

TWIRL: SPECIAL EDITION

HOW TO MAKE YOUR SECOND SEMESTER EVEN BETTER

University Housing
912.681.5406
www.gsuhousing.com

THIS WEEK IN RESIDENCE LIFE

Volume XII Special Edition

INSIDE THIS ISSUE:

What is the Fresh Start Program?	2
Didn't do so well ...	2
Calendar of Events	2
First Semester Woes	3
Survival Tips	3
Choosing a Major	4
How to Approach a Professor	4
Calculating Your GPA	5
Advice on Managing your Time	5
Non-Academic Internships	6
Cooperative Education	6
Academic Success Center	6
Study Abroad Programs	7
Counseling Center and Career Development	7
Financial Aid Info	7
Spring Semester at a Glance	8



It is a formula with potentially disastrous consequences - new experience plus overwhelming tasks plus social obligations equals stress, chaos, and in some cases, bad grades.

If this sounds like your first semester, you are not alone. Many students struggle with the new experiences that comes along with university life.

In this special edition of the TWIRL, the Department of University Housing wants to help you understand that struggle is normal, it is a part of the growing up process. So we have included articles that address these struggles, as well as articles that provide practical advice for all successful students.

Welcome Back!

In this issue, we also discuss an exciting new series of programs that we hope will help you jump start your spring semester.



**WE WANT TO HELP YOU
ACHIEVE YOUR GOALS.**

The Fresh Start program includes a variety of offices from around campus who will come in to our residence halls to offer their expertise and guidance. These programs address everything from study tips, test taking

advice, study abroad opportunities, and how to bounce back from a poor first semester.

We want your second semester to be a turning point in your academic career, the start of something new and exciting. It is easy feel down after a poor academic performance, but you owe it to yourself to stand up, brush yourself off, and reach for those goals that are right in front of you.

As always, our office doors are open to you. Please visit with one of our many staff members with any questions, concerns, or just if you are in need of advice. Remember to have fun, enjoy the experience, and make your spring semester even better.



What is the Fresh Start Program?



THE FIRST SEMESTER OF COLLEGE CAN BE OVERWHELMING.

Going off to college is a major adjustment in a student’s life, and many freshmen find themselves struggling through classes, which in and of itself can be a new experience. With the Fresh Start Program, the Department of University Housing wanted to create programs geared toward first year students who felt that they could have done better, or maybe had a less than ideal first semester and want to start fresh in the second semester. January 2008 marks the first year for the program, which starts the first day of classes and continues throughout the first two weeks

with various events and academic programs.

The academic programs focus on many of the trouble areas that students encounter their first semester in college, such as note taking, test taking, distractions, and study skills. Various departments around campus will conduct these programs, including the Academic Success Center, First Year Experience, and the Writing Center. The Center for International Studies is also set to talk to the students about study abroad options.

The Fresh Start programs conclude with House Calls, which is University Housing’s unique program in which faculty and staff visit with residents to find out how their semester is going.

The goal of the Fresh Start Program is to help students understand one semester of adjustment is understandable, and to give them the tools they need to be a successful student.

“IF YOU ARE A STUDENT WHO HAD A DIFFICULT SEMESTER THIS FALL, THEN THE FRESH START SERIES OF PROGRAMS CAN HELP YOU GET BACK ON THE PATH.”

Did you get below a 2.0?

If you are a student who had a difficult semester this Fall, then the Fresh Start series of programs can help you get back on the path. Having a difficult or disappointing semester is not uncommon, but how you respond to that semester can make the difference in your ultimate success in college.

Take the time to attend as many of the Fresh Start programs as you can. By attending, you can identify resources, discover some

of the common causes of problems and their solutions, and gain the tools you need to be successful for the rest of your academic career. The important thing to remember is to not keep doing what doesn’t work, rather learn what does.

In addition to gaining valuable information, you will have the opportunity to discover staff at Georgia Southern who can continue to assist you and provide additional resources that

you may need throughout your time at GSU. Students often have a tough first semester as they learn to deal with all the different demands on their time and attention, but the opportunities of the Fresh Start program help you can learn how to balance these demands while meeting your academic goals.

