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The KU Advising Nest

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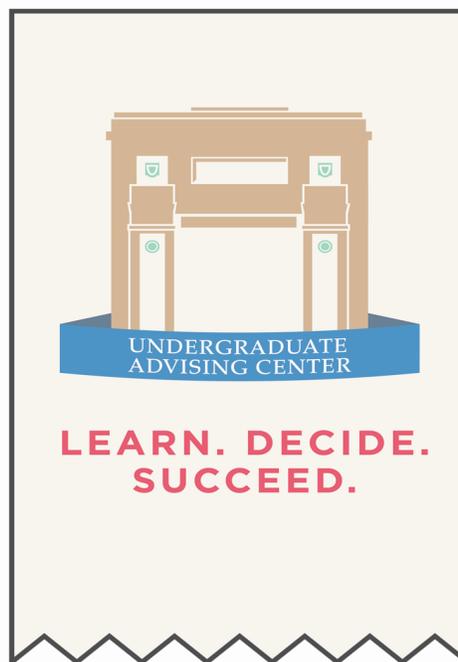
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I hope that you find the information provided within the newsletter useful. If you have a question, please feel free to contact me by email at smarino@ku.edu or by phone at 785-864-0178.

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Academic Advising at KU



Undergraduate Advising

Dealing with Setbacks on the Way to Success

By Carsten Holm, Academic Advisor, Liaison for CLAS

The beginning of the fall semester is always an exciting time for students here at KU, but as the leaves start to fall and the midterm grades start to come in, many students experience their first setbacks. Being in college can be just as overwhelming as it is exciting. Fortunately, KU has many resources available to students who are feeling overwhelmed by the challenge.

A big part of the first year in college is about learning how to learn and learning how to cope with a new set of challenges and expectations. Developing the right mindset is a part of that process. In her book *Mindset: The New Psychology of Success* Stanford psychologist Carol Dweck describes the importance of developing what she calls a “growth mindset” as opposed to a “fixed mindset.” Students with fixed mindset tend to believe that their intelligence and talents are fixed traits, and that they have it or they don’t. Students with a growth mindset understand that their intelligence and talents can be developed and improved through sustained effort, good teaching, and through developing their skills. Consequently, students with a growth mindset tend to respond much better to setbacks.

Particularly in the first year, many students find that the study skills and study habits that helped them be successful in high school are not as effective in college. Many students lack confidence in their ability to learn math, science, or foreign languages. Balancing classes with extracurricular activities and work can also be a challenge. As parents, you can help your student grow to face the challenges and expectations associated with being a KU student by pointing out the many support resources available at the university.

As an advisor, I have seen many examples of how helpful KU’s support resources can be, and how much students can benefit from developing their study skills. These can easily make a difference of one or even two letter grades. And not just that: As students improve their study skills and their ability to learn complex material, they also come to enjoy their classes and their learning more.

Academic support resources that could help your student include:

Tutoring services: <http://tutoring.ku.edu/>

The Writing Center: <http://writing.ku.edu/>

Math help rooms run by the Math department or the School of Engineering.

The Academic Achievement and Access Center offer hour-long individual consultations on, among other things, time management and study skills: <http://achievement.ku.edu/consultations>

If your student has a disability but is not receiving any accommodations, you can learn more about the accommodation process here: <http://disability.drupal.ku.edu/accommodation-process>

If your student meets certain criteria, she may be eligible to apply for Supportive Educational Services. Learn more here: <http://trio-ses.ku.edu/>

Undergraduate Advising

KU Nest Housing Initiates Article By Emily Plotkin, Academic Advisor, Coordinator Housing Initiatives

An exciting collaboration has been happening between KU Student Housing and the Undergraduate Advising Center. About two years ago, the office worked with KU Student Housing and two advisors began working in the afternoons three times a week at GSP and McCollum Hall. This gave the students a chance to utilize the space in their residence halls and allow for greater convenience. Many times, students could just walk right downstairs to attend their scheduled advising appointment.

Since then, we have expanded our presence into three different residence halls. Carsten Holm advises out of GSP. Emily Plotkin advises out of Oliver Hall. Most recently, we implemented our “Daisy Hill Advising Team,” which consists of four UAC advisors: Hannah Goetz, Marilee Teasley, Hall Alexander and Amea Chandler. They advise in the Goldwater room in the Daisy Hill Commons—the new area connecting Self and Oswald Hall. These advisors have scheduled appointments, as well as set office hours where students can simply drop in with questions or concerns. This collaboration has been very successful for both the Undergraduate Advising Center and KU Student Housing.

