ACADEMIC ADVISING RESOURCE CENTER

*Newsletter— January 16, 2025*

# 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 any and all academic or advising questions. Drop-ins are welcome!

# important deadlines

If you’re planning to **graduate** in May and haven’t yet applied for graduation, you need to do that ASAP. In order to graduate you need 120 credits completed by the end of this semester, as well as all other requirements fulfilled. If you’re not sure where you stand, email us or stop by our offices for a degree audit.

If you need to drop a class, you need to submit an **add/drop form** to the registrar’s office. The form is attached. The deadline to drop a course without a “W” on your transcript is February 7. There’s still time to decide, but be prepared to print the form and get the necessary signatures by the deadline if you do decide to drop a class.

As always, we’re more than happy to talk about your schedule, weigh pros and cons, help you communicate with a professor if you’re having trouble in or struggling with a class, etc. Just email us or swing by the office to chat!

# life hacks with bpw

**Q: Why have I already failed at like nine of my new year’s resolutions?**

A: Probably because you’re trying to change too much too fast. I get Arnold Schwarzenegger’s daily emails (I’ve got problems, I know), and at the start of the year he referenced a bunch of scientific studies that basically proved that less is more when it comes to changing your life. People bite off more than they can chew with resolutions. If your list of resolutions is longer than two or three things, it’s worthwhile to reality check yourself. Wouldn’t it be better to crush one or two resolutions this year than do “meh” on three resolutions or epic fail on five or more?

Honestly, why not pick **one resolution**—the one that’s most important to you—and just focus on taking the small steps toward accomplishing that goal? Maybe it takes all year, and you can feel awesome that you made one real, lasting change about yourself that you can carry with you the rest of your life. Then next year you pick one more goal—and you nail it. And the year after that, etc. After just a few years, you’ll be rocking so many big changes, you’ll be amazed by the person you’ve become. Singular focus, and consistent effort, over times yields big results.

I know this sounds boring—and slow. (If you can handle more than one change at a time, bully for you.) But let’s be honest: most of us benefit from proving to ourselves that we can accomplish *one* big thing, which gives us the confidence to accomplish the next big thing. Don’t overload. Keep it simple. Pick one goal: then plan your year, your semester, your month, your week, your day around it in small, calculable, achievable steps. Then get started.

# KATE’S CORNER (academic survival tips)

Contact kathryn.mitchell@msj.edu for info about Mount 101/102 or for more tips about how to start your semester off strong this year!

# LIBRARY SUPPORT

Do you know about **Course Reserves**? They’re materials, including textbooks, put on reserve by your instructor for all students in your class to access free of charge from the MSJ Library. Check-out times, set by your instructor, range from 3 hours to 7 days. You need your MSJ student ID and to speak to the student workers at the Circulation Desk to borrow these materials. Check to see if [any of your course materials](https://library.msj.edu/coursereserves) are available for free!

# Wellness Tips

The Wellness Center is here to help you start 2025 off on the right foot by focusing on **Financial Wellness** and over-coming procrastination this January. Check out these tools and resources to get started:

**How to Create a Budget as a College Student:** Read this helpful [article](https://www.pnc.com/insights/personal-finance/spend/first-year-of-college-budgeting-for-students.html?lnksrc=pnc-insights-feed) from our friends at PNC Bank.

**Stop Procrastinating:** attend our workshop on **January 22nd, 12:00-1:00 PM** to learn practical strategies to help you deal with procrastination. More info on the attached flyer.

# FOLLOW US ON INSTAGrAM!

Keep up with crucial dates and info about advising by following **msj\_advising** on Instagram.