Welcome back - I hope you all had a restful break! Here’s the news for January...

1. **Attention Seniors Graduating in May 2016**
   If you plan to graduate this coming May, don't forget that you need to fill out an **Application to Graduate**. They are available online at: [http://und.edu/student-affairs/commencement/](http://und.edu/student-affairs/commencement/). Graduation info is also available on that page. Remember, the deadline to apply to graduate is **February 9th**. **If you do not apply to graduate, you will not graduate!!!!!!!!!**

2. **Other Dates and Deadlines for this semester:**
   - **January 21, 2016**
     - Last date to **add a full term class or to drop a class without it showing up on your transcript** - any classes dropped after that will have a **W** listed on your transcript
   - **April 8, 2016**
     - Last date to **drop a full term class**
     - Last date to **switch a class to S/U grading**

3. **Summer 2016 and Fall 2016 Class Schedules**
   - The preliminary **Summer 2016** class schedule will be finalized on Campus Connection on **February 1st**
   - The **Fall 2016** class schedule will be posted on Campus Connection on **February 29th**

4. **Early Registration for Summer 2016 and Fall 2016 will be here before you know it!!!**
   - Registration appointment times will be posted on your Campus Connection account on **April 1st**
   - Early Registration for both **Summer 2016** and **Fall 2016** begins on **April 4th**!
     - Remember to take care of any “**Holds**” so you can register on time
     - **Do not wait until the end of the semester to register**...classes will be closed!
   - If we didn’t meet last fall, or if you want to meet with me to discuss things for this summer or next fall, **do not wait until registration starts to schedule an appointment – come in now!** I have lots of open appointment times now and things will get very hectic after Spring Break!!

5. **February is Freshmen Advising Month!!! Plan your 2016 Summer and 2016 Fall now!!**
   - Freshmen... if you plan to finish here in 5 years because of major or athletic or ROTC commitments, you may make an individual appointment to see me for schedule planning **sometime during the month of February**.
   - Freshmen... if you plan to finish here in 4 years, you need to sign up for a **group advising session** for schedule planning (regardless of your major). **You must attend one of these sessions before I will see you one-on-one again next year**. Sessions are offered on **Fridays throughout February**. Call the main office of the College of Arts and Sciences at 777-2749 **ASAP** to pick a time (do not e-mail me). Sessions are limited to **10 students** and are filling up fast! Sessions are offered on the dates and times as indicated by a ✓:

<table>
<thead>
<tr>
<th>Fridays*</th>
<th>9-10am</th>
<th>10-11am</th>
<th>11am-12pm</th>
<th>12-1pm</th>
<th>1-2pm</th>
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</thead>
<tbody>
<tr>
<td>February 5</td>
<td>Full!</td>
<td>✓</td>
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<tr>
<td>February 12</td>
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<td>February 19</td>
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<tr>
<td>February 26</td>
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</tbody>
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*Please call our main office (777-2749) to discuss alternatives if none of the above times fit into your schedule!

6. **Last semester’s grades not quite what you hoped for? Check out the Student Success Center!**
   The **Student Success Center**, located on the second floor of the Memorial Union, offers services and instruction to help students succeed academically. The services include **Drop-in Tutoring, Study Skills Handouts and Online Tutorials, and Individual Study Skills Assistance**. The folks over there are wonderful - check out what they have to offer at their website: [http://und.edu/student-affairs/student-services/](http://und.edu/student-affairs/student-services/).
7. Need help or additional explanations with some concepts in your science classes?
Check out the Khan Academy at: https://www.khanacademy.org/. They have lots of free videos on all sorts of concepts in Biology, Chemistry, Organic Chemistry and Physics. Their slogan is: "You can learn anything. Free. For everyone. Forever." They are a trusted resource! In fact the AAMC enlisted them to create a series of videos to help with science concepts specific to the new MCAT. But you don’t need to be Pre-Med to take advantage of what they offer - I have had numerous students benefit from this “on-demand” type of tutoring!

8. Northwestern Health Sciences University Recruiter on Campus next week!
Tony Klem, Senior Admissions Counselor for Northwestern Health Sciences University Chiropractic School will be on campus next week on Tuesday, January 26, 2016 from 11am-2pm. He will be in the Medora Room of the Memorial Union for drop in visits. Housed in the Twin Cities, NWHSU is the nearest chiropractic school to UND - stop by and check out what they have to offer!!

9. Summer Opportunities
Summer opportunities continue hitting my desk – remember, if you are Pre-Med and plan to apply to a top tier med school, some unique experience, along with research, is needed for most of them. Check out the following programs:

- **NIH Internships**
  For more info, see their website: [http://www.jobs.nih.gov/vacancies/student/default.htm](http://www.jobs.nih.gov/vacancies/student/default.htm)

- **Summer Internship at the CDC**
  CDC’s National Center for Environmental Health and the Agency for Toxic Substances and Disease Registry (NCEH/ATSDR) are offering a **10-week summer internship program** for students who are passionate about the environment, interested in human health, and curious about how they are linked. Applications are due January 27th. For more info, or an application, visit: [www.cdc.gov/nceh/cleh](http://www.cdc.gov/nceh/cleh)

- **Summer research opportunities at UND**
  There are a range of research opportunities for students offered in any given summer. Check with individual professors now to see if they need help in their lab. You may also want to apply to participate in one of the more formal programs on campus. Look under the following links:
  - **EPSCoR AURA Program:** [http://www.ndepscor.nodak.edu/programs/soar.htm](http://www.ndepscor.nodak.edu/programs/soar.htm)
  - **REU Program:**
    - check with Dr. Doze in the UND SMHS (777-2666 or van.doze@med.und.edu) on application availability now – they are usually due at the beginning of March

- **Bradford Woods**
  Indiana University operates the **Bradford Woods Outdoor Center** which provides 10 weeks of Recreation Therapy summer camps for people with cancer, sickle cell anemia, cerebral palsy, cranial facial anomalies, hearing difficulties, autism, various physical disabilities, rare genetic disorders, Down syndrome, and severe burn survivors.
  They hire a staff of 80+ individuals and are currently recruiting for the positions of Cabin Head and Cabin Counselor for the summer of 2016. Bradford Woods has proven to be an excellent opportunity for students interested in the field of Medicine because of the holistic, therapeutic mindset and practices applied to all they do, as well as the variety of camper population they serve. You will be provided extensive hands-on experience on a daily basis and see a wide variety of medical needs and procedures.
  Interested? Check them out: [https://www.bradwoods.org/about-us/](https://www.bradwoods.org/about-us/).

That’s all for now – welcome back and have a great semester!

*Mrs. Kim Ruit*, UND Health Sciences Advisor