We have also recently implemented a new position called a Residential Peer Advisor. These are students that serve as both peer advisors and live in a residence hall on campus. Residential Peer Advisors work closely with resident assistants and students to ensure they have guidance and support in their academic pursuits. The “RPAs” hold office hours in the residence halls several days a week, as well as work in the Undergraduate Advising Center along with their fellow peer advisors. We have found that students greatly benefit from being able to turn to a peer with questions since the RPAs have experienced many of the same issues as the students they are helping.

University Career Center

CAP—Parents

By Katrina Zaremba, Communications Coordinator

Do you worry about what your student is going to do after graduation? Have you asked them what they can do with their major?

The University Career Center has developed the Career Advancement Program (CAP) to support, motivate and guide students through college and beyond!

CAP consists of seven overarching dimensions. In concert, the following dimensions position individuals to become successful and sought-after professionals:

- **Academic Learning:** developing and excelling at a course of study that provides both breadth and depth combining academic strengths, interests, and specialized knowledge in the context of career aspirations.
- **Experiential Learning:** engaging in purposeful, meaningful experiences outside of the classroom in order to expand and enhance academic, personal and career interests through guided reflection.
- **Career Maturity:** believing in a clear picture of self as it relates to the world of work, having knowledge and direct experience with career exploration and engagement activities, and anticipating changes to career plans once circumstances change.
- **Professional Skills:** demonstrating skills that employers' value for successful transition to the workplace such as planning and prioritizing work, communication, problem solving, teamwork and collaboration, and leadership.
- **Professional Skills:** demonstrating skills that employers' value for successful transition to the workplace such as planning and prioritizing work, communication, problem solving, teamwork and collaboration, and leadership.
- **Career Management:** developing and employing the skills necessary to successfully navigate the job search process and making informed, sound judgments in relation to lifetime career progression.
- **Meaningful Connections:** capitalizing on mutually beneficial relationships that expand perspective, build interpersonal communication skills and create access to opportunities.
- **Global Perspective:** navigating the global economy by developing a broader understanding of the different cultures, economies and systems of the world and applying that perspective to the context of work.

KU students have the opportunity to complete CAP via a self-paced online learning experience or by taking career courses administered by the University Career Center in partnership with several academic units.

What you can do to help:

Have a conversation with your students about their career and how CAP can benefit in achieving their goals at KU and in the workplace!

Learn more about CAP: career.ku.edu/cap

Student Account Services (formerly Bursar's Office)

Enrollment
holds

Does your student have an enrollment hold? By Karen Bailey, Assistant Comptroller

Students are currently enrolling for the spring 2016 semester. As part of that enrollment process, students should check for enrollment holds prior to their enrollment appointment time. There are certain holds that will prevent a student from enrolling and must be cleared before a student can enroll. These holds can be viewed in Enroll & Pay in the Student Center on the right hand side. Each hold will provide instructions on the office to contact for more information regarding the type of hold or the action needed to clear the hold.

Academic Achievement and Access Center

Mid-Semester and the Availability of AAAC Resources By Kristin Scott, Associate Director

The **Academic Achievement and Access Center (AAAC)** is an important resource for academic success! If your student needs help with their coursework at this point in the semester or needs guidance as it pertains to academic success strategies, there are opportunities available to them. In the AAAC, we have:

Tutoring Services – Students may request tutoring through Tutoring Services until **Friday, October 30!** It is small group and course specific; up to four students meet with the same tutor at the same time on the same days in the same location through the last week of classes. Tutor groups fill up fast so students should not delay. More information is available at tutoring.ku.edu.

Pre-registration for spring classes begins on Monday, November 2. Pre-registration enables your student to view the list of tutor groups before students who do not pre-register by the start of the semester.

Office of the University Registrar

DELEGATE ACCESS

Students can grant online access to specific areas of their student account to their delegate (s). Delegates can have view access to academic records, financial information and financial aid, can view and print bills, and can make payments online. For more information and instructions on setting up and using Delegate Access, visit registrar.ku.edu/delegate.