Calendar of Events

<p>Monday, January 14th Study Buddy Sign Up in each residence hall.</p>	<p>Wednesday, January 16th “I Think I’ll Study for the Test!” Presenter: Academic Success Center 5:30 pm, Johnson Hall</p>	<p>Thursday, January 17th “Making the Grade without Cheating” Presenter: Library 6:00 pm, Eagle Village</p>	<p>Tuesday, January 22nd Study Abroad Information Session Presenter: Center for International Studies 6:00 pm, Eagle Village</p>	<p>Wednesday, January 23rd “What can the Academic Success Center do for you?” Presenter: Academic Success Center 6:00 pm, Watson Hall</p>
<p>Tuesday, January 15th “Do I have a problem? ... Do I know how to Study?” Presenter: Academic Success Center 6:00 pm, Watson Hall</p>	<p>“Rebounding from a Poor Academic Performance” Presenter: First-Year Experience 6:30 pm, Eagle Village</p>	<p>“Oops! I Forgot the Test is Tomorrow!” Presenter: Academic Success Center 7:00 pm, Kennedy Hall</p>	<p>“Take Charge—Get Control of your Academic Life!” Presenter: Academic Success Center 7:00 pm, Johnson Hall</p>	<p>“What can the Writing Center do for you?” Presenter: Writing Center 7:00 pm, Kennedy Hall</p>
<p>“Find Better Information, Get Better Grades” Presenter: Library 7:00 pm, Eagle Village</p>		<p>Friday, January 18th Study Buddy Sign Up Ends</p>		<p>Thursday, January 24th House Calls 6:30–8:00 pm</p>

First Semester Woes: What One RA went Through

As a freshman at Georgia Southern University, I was excited to go off to college. During SOAR, when I registered for classes, I signed up for classes that I would always do poorly in during my high school years. I chose to eliminate two of those classes during my first semester. That was my mistake.

When classes started in August, I was ready to start but when the first big reading assignment in my history and chemistry classes was announced, I did what most students do ... I decided to read it later. But later never came.

On test day, I would review the notes and hope for the best. The end result would be ugly, more so in chemistry than in history, but neither were pretty.

Around finals, I was cramming to figure out what I needed to get on the test so that I would get a "B" in the class. I didn't prepare myself enough to get a "B" in either of those classes.

When grades came out, I had two "A's," one "B," and two "C's." Sounds like it would balance out but the "A's" were a combined 4 hours and the "C's" were seven hours! My GPA was 2.78 and HOPE was my only source of funding. In order to keep HOPE, I would have to have a 3.22 or higher in the spring semester.

When I registered for spring classes I was still unsure and decided to enroll in classes that I would like to explore further as a possible

major. This allowed me to take classes that I wanted to learn more about, hence help me raise my GPA. My semester consisted of 19 hours, seven classes, when it was all said and done.

That is a lot of hours, but on top of that I was in multiple organizations where I had meetings Monday through Thursday. Where would I be able to find time to study? I don't know where I found time, but it found me and it was usually around four o'clock in the morning.

I was determined to get my GPA up, so when other people would be hanging out playing videogames and watching television, I was in my room studying and wishing I could be having fun. Then I thought about what my goal was and I fought the urge to leave my room.

Finals time was approaching, and I asked my professors what my grades were looking like and they told me I was doing fine. I had five "A's" and two high "B's" going into finals. One of those "B's" miraculously turned into an "A" with the help of one of my professors. You know that whole "Get to know your professor?" spiel? It works and that was how I got that miracle "A."

When grades came out, I finished with six "A's" and one "B" and a 3.84 GPA. As far as HOPE goes, well my cumulative GPA was a 3.39 and I kept HOPE alive!

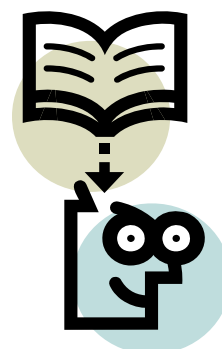


BY: STEVE NYBERG
RA IN JOHNSON HALL

“... I THOUGHT
ABOUT WHAT MY
GOAL WAS AND I
FOUGHT THE URGE
TO LEAVE MY
ROOM.”

