ACADEMIC ADVISING

RESOURCE CENTER

Newsletter—August 27, 2024

# GOT A QUESTION? ask advising.

The Academic Advising Resource Center (AARC) is located in the Conlan Center, around the corner from the Registrar Office. Our team is here to help you with any academic or advising questions. Drop-ins are welcome!

# life hacks with bpw

### Q: Are you feeling stressed or burdened with schoolwork?

A: Let me introduce you to the *anterior mid-cingulate cortex*. It’s the area in the brain where resilience and willpower grow. When you overcome a challenge, or do something you don’t want to do, your anterior mid-cingulate cortex gets stronger. The next time you do something difficult or boring, you will literally (physically) be more neurologically resilient for it.

But resilience *only* grows when you do something you don’t want to do. Enjoy studying math? Sorry, resilience won’t grow. Enjoy HIIT workouts that leave you drenched and crying? Nope. You need to *not* like it to get the rewards. So if you work on a paper you dread, or attend a class you’d rather not, or study for a test on a subject that’s hard for you, it won’t just “build character” like grandad says: you’ll reap actual *neurological* rewards. Increased resilience. Increased willpower. I’m not saying it’s easy. Adversity sucks—but that’s the point. Your brain is neurologically hard-wired to get stronger when you persevere through difficult, or unenjoyable, tasks. So get help when you need it, but don’t give up!

[Click here](https://www.youtube.com/watch?v=84dYijIpWjQ) for a brief explanation by a neuroscientist.

# KATE’S CORNER

Feeling disorganized at the start of this semester? Here’s a helpful checklist from Kate Mitchell, our First-Year Programming Coordinator. There’s still time to get organized, and this list can get you started. Find the checklist here.

# Ways we can help you

Major (or minor) requirements. Class schedules. Transfer credits. Preparing for faculty advisor meetings. Study tips. Time management. School-work-life balance. Undecided majors. Changing majors. Adjusting to college. Overcoming senioritis…

Got a question—or a concern—not on the list? No worries. Email us, or stop in, and we’ll help you anyway!

# FOLLOW US ON INSTAGRAM!

To keep up with crucial dates and info about academic advising, follow our instagram: **msj\_advising**. We’ll be launching soon with a brand new logo and helpful tips and timelines for students. So follow us now so you’re ready later!