Academic Calendar

Date	Descriptor
Sun Aug 23, 2015	New Student Enrollment ends (11:59 p.m.)
Sun Aug 23, 2015	Last day 100% refund *
Mon Aug 24, 2015	First day of classes
Mon Aug 24, 2015	First day of Late Enrollment *
Mon Aug 24, 2015	\$150 late enrollment fee begins *
Mon Aug 24, 2015	First day 90% refund *
Fri Aug 28, 2015	Last day to add and change sections on-line *
Fri Aug 28, 2015	Last day to add/change sections without written permission *
Fri Aug 28, 2015	Last day to enroll online *
Fri Aug 28, 2015	Last day 90% refund *
Sat Aug 29, 2015	First day 50% refund *
Mon Aug 31, 2015	Add/change of section with written permission begins (off-line) *
Mon Aug 31, 2015	Petition late enrollment begins (off-line), form available at student's school *
Mon Sep 07, 2015	Labor Day Holiday - No classes
Mon Sep 14, 2015	Last day to withdraw/drop without a "W" *
Mon Sep 14, 2015	First Period Drop ends *
Mon Sep 14, 2015	Last day to request a Petition to Late Enroll form (non TBA, full semester classes)
Tue Sep 15, 2015	Second Period Drop begins *
Mon Sep 21, 2015	Census Day - 20th Day of classes
Mon Sep 21, 2015	Last day to add or swap a class *
Mon Sep 21, 2015	Last day petition late enrollment (non TBA, full semester classes)
Mon Sep 21, 2015	Last day 50% refund *

Continued on next page

Academic Calendar

Fall Schedule

continued

Tue Sep 22, 2015	Start Credit/No Credit *
Tue Sep 22, 2015	0% refund begins *
Wed Sep 23, 2015	Tuition Adjustment & Residency Application deadlines
Mon Oct 05, 2015	Deadline Credit/No Credit *
Sat Oct 10, 2015	First Day of Fall Break
Tue Oct 13, 2015	Last Day of Fall Break
Mon Nov 02, 2015	Law Application for Graduation deadline
Mon Nov 02, 2015	Undergraduate Application for Graduation deadline
Wed Nov 18, 2015	Last day to withdraw from a class or the University (full semester classes, excluding Law)
Wed Nov 18, 2015	Second Period Drop Ends *
Wed Nov 25, 2015	Thanksgiving Break First Day
Sun Nov 29, 2015	Thanksgiving Break Last Day
Thu Dec 10, 2015	Last day of classes
Fri Dec 11, 2015	Stop Day
Mon Dec 14, 2015	First day of Finals
Fri Dec 18, 2015	Last day of Finals
Fri Dec 18, 2015	Graduate Application for Graduation deadline
Tue Dec 29, 2015	Grade submission deadline -- 11:59 p.m. (excludes Law)
Wed Dec 30, 2015	Collection of non-posted grades begins for all careers
Wed Jan 06, 2016	Grade roster entry access shut off (excludes Law)
Fri Jan 08, 2016	Law grade submission deadline -- 11:59 p.m.
Fri Jan 08, 2016	Law grade roster entry access shut off
Fri Jan 15, 2016	Course Completion Deadline
Fri Jan 15, 2016	Official Degree list due
Mon Jan 25, 2016	Degrees post to transcripts
Mon Feb 08, 2016	Diplomas available

KU News - Headlines:

KU, JCCC develop degree partnership program

<https://news.ku.edu/2015/09/18/ku-jccc-develop-degree-partnership-program>

KU part of \$8.9 M grant to help low-income and first-generation students

<http://news.ku.edu/ku-part-89-million-advising-initiative-grant-help-low-income-and-first-generation-students>

More News

Looking for more news from KU? [Sign up](#) for Inside KU, a daily newsletter from the KU News Service.

Other Useful KU

Academic Achievement and Access Center: <http://www.achievement.ku.edu>

Admissions: <http://www.admissions.ku.edu/>

Billing Information (Bursar): <http://student-account-services.ku.edu>

College of Liberal Arts & Sciences Undergraduate Services: www.collegesas.ku.edu

Counseling and Psychological Services: <http://www.caps.ku.edu>

Enrollment questions: www.registrar.ku.edu/

Financial Aid & Scholarships: <http://www.financialaid.ku.edu>

First-Year Experience: <http://firstyear.ku.edu/orientation>

KU Continuing Education: <http://kuce.ku.edu/>

KU Online Courses: www.online.ku.edu

KU Parent/Family Assistance: <http://www.vpss.ku.edu/pal.shtml>

KU Writing Center: <http://www.writing.ku.edu>

Multicultural Affairs: <http://www.oma.ku.edu/>

Parking Department: <http://www.parking.ku.edu>

Sexual Harassment: <http://www.sexualharassment.ku.edu>

Student Account Services: <http://student-account-services.ku.edu>

Student Affairs: <http://studentaffairs.ku.edu/>

Student Involvement and Leadership Center: <http://www.silc.ku.edu>

Student Housing: www.housing.ku.edu/

Supportive Educational Services: <http://www.apex.ku.edu/>

Timetable of Classes online: <http://www.classes.ku.edu>

Undergraduate Advising Center: www.advising.ku.edu

University Career Center: www.kucareerhawk.com

Watkins Health Services: <http://studenthealth.ku.edu/>

(For specific School phone numbers, call KU Directory at 785-864-2700.)

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