

ACADEMIC ADVICE

Wayne State College Advising Newsletter

Spring 2006



What is Academic Advising?

Academic Advising is a process through which advisors assist students in developing life plans and career goals and in clarifying institutional requirements, policies, procedures, resources and educational options.

THINGS TO DO NOW

1. Pick up a class schedule from an academic building, the Records & Registration Office or the Counseling Center. **Signs will be posted when schedules are available.**
2. Make an appointment with your advisor.
3. Plan classes for fall.
4. Discuss your choices with your advisor.
5. Register for classes according to the time schedule listed in WebCat. **Registration begins 4-10-06.**

ADVISING NOTES

1. Remember to check your e-mail for important messages from your advisor. Update your e-mail address and local address in WebCat.
2. Mid-term low grade reports were sent to you on March 17th. Contact your advisor to discuss mid-term low grades.
3. Do you have a major? Check the Academic Schools pages at <http://ecampus.wsc.edu> or call 375-7557 for assistance.
4. No more than 2 hours of each athletic squad participation credit can be accepted toward graduation.
5. Honors Courses cannot be taken "pass/fail."

ONLINE ADVISING

What is online advising and does Wayne State College offer that service to students? Yes, Wayne State College has many advising resources available on the Academic Advising website and there is online advising available for distance education students and others. Students can send a question via the online advisor and either get a direct answer or the question will be referred to the department that is most knowledgeable about that program of study. Check out the advising website and look under the quick links for the online advisor at:

http://www.wsc.edu/advising_services/

Applying For Graduation???

Students need to formally apply for graduation at least one semester prior to their intended graduation date. Application forms are available from the Office of Records & Registration, Hahn 105. If you are unsure of whether or not you are eligible to graduate we recommend you schedule an appointment with your academic advisor to review the online audit, resolve any problems or discrepancies, and determine your appropriate graduation date.

Suggestions from the Records & Registration Office

1. Log in to your WebCat online account and verify your personal information. Notify the appropriate office if changes need to be made.
2. When planning classes, select alternatives that are new classes, not just different sections of the same classes. Call numbers found in the first column of the schedule booklet are required in online registration.
3. PIN's cannot be given out over the phone. Students must bring their picture ID to the Records & Registration Office or request that their PIN be mailed.
4. Remember, students need to obtain Department Chair and Instructor signatures to enroll in closed classes. Faculty signatures alone are not sufficient to enroll in a closed class.
5. Reminder to veterans and students in the military--you do not need to take PED 103 & 203.
6. If you have questions about your academic progress, please check with your assigned advisor.
7. Has your academic advisor "released" you for web registration?
8. **Athletes & Veterans:** Enrollment must be in applicable courses in order to meet eligibility requirements; check with appropriate personnel before repeating previously passed courses to retain athletic eligibility or veterans' benefits.

ACADEMIC NEWS

School of Arts and Humanities

Communication Arts Department

Consider a major in Theatre, Broadcasting or Speech. Participate in a play, be a DJ for a day while considering a Broadcasting program or imagine yourself in charge of public relations for a big company. To find out more about these possibilities contact a faculty member in the Communication Arts Department.

Language & Literature Department

Have you ever considered traveling to another country and want to understand other languages. Think about taking classes in another language. A language minor will open many employment opportunities. English classes provide a good foundation for writing that is needed by every graduate school and job applicant. Written communications skills are in demand by most employers. Contact an English faculty advisor for more information about a major or minor in English, or a minor in Editing and Publishing.

Art Department

If you are interested in Art as a major or minor, you are invited to come in and schedule a visit with an Art faculty member or the department chair. Call 375-7359.

Visit the Nordstrand Art gallery on the 2nd floor of the Fine Arts building to see displays of local and visiting artists. Check out Senior Art student shows as another way to learn more about life as an Art major.

Music Department

Non-Music Majors! Consider participating in a vocal or instrumental course next semester. Contact the Music Dept. for more information at 375-7359.



School of Business and Technology

Business & Economics Department

The Business and Economics Department has significantly revised the Business major. Students selecting Business Administration in the future will be choosing a major with additional requirements and a series of gateways similar to the Education program. Students will be expected to earn at least a C in eight foundation courses, pass a computer class or literacy test and complete 21 hours of general education to be eligible to be accepted into the Business major. For details about other program changes, it is recommended that students visit with one of the Business faculty advisors.

Technology & Applied Science Department

There are changes in two Applied Science majors coming in 2006-07. The Planning and Design Concentration is incorporating more emphasis on construction systems, estimating and scheduling. This program will be of interest to students who want to be actively involved with their program of study and offers opportunities for hands-on work. The Safety Concentration has added a new class in Industrial Materials. This program may be of interest to students thinking about careers in many technical fields as safety is a growing concern for most companies.

