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

1. **Attention Seniors Graduating in May 2017**
   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 7th. **If you do not apply to graduate, you will not graduate!!!!!!!** Please remember that you need to check in with your major advisor to see if you have completed everything you need to graduate.

2. **Other Dates and Deadlines for this semester:**
   - **January 19, 2017**
     - 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 7, 2017**
     - Last date to drop a full term class
     - Last date to switch a class to S/U grading

3. **Summer 2017 and Fall 2017 Class Schedules**
   - The preliminary Summer 2017 class schedule will be finalized on Campus Connection on January 30th
   - The Fall 2017 class schedule will be posted on Campus Connection on February 27th

4. **Early Registration for Summer 2017 and Fall 2017 will be here before you know it!!!**
   - Registration appointment times will be posted on your Campus Connection account on March 31st
   - Early Registration for both Summer 2017 and Fall 2017 begins on April 3rd!
     - 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 2017 Summer and 2017 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 or try Starfish). Sessions are limited to 10 students and are filling up fast! Sessions are offered on the dates and times as indicated by a ✓:

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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/](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. 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 Summer Internships**  
  For more info, see their website: [https://www.training.nih.gov/programs/sip](https://www.training.nih.gov/programs/sip)

- **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 info, or an application, visit: [https://www.cdc.gov/nceh/summerinternships/application.htm](https://www.cdc.gov/nceh/summerinternships/application.htm)

- **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)  
  - Applications available online in early February 2017 and will be due in early March  
  - Questions? Check with Dr. Mark Hoffmann at 777-2492 or mark.hoffmann@UND.edu

  **REU Program:**  
  - Check with Dr. Van 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/).

10. Lots of changes over break for Arts and Sciences!!

- **We have moved to the former med school building** – with it comes some new procedures:
  - All appointments with me must be made through Starfish (except freshman February group meetings)  
  - **Check in** for your appointment with me now at the iPad inside room 1000 (the one outside room 1000 is for making appointments!)  
  - **Wait** for your appointment with me down the hall in room 1914

- **We have added an additional Health Sciences Advisor!** Introducing….Julie Bean  
  Julie is a UND alumna! She completed a bachelor’s degree in Communication in 2005, and a Master’s degree in Educational Leadership 2013. She began working at UND in 2005 and has focused her professional career providing academic support and retention programming to help students be successful in meeting their educational goals. Julie worked in the Student Success Center for 8 years and in DSS for 2 years. She is very excited to take on this new advising role and is looking forward to getting to know you all! She will be shadowing and training with me for the next year as I begin winding down to retirement in a few years.

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

*Mrs. Kim Ruit, UND Health Sciences Advisor*