spring 07 grades available on MAX system after 12 noon

Making the Grade



There is no single formula, but certain habits increase your likelihood of success. Generally, students who do well are those who:

- **Practice self-discipline:** Maintain a positive attitude, identify your strengths and take advantage of them, recognize your weaknesses and work to overcome them, set goals and work toward them, and learn to avoid distractions.
- **Use good study techniques:** Manage your time, choose your study place carefully, learn to take good notes, listen actively,

do not skip classes, prepare in advance, and make use of the resources available.

- **Resist distractions:** Spending time with friends is an excellent way to relieve tension, however, too much time can mean less time for studying, lower grades, and increased stress.
- **Maintain good health:** Eat a balanced diet, avoid junk foods, exercise regularly, get enough sleep, and plan time for recreation.

The degree of your success depends on you!

Stress Matters

As the temperature outside begins to go up, so does your stress level. Papers and exams begin to pile up as the end of the semester seems to be right around the corner. Of course you will experience your fair share of stress, but that does not mean that you have to let it take over your life. The key to controlling your stress is by finding a way to balance work with 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

Three Basic Types of Advising Conversations

In a seminar broadcasted live via the internet, Dr. Nancy King, former president of the National Academic Advising Association, provided insightful information on how advisers could maximize advisement sessions. Dr. King shared the three basic types of conversations that should occur in advisement sessions.

1. **Informational**- conversations regarding the university's policies, procedures, requirements, important dates and deadlines, programs of study
2. **Individual**- conversations focusing on the individual student's values, interests, strengths, areas for improvement, extracurricular activities
3. **Future**- conversations on goal-setting, career options, steps needed to turn goals into reality