The Family and Consumer Science program is now offering a 21 hour minor in Foods and Nutrition. See a FCS faculty member for more information

Computer Technology & Information Systems Department

Undergraduate and graduate education majors will want to check out the new Information Technology Supplemental Endorsement. WSC is the first institution in the state to have this endorsement and is currently the only institution in the state that has an IT Supplemental Endorsement that maps directly to the state requirements. With the ever-increasing role of technology in school systems, educational service units, and our personal lives, this endorsement provides a compact (15-credit hour, 5 course) means of acquiring valuable, practical technology expertise and verifiable credentials. It can help make any educator more current and effective for their students and more valuable/marketable in the eyes of current or prospective employers. For more information, contact the CTIS Department in Gardner Hall at (402) 375-7545.

Students looking for an excellent elective course that provides a combination of theory and skill-building should consider enrolling in CIS 130 Introduction to Computer Information Technology. The knowledge and skills acquired in this course are very valuable assets to students and also great resume building items.

ARE YOU A SUCCESSFUL STUDENT?

EFFECTIVE STUDYING GIVES YOU CONFIDENCE.

Set the right atmosphere.

- Study where you can concentrate without interruption — no TV, phone or friends. Study in the same place each day.
- Sit at a well-lit desk or table. (Stay away from easy chairs!)
- Don't study when you're overtired. Take a nap and come back refreshed.

Make the most of your notes.

- Take notes efficiently — in a notebook.
- Spend a couple of minutes reading your notes right after class.
- Set aside some time each week to review your notes.

Develop a schedule.

- Mark deadlines and exam dates for the semester on a calendar.
- Schedule several short review sessions rather than a few longer ones.
- Be realistic about how much material you can cover in one session.
- Schedule some free time, too!

Create learning aids.

Match the study material to the aid. For example:

- Use flash cards to learn technical terms and foreign language vocabulary.
- Make charts and time lines for historical events.
- Use outlines to help break information into smaller units that are easy to remember.

Prepare yourself.

- Attend all classes. Skipping classes now may add to your anxiety at test time.
- Ask questions, and try to pick out important information. Listen for key phrases such as, "The 3 main reasons are..."
- Get help if you have a particular problem with the material.

WHAT IS TEST ANXIETY?

It's worry or fear caused by having to take tests.

Test anxiety may cause:

Mental Distraction

You may be unable to concentrate, and may be easily distracted by noise, uncomfortable temperature, passers-by, etc.

Physical Symptoms

You may fidget, have "butterflies" in your stomach, a quickened heart rate or breathing, nausea, sweaty palms, a headache, etc.

Mental Blocks

You may be unable to think effectively about the task at hand.



WHO IS AFFECTED?

Every student who takes a test feels some anxiety. But for some students, the feeling is so intense that it affects their performance—with serious results.

Some students can rise to the challenge.

They see an exam as an opportunity to show what they know.

Others view tests as threats.

For example, students who've failed in the past often fear that they'll fail again.

BE KIND TO YOURSELF

Eat and sleep well before the exam, so you're in top form. Don't try to "cram" or stay up all night by taking caffeine or drugs. You're likely to be tired, irritable and distracted by test time.

A test-anxious student may do poorly on an exam even if he or she knows the material better than a classmate who is able to control anxiety.

Learn to control Test Anxiety

1. Think positively.
2. Use your imagination in a positive way (see yourself as a winner).
3. Have a healthy diet and exercise regularly.
4. Learn to relax - tighten, then relax each muscle group in your body beginning with your toes and working up to your face.
5. Breathe - take long deep breaths, release slowly, concentrate on breathing and then repeat.



School of Education and Counseling

Counseling & Special Education Department

The Counseling faculty would like to remind majors in Human Service Counseling that the number of possible internship sites has been expanded. A book listing possible locations is available from faculty in the Counseling and Special Education Department. Seniors in Human Service Counseling who have completed all course work except CSL 490 Seminar in Counseling may elect to complete their internship during the spring semester of their last semester. This requires approval of Dr. Willis or Dr. Conway.



Educational Foundations & Leadership Department

Students who are interested in working with younger children may be interested in a Field Endorsement in Early Childhood Education Unified Birth-Grade 3. This combined endorsement includes content from the Elementary Education and Early Childhood areas and allows students to specialize in younger children. Students who aren't sure which age most appeals to them may want to consider Elementary Education (grades K-8) or the new Middle Level Endorsement which prepares students for grades 4-9. See an advisor in Education for more information about these choices.