Survival Tips for Spring Semester

- Attend class! It's the single easiest thing you can do to be a successful college student, and not doing it is the single most efficient way to sabotage your grades.
- Have informed expectations about the amount of time you will need to devote to your studies. A traditional formula advises students to expect to spend 2 to 3 hours outside of class per week per semester hour. So a 3 hour class would equal 6-9 study hours.
- Recognize that each of your professors is passionate about their subject. There is perhaps no greater personal affront for any person than to be told (verbally or non-verbally) that what you care a great deal about is trivial.
- When you are struggling, try to do the work anyway. If you can't do it, go see your professor.
- If you get behind, make an appointment with the professor, start attending classes, and evaluate your work habits. Chances are you have the time to turn around the semester.
- Be respectful. Professors may not confront you about tardiness or talking in class, but they do notice and it can be annoying to both the professor and other classmates..
- Downtime is important! Don't eliminate leisure activities altogether, but schedule them in small doses.



DON'T BE A
STATISTIC. YOU, TOO,
CAN SURVIVE YOUR
SECOND SEMESTER

Choosing a Major

Edited from an Article by Randall S. Hansen, Ph.D.

The most important piece of advice in this article follows this sentence, so please make note of it and repeat it to yourself as often as you need as you read this article and make decisions regarding choosing a major in college. Are you ready for it? The advice: **Don't panic.**

I can't tell you how many students I have advised since the time that I have been a professor that seem in a state of panic if they are uncertain of their major, let alone a career. Yes, there are some students who arrive on campus and know exactly their major and career ambitions, but the majority of students do not, thus there is no need to rush into a decision about your major as soon as you step on campus.

And guess what? A majority of students in all colleges and universities change their major at least once in their college careers; and many change their major several times over the course of their college career. Your major in college is important for your first job after graduation, but studies show that most people will change careers ~ yes, careers ~ about four or five times

over the course of their lives -- and no major exists that can prepare you for that!

The **first** stop should be an examination or self-assessment of your interests. What types of things excite you? What types of jobs or careers appeal to you? Also, college career centers have a variety of self-tests that can help you answer these questions.

The **second** stop is an examination of your abilities. What are your strengths? What are your weaknesses? What kind of skills do you have?

The **third** stop involves examining what you value in work. Examples of values include: helping society, working under pressure, group affiliation, stability, security, status, pacing, working alone or with groups, having a positive impact on others, and many others.

The **fourth** stop is career exploration. There are many schools that offer similar "what can I do with a major in...?" fact sheets or Websites. You can also learn more about various occupations, including future trends, by searching the Bureau of Labor Statistics' *Occupational Outlook Handbook*.

The **fifth** stop is the reality check. Does your occupation require an advanced degree, but your future commitments preclude graduate study? Do you have a strong interest in the arts, but your family is convinced you will become a CPA like your father? There are often ways to get around some of the obstacles during the reality check, but it is still important to face these obstacles and be realistic about whether you can get around them.

The **sixth** and final stop is the task of narrowing your choices and focusing on choosing a major. Based on all your research and self-assessment of the first five stops on your journey, you should now have a better idea of the careers/majors you are not interested in pursuing as well as a handful of potential careers/majors that do interest you.



How to Approach a Professor



Edited from an Article by Tara Kuther, Ph.D.

Few students make it through college without seeking assistance from a professor for help at one time or another. In fact, it's important to seek help rather than let problems fester and intensify. So, how do you approach a professor for one-on-one time?

If you're going to progress as a student you must set your fear aside and ask for the help that you need.

1. Always approach your professor with courtesy.
2. Contact. Look at the course syllabus for their preferred methods of contact. Ask yourself: Is this urgent? If so, then stopping by the office during office hours is probably the best step. Otherwise, you can try e-mail. Then wait for a response.
3. Plan. Check the syllabus for the professor's office hours and policies before you make your request so that you are already familiar with their

schedule. If the professor requests that you return at another time, do your best to meet at a time which is convenient for him or her (e.g., during office hours). Don't ask a professor to go out of their way to meet you at a time that is inconvenient because professors have much more duties than teaching.

4. Ask. It is the only way to learn your professor's preferences. Say something like, "Professor Smith, I need a few minutes of your time so that you can help me with a question/problem I'm having with _____. Is this a good time, or can we set up something that is more convenient for you?" Keep it short and to the point.

