Tips & Links to Prepare for Winter Registration

1. Develop a balanced schedule. A typical load is 15 credits (generally 3 or 4 classes) per quarter, or 45 credits per year. Registering for fewer credits (12-13) is recommended when enrolled in classes with added hours for a lab or studio.

2. Balance course types (large lecture vs. smaller discussion), subjects (science vs. humanities), and other commitments.

3. Review the General University Requirements (GURs) in the Viking Advisor.

4. Explore majors! This is the year to explore - check out our Choosing a Major website.

5. Identify prerequisites for your possible major(s): To graduate on time you should identify any major declaration requirements early, some may also count as a GUR. Check out Western's Majors or the academic departments for information.

6. Look at ClassFinder today to determine if the classes you are interested in are being offered Winter 2015. Remember to watch for prerequisites.

7. Create a few unique schedules plus a list of several alternate classes. Use “Scratch Sheet” by clicking on the 5-digit CRN in ClassFinder or design your own list so you will have schedule options plus alternate classes and times ready if necessary. Be flexible, use the waitlist, but make sure to register for a full course load!

Drop-In Advising Labs
Winter Registration Preparation
(Just like at Summerstart!)
November 17th 3-5pm MH 16
November 20th 2-4pm MH 16

Need help preparing for winter class registration? Connect with academic advisors during our Drop-In Advising Labs to review GURs, identify major prerequisites and create possible class schedules.

Student to Student Tip!

“Start studying earlier than you think you need to – it will prevent you from having to cram for multiple tests at the same time.” – WWU Sophomore
**Career Corner**

What can freshmen gain from Career Fairs and other ACDS events?

1. Explore the variety of graduate programs & career opportunities available: the assortment may surprise you!
2. Learn what courses & activities will help you explore your interests while strengthening you as a future candidate.
3. Network and develop contacts with representatives for future inquiries and questions.
4. Find out what the representatives like about their job/program: this is a no-pressure chance to ask questions about the organization or career field.
5. Have fun and replenish your stock of pens and chocolate!

The **International Opportunities Fair**, scheduled for **January 29, 2015** is an event many freshmen attend in order to learn about valuable (and fun!) opportunities that will enhance their skills *and* their resume. Freshmen can also attend the **Majors Fair** on **February 5, 2015** as a way to talk to many academic departments about majors.

These fairs offer some obvious benefits for new students, but what about other ACDS events? Can a new freshman learn anything from a graduate school fair or a Career Fair? Graduate school and career employment may seem a long ways away, but there are still some great reasons to consider donning your nice duds, professional smile and attending upcoming events!

Some upcoming events to attend are:

- Law School Information Fair: **November 12th**
- International Opportunities Fair: **January 29th**
- Majors Fair: **February 5th**

For more details visit the CSC **Events Calendar**

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**Success at Western is more than academics…**

[WesternWellness.wwu.edu](http://WesternWellness.wwu.edu)

Become actively involved in your own wellness and understand the impact health has on personal and academic success.

- Maintaining Positive Relationships
- Managing Stress & Anxiety
- Alcohol, Drugs & Smoking
- Nutrition & Body Image
- Mood & Self-Esteem
- Sexual Health

“I think my tip for freshmen would be that you should get out there as much as you can. Talk to people in classes, form study groups, go to school events, join clubs, and meet everyone on your floor/stack/hall. I ran into so many people today that I knew from freshman year and it made me feel so at home and it’s just a great feeling to see familiar faces everywhere you go. I felt lonely my first quarter here but it was only because I wasn’t trying hard enough to meet all the wonderful people at Western.”

– WWU Sophomore

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**ACDS Events!**

**Law School Information Fair**

Wednesday, November 12th 10am – 2pm
VU Multipurpose Room

**Choosing a Major Workshop**

November 13th 4pm – 5pm
Haggard Hall 233
Register to attend

**Winter Registration Preparation**

Drop-In Advising Labs—MH 16
Monday, November 17th 3 – 5 pm
Thursday, November 20th 2 – 4 pm

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**Get Connected at Western!**

Check out AS clubs and events

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Follow us on…
Tutor Tips

Study Environment
Choosing the right study environment will take you a long way toward academic success. Effective environments facilitate learning and allow you to make the best use of your time.
Factors to consider in choosing a study environment:
• **Lighting**: There should be ample light, to minimize eye-strain.
• **Noise**: The location you choose should be quiet. Music helps some, but is a distraction for others. Talking is also distracting, so choose a location with minimal chatter.
• **Interruptions**: Turn off your ringer, put a “do not disturb” sign on the door, and tell your roommate(s) that you have work to do!

Possible locations:
• Library (explore to find the places you like best).
• Empty classroom, especially one that you have a class in—studying where you will be tested in increases the likelihood that you will remember the information.
• The Tutoring Center in Wilson Library 280.
• **DO NOT STUDY IN BED!! When you’re in bed, the environment is telling your body that it is time to go to sleep…and you probably will.**

For more information about academic success strategies and skills, or to set up an individual study-skills appointment, call the TC at 360-650-3855 or visit WL 280 during operating hours:

Monday – Thursday, 9am-9pm;
Friday 9am-5pm; Sunday 5pm-9pm

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**Major Introductions:**
**Behavioral Neuroscience**
Behavioral Neuroscience explores the role of the nervous system in normal and abnormal behavior, thought and emotion. For example, Behavioral Neuroscientists study the biological basis of normal learning and memory as well as psychiatric illnesses such as depression, schizophrenia and drug abuse.

This interdisciplinary program provides students with the specialized preparation and technological sophistication critical for success in a variety of graduate-training programs, including Neurosciences, Psychology, Pharmacology, Mental Health, and Neurobiology; and health care, including Medicine and Dentistry. For those students who do not anticipate pursuing post-graduate education, the proposed degree program provides an excellent platform for entry-level positions in such areas as biomedical research and the pharmaceutical industry.

www.wwu.edu/neuroscience

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**Minor Introductions:**
**American Cultural Studies**
American Cultural Studies allows students to study the Americanization process, American character, American cultural institutions and/or American cultural values, particularly as these shape our concepts and choices of vocation. The program in American Cultural Studies serves those students who are interested in the study of such questions, but find that important aspects of cultural institutions, cultural artifacts and cultural values are not fully revealed by the course of study within a single department or college. The program allows students the opportunity to study issues arising specifically from the cultural diversity in American society. The program takes advantages of the rich curricular offerings of the various departments and colleges of the university.

www.wwu.edu/fairhaven/acs/

See all Western’s Majors in the University Catalog under “Programs of Study”!