School of Natural and Social Sciences

History, Politics & Geography Department

Are you interested in where and how US soldiers are stationed around the world? Classes in Geography and Political Science can help explain where areas of conflict are located and why the land is geographically significant. History classes help students to understand how current conditions came to exist in countries that are allies to the US now that might have been an enemy in the past and how sides can switch over time. Contact an advisor from History, Politics or Geography for more information about the present.

School of Natural and Social Sciences

Life Sciences Department

The Medical Technology major has been renamed Clinical Laboratory Science. This is a good choice for students interested in working in a lab. Several faculty members are working on a large research project and there may be opportunities for students to participate in undergraduate research projects. Contact a Biology faculty member for more information about these options.

Physical Sciences & Mathematics Department

Note to students interested in choosing CHE 102 General Education Chemistry to complete the general education requirement in physical science. CHE 102 will be offered in May 2006 for the last time in the foreseeable future. Students who need to meet this requirement will be recommended to take PHS 102 Physical Science for General Education beginning in the fall of 2006.

Health, Human Performance & Sport Department

Majors are available in this department that range from Sport Management to Applied Human and Sport Physiology. Students interested in teaching physical education or coaching in a school system have an opportunity to pursue these choices as well. Contact a faculty advisor for more information.

Sociology, Psychology & Criminal Justice Department



EM Minor - In response to post September 11th concerns and the continuing potential for natural disasters, the Criminal Justice Program at Wayne State College has developed a new and revolutionary minor.

The Emergency Management Minor

in Criminal Justice utilizes a multidisciplinary approach to expose students to an array of courses within this new academic field of study. Students, through the Emergency Management curriculum, will be exposed to the five stages of disaster management (prevention, preparedness, mitigation, response and recovery). The minor also includes two geography courses as well as options/electives in business, communications, political science, and psychology.

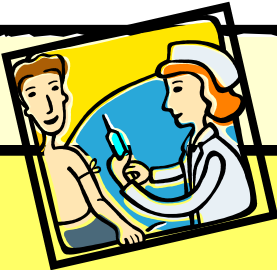
In the fall of 2005, Emergency Management students organized a multi-community mock emergency in which a 55 passenger school bus was tipped east of Wayne. In all, ten agencies were involved in the organization and response to the mock scenario. For more information, see any Criminal Justice faculty member, or see our SPCJ departmental website.

From the Office of Student Health
MENINGITIS IMMUNIZATION

Meningitis: A word that strikes fear into the hearts of parents. Many a parent thinks of this infection when their infant has a fever, is listless and irritable. But college students?

Meningitis describes an infection of the tissue and fluid that surrounds the brain and spinal cord. It is caused by viruses, bacteria, and other organisms. The most common cause in college students is the bacteria meningococcus. When it occurs, it spreads to small clusters of individuals who have close contact. In the 18-23 age group, the incidence is 1.4 cases per 100,000 per year. However, in college freshmen living in dorms, the incidence is 4.6 cases per 100,000. Even in this day of antibiotics, there is a mortality rate up to 10%.

If meningitis is rare and treatable, why mention it at all? There is a vaccine that provides protection against 2 of the 4 strains of this bacteria. The Center for Disease Control, American College Health Association, and the American Academy of Pediatrics all recommend that college freshman consider getting the vaccine. For more information call Student Health at 375-7470.



**Reminder from
Student Health**

On February 12, 2006 our office mailed 85 notices to WSC students who were not in compliance with the immunization and Student Health Form requirements. If you are one of these students, contact the Student Health Office, Room 104 of the Student Center, or call us at 375-7470. Failure to comply will cause a hold to be placed on class registration.

**E-mail your advising questions to:
advising@wsc.edu**



CALENDAR



Spring 2006

March 29 (Wednesday): Last Day to Withdraw from a Class. There will be no tuition or fee adjustment. (The last withdrawal date for those classes which do not meet for the entire semester will be one week following the mid-point of the class.)

Ongoing: Advising for Undeclared students. Declared students should contact their faculty advisors for an appointment.

April 10 (Monday): Course registration for Fall 2006 begins via Web for Students at 7:30am - Remember you won't be able to register on-line until your advisor electronically releases you.

April 12 (Wednesday): CLEP Exam

April 21 (Friday): Last day for official withdrawal from school

April 25-May 1 (Tuesday-Monday): Study Week

May 2-5: Last class meetings/Final/ Exam Week. (Check your final exam schedule.)

May 6 (Saturday): Commencement

May 17 (Wednesday): CLEP Exam - Get a head start on the Fall Semester by earning CLEP credit.

REGISTRATION REMINDER

WebCat online registration begins April 10, 2006 and will remain open through August 25, 2006. Check the class schedule booklet for the earliest date you can register based on your current classification. Start on the WSC E-Campus page, scroll to WSC Online Resources and then click on WebCat.