5. Prepare for Your Meeting. Pull your thoughts together beforehand (as well as all of your course materials). Preparation will help you remember to ask all the questions you need answered.

6. Questions. If you are anxious about talking with your professor, prepare your questions early. Be efficient and try to accomplish everything in one meeting, rather than coming back repeatedly with questions.

7. Materials. Bring your class notes and syllabus to refer to, so that you have all the details you need.

If you need to refer to a text book, bookmark the pages that you will need to refer to so you can get to them quickly.

8. Notes. Come prepared to take notes (i.e., bring a pen and paper to your meeting). Notes will help you record and remember the responses to your questions and prevent you from asking the same questions later in the course.

At the Meeting: Be punctual. Do not arrive early or late. If you need to meet with your professor again, ask them if you can set up another appointment.

Address. Unless your professor has indicated otherwise, address him or her by last name and with the appropriate title.

Gratitude. Always thank the professor for their time and express any gratitude that is appropriate for the specific help that he or she has provided. This will leave the door open for future appointments.

Calculating Your GPA

To determine your GPA, first list your grades in the table in column #2. Then using the key (see below), assign a numeric value to each grade in column #3. Finally, list the number of credit hours for each class in column #5.

To calculate your GPA, you must multiply Column #3 by Column #5. Then list the results in Column #7, which is your Quality Points. After calculating your quality points for each class, total both the number of hours and the quality points.

The final step is dividing the sum of Column #7 by the sum of Column #5.

Note that withdrawals do not count in the calculation of GPA. They do, however, count against "attempted hours" for HOPE and other purposes.

According to the example at the right, the Fall GPA is 2.846. This GPA is calculated on 13 hours, although this student earned only 12 credit hours (because of failing BIOL 1210). The student attempted 16 hours (the 13 hours on which his GPA is based plus the three hours of HIST 2110 from which the student withdrew). The student is in Good Academic Standing.

Calculating a GPA beyond the first Semester

To calculate a GPA beyond the first semester, you must repeat the above process, but add the GPA hours and Quality points from past semesters. For previous semesters, this information can be found in your Web Transcript in WINGS.

KEY: A=4, B=3, C=2, D=1, F=0, W=0.

Course	Letter Grade	Numeric Grade Equivalent		Credit Hours		Quality Points
ENGL 1101	B	3	X	3	=	9
MATH 1111	C	2	X	3	=	6
HIST 2110	W	~	X	~	=	~
BIOL 1230	A	4	X	3	=	12
BIOL 1210	F	0	X	1	=	0
HLTH 1520	B	3	X	2	=	6
GSU 1210	A	4	X	1	=	4
		TOTAL:		13		37

Advice on Managing your Time

College students self-report that one of the biggest challenges in their first year is managing their time. Why is this so? On the one hand, things should be easy: you're probably in class no more than half the time you were in high school, and you're not likely to have a job (at least at first). However, you've probably never had this much freedom: no one is telling you when to go where, and sometimes class attendance is not required. Your time is very unstructured, and this is where the problem sometimes sets in. Some students find it helpful to think about these issues as the "GPA of Time Management":

Goals Plan Action

The Importance of Goals

First and foremost, time management is self-awareness about what is important to you. You'll be on the road to good time management skills if you can internalize the following statement:

"The way I spend my time must be a reflection of my goals."

Lots of people, including your friends, parents, and faculty and staff here at Georgia Southern,

may try to encourage you down a path, but in the end, the goals must be your own.

Assuming you are like most people, academic success is a means to an end, the way you use time must reflect the need of the goal. The trick is to think of the end goal that truly motivates you when the urge to procrastinate comes. Don't want to study for Algebra? Tell yourself that success in that course is central to your ability to become a veterinarian (or whatever your goal is). To achieve this goal, you will have to say "no," at least occasionally, to yourself and to your friends.

