ACADEMIC ADVISING RESOURCE CENTER

*Newsletter— February 13, 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 TIPS & deadlines

As you get deeper into your classes, remember you can reach out to the **Learning Center** for assistance. It’s easy to do. Just email them: learning.center@msj.edu. Or drop by their office in the first floor hallway of Seton, called the Thrailkill Hallway of Success. Asking for help is a sign of strength, remember, not a sign of weakness.

If you’re not certain the major you’re currently in is right for you, come talk to an advisor in the Advising Center (advising@msj.edu) or walk right in for a chat. We’re unbiased and happy to help you figure out a plan that works for you, your interests, your academic, life, and career goals. We’re happy to help you think through your options!

# life hacks with bpw

**Q: I’ve fallen behind (ok, *way* behind) in one of my classes…what do I do now?**

A: Communicate with your professors. I know that’s not the answer you want to hear, but it’s the right move. I’ve been teaching for nearly 20 years, so by now I’m never surprised to hear when students have fallen behind in one of my classes. But what continues to surprise me is when a student falls behind—and says nothing to me. Hiding is not the answer. The longer you put it off, the more your anxiety snowballs, and eventually, if you never reach out to your professor for help, it’ll be too late and you’ll have fallen too far behind to do anything about it.

Week six of the semester is coming to a close. There’s roughly 2/3rd still ahead of us, which is plenty of time to right the ship. In 2019, the MLB team Washington Nationals got off to a horrible start. Their record was 19-31 in May. That’s the worst record, historically, of any team who went on to win the World Series. But that’s just what the Nationals did! Think about that for a moment. The first 1/3rd of their season was garbage. Then they regrouped, made adjustments, and slowly pulled their way out of the funk. It’s not impossible. But it takes work.

And the first step is to acknowledge the errors. Self-assess, label what’s contributing to your poor performance, and set a goal (win the World Series? get a B? pass the class?). Then suck it up and schedule a meeting with your professor to create a game plan for the rest of the semester. Your professors are human beings, and they’ve been in tough situations themselves. Lean on their life experience—and their desire for you to do well—so they can be a mentor to you. Teaching happens in the classroom. Mentoring happens in office hours, in email correspondence, in the short hallway chats before or after class. Your professors can help. Be brave and let them.

If you want a little coaching before you meet with your professor, Advising can help. Or if you’re having a hard time communicating with a professor, we can offer tips. But *you’ve* got to take the initiative. Your professors and we have all the confidence in you that you can get out of whatever hole you’ve dug for yourself. Let’s get started!

# LIBRARY SUPPORT

Spring Career Fair is right around the corner! Make sure you are prepared. Consider reviewing [networking tips](https://library.msj.edu/careers/skills) or visiting [Regional Business News database](https://library.msj.edu/az.php?a=r) to do some company research, or look at the [Occupational Outlook Handbook](https://www.bls.gov/ooh/how-to-find-a-job/home.htm) by the Bureau of Labor Statistics for exploring careers. These are just a few resources curated and provided by the MSJ Library on the Careers subject guide. For the Career Fair and beyond, the [Careers Guide Subject Guide](https://library.msj.edu/careers) is always here for you!

# Wellness Tips

Explore the many wellness resources on our [website](https://www.msj.edu/student-life/wellness-health-resources/index.html). And be sure to read the Wellness emails every Wednesday!

# 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!

# FOLLOW US ON INSTAGrAM!

Keep up with crucial dates and info about advising by following **msj\_advising** on Instagram. And win free stuff!