

The Exploratory Owl Newsletter

University Advising Services - Issue 6

March 2022

Letter from an Advisor

Hello Owls!

It's that time of the year again: midterms are around the corner! We are fast approaching the halfway mark; can you believe it?

As college students, many of you are balancing several responsibilities in addition to your academics—jobs, student organizations, relationships, etc. It's vital that you are taking time to care for yourself. Whether that's creating a personal schedule that allows you to prioritize your academics AND spend time with your friends, making time to get enough sleep, eating well-balanced meals, or taking time to connect with the many resources available at FAU to help you thrive. All of those things could be considered self-care.

I created a few affirmations to help support you this semester. I encourage you to say these affirmations aloud to yourself as often as possible:

- ***"Getting accepted to college is a huge accomplishment and I am proud of myself."***
- ***"It's okay to ask for help and there are people at FAU that want to see me thrive."***
- ***"Learning new things can be hard. As long as I am doing my best, that's good enough for me."***
- ***"Being in college is an opportunity to become the best version of myself."***

You could even write them on post-it notes or use them as a background image on one of your devices. Just make sure that they are in a place where you can access them easily.

Please remember that Summer/Fall registration opens the week of March 28th. Please log on to My Success Network to schedule your appointment with an advisor: <https://www.fau.edu/successnetwork/>. Make sure to visit our Deciding on a Major Website, <https://www.fau.edu/uas/deciding.php>. for more resources!

Go Owls!

Linnsey McFerguson, M.S.



Here are some free apps to add to your "self-care toolkit":

- TAO Connect: [TAO Connect, Inc.](#)
- Insight Timer: [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)
- The Shine App: [Shine | Calm Anxiety & Stress \(theshineapp.com\)](#)

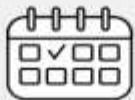
March 1st and 2nd

How do I.....



- How do I learn the newest dance on TikTok?
- How do I meet FAU's mascot Owlsley?
- How do I declare a major at FAU?

Join Us At Our Virtual Event: iDeclare



Tuesday, March 01
and
Wednesday, March 02



10:00 am - 12:15 pm
(The Virtual Advising Kiosk Will Be
Open From 12:15 pm - 3:30 pm)



Zoom



QR Code



- Hear Stories From Students Who Recently Declared Their Major @ FAU
- Participate In Presentations From Advisors Representing All Six Colleges @ FAU
- Receive Career Coaching From The Staff In Career Services
- Declare Your New Major
- Get FREE Swag



<https://www.fau.edu/uas/>



: @uasfau



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Do You Have Questions About Academic Support?



Scan the QR code to
schedule an appointment
or watch an instructional
video on how to schedule.

**Click the Tutoring/Academic Support area below to learn
how to use our FREE services to help you succeed!**

[Math Learning Center \(MLC\)](#)

[University Center for Excellence in Writing \(UCEW\)](#)

[Science Learning Center \(SLC\) & CLASS Tutoring](#)

[eTutoring & Hybrid SI](#)

[eSuccess & eLearning Success](#)

[Supplemental Instruction \(SI\)](#)

[The Speaking Center](#)

[Civic Literacy Workshops](#)

Important Dates

- March 4 – First Half Classes End
- March 5 – Spring Break Begins
- March 11 – Spring Break Ends
- March 25 – Last Day to Drop with a “W”

Questions? Contact us!

University Advising Services
SU-80 Building, Room 201
561-297-3064
advisingservices@fau.edu

Follow us on social media!



UASFAU



University Advising Services – FAU

Career Corner

Did you know?

The Career Center offers Drop-In Career Coaching on a first-come, first-served basis!

VIRTUAL: Monday - Friday, 9 a.m. - 1 p.m. - Chat us on our website at <https://www.fau.edu/career/students/>

IN-PERSON: Monday - Friday, 1 - 5 p.m. (Boca Raton Campus, SU-80, rm. 220)

Exploring majors? Visit our database, *What Can I Do With This Major?* to learn more. <https://www.fau.edu/career/majors/>

Questions? Contact us!

561-297-3533
career@fau.edu



Chat now with a Career Consultant!

Student Spotlight!

Devinne G.



What major did you decide on? Why did you choose this major?

- Business Management, Concentration: Leadership

What assistance or resources helped you decide your major?

- When I first started at FAU they has something called Learning communities and I was added into the Undecided Learning Community. I was added into a class with Students just like me and I received a lot of help in figuring out what I like. I also made many connections with those in the Career Center to help me pick out the Major that best fit me.

What advice do you have for other students deciding on a major?

- Get to know yourself, sometimes the stress of starting college gets in your head and can make it difficult to know what you would like to do. Use all the resources available to you, as they help the process of find what you love a lot easier. Most of all stay positive and don't be afraid to try new experiences! You're going to do great things!!

Did you recently decide your major? Tell us your story to be featured!

[UAS Student Spotlight Form](#)