Planning to Meet Your Goals

Once you identify your goals and are motivated to achieve them, the rest of time management is a matter of logistics and this can be a big hurdle for the first-year. Many don't realize where their time goes. One way to find out is to use a time management grid to plot where your time goes for the week. What are you spending time on that is either not necessary (socializing, playing video games, exercise, etc.) or central to your goals? Remember that having fun is a legitimate goal, although one that needs to be kept in balance with other important goals. Work on cutting back activities that are either simply

peripheral to your goals or on those things that you do excessively. After you've identified your problem areas, fill out another copy of the study windows with a realistic plan for how you want to spend your time the following week. This doesn't have to be set in stone, but it can help you make good decisions.

Many students find that using a planner can be very helpful, and the *Eagle Eye* you received at SOAR is a great one. A "Semester at a Glance" allows you to plan out major assignments on a single sheet of paper. You might post this in a place where you see it frequently ~ over a bedroom mirror, for instance ~ so you refer to it often. If you have a lot of ink coming up in a particular week, you can make good decisions (heard that before?) about how to allocate your time to meet your goals. **Action!**

In the end, we don't manage time ~ it will do its own thing with or without us. We manage ourselves! All the goal-setting and planning doesn't mean a thing if we don't act. Take charge of the way you spend your time, and you're well on your way to success.

Jump Start Your Career: Non-Academic Internships

The four goals of the Non-Academic Internship program are to:

- Provide students with a structured period of work related to their academic major and/or career choice which will facilitate their educational and career goals.
- Enhance the career development process of students by providing a meaningful experience for them to explore and participate in the world of work.
- Provide employers with opportunities to contribute to the education and development of prospective employees.
- Provide effective service links between industry and Georgia Southern University.

To look further into the non-academic program, you must first arrange a meeting with Wallace Brown, Experiential Education Coordinator. You may contact him in the office of Career Services at 912-681-5197 to set up an appointment. Throughout each academic semester possible openings for the coming semesters are posted to Eagle Career Net. This dynamic content management system allows employers to self-list internship opportunities on the site.

Please visit <http://students.georgiasouthern.edu/career> for more information.

Hands-on Experience: Cooperative Education

Cooperative education is a balanced educational program in which undergraduate and graduate students participate in planned work experiences related to their academic major and/or career interests. Students supplement their classroom learning with relevant, practical training and experience. The purpose of the Cooperative Education Program at Georgia Southern University is to produce optimal educational results for students by integrating planned work experience with classroom theory.

The four goals of the Cooperative Education Program are to:

- Provide students with structured periods of work related to their academic major and/or career choice which will facilitate their educational and career goals.
- Enhance the career development process of students by providing meaningful experiences for them to explore and participate in the world of work.
- Provide employers with opportunities to contribute to the education and development of prospective employees.
- Provide effective service links between industry and Georgia Southern University.

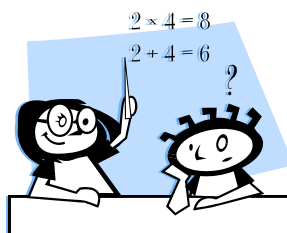
Please visit <http://students.georgiasouthern.edu/career> for more information.

What can the Academic Success Center do for you?

The Academic Success Center (ASC) is committed to furthering the mission of Georgia Southern University by providing a student-centered facility dedicated to promoting academic success among all students. To this end, the Center will promote equal educational opportunities for all students admitted to Georgia Southern University, aid students in developing the skills, strategies, and attitudes essential to the attainment of academic, career, and life goals, and enhance student retention.

The ASC is a full-service Learning Center offering:

- Peer-tutoring in:
 - Algebra
 - Trigonometry
 - Pre-Calculus
 - Calculus I, II, and III
 - Statistics
 - Anatomy/Physiology
 - Biology
 - Chemistry
 - Physics
 - History
 - American Government
 - Writing
 - Reading/Study Skills
- Peer-led Study Groups in:
 - College Algebra
 - History
- Study Skills Workshops in:
 - Time Management
 - Learning Styles
 - Note Taking
 - Test Anxiety
 - Test Taking
 - Goal Setting
 - Math
 - Writing
 - Reading Comprehension
 - Marking your Textbook
 - Regents' Review
 - Study Tips by Professors in Core Classes



**HERE TO HELP WITH ALL
YOUR ACADEMIC NEEDS!**

All programs offered are Free! We are now located on the second floor of Cone Hall. Check out the most up-to-date schedules on our website at <http://academics.georgiasouthern.edu/success/>.

Study Abroad: Where will next summer take you?

Want to broaden your horizons? Want to have the experience of a lifetime? The Center for International Studies offers many programs in countries all over the world that may be right for you. For more information, visit <http://academics.georgiasouthern.edu/international>.

Summer Study Abroad and Exchange Programs

2008 Summer Term A

- Zhengzhou, China
- China & Vietnam
- Athens, Greece
- Montepulciano, Italy
- Japan
- Xalapa, Mexico

July 2008 Summer Term

- Krakow, Poland

Long Term Summer 2008

- St. Petersburg, Russia

2008 Summer Term B

- La Serena, Chile
- Costa Rica
- London, England
- Paris, France
- Bonn, Germany
- Thessaloniki, Greece
- Montepulciano, Italy
- Madrid, Spain
- Segovia, Spain



**SO MANY PLACES TO SEE!
SO MANY PLACES TO GO!**

Counseling & Career Development Center

Counseling can be an opportunity to talk about issues that are of concern to you with an objective person who can help you develop skills and view situations in ways that may enable you to be more effective in managing life's challenges down the road. Students come to the Counseling Center for a variety of reasons, including, but not limited to:

1. Academic problems
2. Anxiety
3. Depression
4. Romantic relationship concerns
5. Procrastination
6. Family relationship concerns
7. Uncertainty about the future
8. Sleeping problems
9. Career indecision
10. Concentration difficulties

The Counseling and Career Development Center (CCDC) at Georgia Southern is where students can go to participate in programs and receive services designed to help them handle day-to-day challenges and encourage their personal growth and development.

The Center is open Monday - Friday, 8:00 a.m. to 5:00 p.m. To make an appointment, you may visit the Counseling Center on Forest Drive, or call 912-681-5541.



Important Information about Financial Aid

- The 2008-2009 FAFSA will be available at <http://www.fafsa.ed.gov> after January 1, 2008. Apply by April 20, 2008 to maximize the potential for your award eligibility.
- Students must be enrolled half time to receive loans! Half time for undergraduate students is 6 hours. Half time for graduate students is 4 hours and 3 hours during summer.
- Your financial aid award is based on financial aid information that the office currently has on file. It is your responsibility to understand your financial aid eligibility. If additional information is received, your aid eligibility is subject to adjustment. If the aid has already been disbursed to your Office of Student Fees account, and your aid is adjusted, you will be required to repay all funds for which you are no longer eligible.
- Financial aid cannot be released to your Office of Student Fees account until your professor(s) have verified your class attendance. Class attendance will be taken by professors in the first class meeting.
- For more information, visit the Office of Financial Aid during regular office hours, 8:00 am-5:00 pm Monday through Friday in the Rosenwald Building.

DEPARTMENT OF UNIVERSITY HOUSING

Spring Semester at a Glance

January 10 Residence hall check-in, 12:00 noon at the Residence Halls.

January 14 Fee payment deadline for Spring Semester 2008

January 14 Classes begin

January 14-17 Drop/Add

January 14-18 Attendance Verification must be completed on the first class meeting day

January 18 \$100 Late registration fee begins

January 21 Martin Luther King Holiday. Administrative offices closed. No Classes.

January 28 Fee Payment deadline for final SOAR registration, or changing registration during drop/add period

January 31 First Deadline for current residents to apply for on-campus housing for 2008-2009.

February 25 Early registration for summer semester 2008 and fall semester 2008 begins. Students should view WINGS for individual date and time.

February 29 Midterm grades for Freshmen due.

March 10 Last Day to withdraw without academic penalty.

March 17-21 Spring Break for students. Administrative offices open. Residence halls open.

April 1 Application deadline for undergraduate students to apply for summer 2008 admission.

April 2 Honors Day, 8:30 a.m.

May 5 Last Day of Classes

May 6-9 Final Exams

May 9 Final Date for graduate and undergraduate students to apply for summer 2008 admission.

May 10 Residence Halls close, 12:00 noon at the residence halls.

May 10 Commencement

May 11 Residence halls close at 12:00 noon for students participating in Commencement activities (permission required).

