Hi Gang!! Before I get into the March news, I want to introduce you to the new person sitting behind the front desk and answering the phone in our Office of Student Advising and Academic Success (Columbia Hall room 1000). Samantha Eastman joined us at the end of January and has been a wonderful addition to our staff – stop by and say welcome! Now, here are some tidbits for March...

1. Dates and Deadlines Spring 2018:
   - Spring Break: March 12-16
   - Easter Holiday: March 30 - April 2
   - Spring Early Registration: April 2-20
   - Last date to drop a course, or change a course to S/U grading*: April 6
   - Finals Week: May 7-11

*Remember, you should speak with someone (your major advisor, Julie or me) before dropping a class or switching a class to S/U grading to be sure there are no consequences for you with financial aid, scholarships, athletic eligibility, housing, insurance, graduation, etc.

2. February is over and so is all freshmen advising!!
Freshmen advising is officially over for this semester. Please keep the following in mind:
   - **4 year students:**
     o If you missed or couldn’t attend a small group meeting and contacted Julie about it, you have one chance at a make-up meeting after spring break. You should have received an e-mail from our new administrative assistant Samantha Eastman regarding the date and time of this make-up meeting. If you did not receive the e-mail, please contact Julie.
     o If you did not sign up for and attend a small group meeting, you will be dropped from the Pre-Health advising list and your Pre-Health program.
   - **5 year students:**
     o Small group meetings were not required for you and individual appointments were supposed to be done in February.
     o If you still want to meet with Julie this semester, you have until spring break to do so. She will not meet with any of you after spring break.
   - **For all freshmen, 4 year and 5 year students:**
     o If any of you still have questions after spring break regarding your schedules for summer or fall, you will need to visit with your major advisor for answers!

3. Spring Break Suggestions for Juniors
Applications are just around the corner for you juniors! There are some loose ends that you may need to tie up over spring break so you are ready to hit the ground running in the second half of the semester:
   - **Settle on the health professional schools to which you will apply**
     Since most applications will ask you to indicate the courses you intend to take next year, you need to double check requirements of your “go-to” schools to make sure you haven’t missed anything – and plan your senior year classes accordingly!
   - **Settle on the authors you will ask for LOR’s**
     Double check Letter of Recommendation author requirements for your “go-to” schools to finalize your “list” of authors – plan to make initial contact with them before the end of the semester.
   - **Visit Testing Centers**
     Be sure to visit your testing site so you know what to expect for your day there. Pay particular attention to how they manage scrap paper (actual paper, laminated sheets, whiteboards, etc.) so you can simulate the same conditions and practice test effectively after break.
   - **WICHE State Students** ([http://www.wiche.edu/psep](http://www.wiche.edu/psep))
     Be sure to contact your state over spring break to fill out any forms they may want completed before you apply to health professional schools this summer.
4. **Session on Navigating the Health Professional School Application Process**
I will be doing an info session on health professional school application processes for those of you planning to apply this summer. I will cover writing personal statements, getting letters of recommendation, getting transcripts and the application submission/processing timeline. Please plan to join me on:

- **Date:** Tuesday, April 17, 2018
- **Time:** 7:00pm – 9:00pm
- **Place:** Haugen Lecture Hall, UNDSMHS

5. **New Biology Major**
The Biology department has developed a new major, *B.S. Biology Professional Health Sciences Emphasis*. This new major is more flexible and will be replacing the B.S. Biology Pre-Health Science Emphasis major. This new major has been approved but *is not available to be declared until Fall 2018*. Please don’t try to declare it now!! Biology majors will be contacted at a later date with information and instructions for the option of transitioning to that new major.

6. **Early registration for Summer 2018 and Fall 2018 starts Monday, April 2nd**
Be sure to check Campus Connection and take care of any “Holds” (Advisor, Business, Financial Obligation Agreement, etc.) now so you may register on time. **Julie and I don’t put Holds on accounts so we cannot remove any!!** Registration times for both Summer 2018 and Fall 2018 will be posted separately on your account by March 30, 2018.

When planning your schedule, remember there are restrictions on classes you may want to take next fall:

- **Anatomy 204**
  - Anyone may take the *Anatomy 204 lecture*, however many sections of the *Anatomy 204 lab* are restricted. Pre-Health students may only sign up for the lab sections that are *unrestricted*. For **Fall 2018, the unrestricted sections are 3, 6, 9, 12, and 15**. **Pre-Health students will not be given overrides into other sections and there will be no wait lists!!**

- **PPT 301 – Human Physiology**
  - PPT 301 is restricted to certain majors, so you will need an override to get into the class even if you take it in the online format. As long as you have completed Anatomy 204 lecture (a prerequisite for PPT 301), you may get "restricted to major" overrides from the instructor, Dr. Jim Haselton. Dr. Haselton prefers to gives overrides for all of his classes electronically, so you will need to contact him by e-mail to get one (james.haselton@med.und.edu). Be sure to include your name, student ID number, and the course you want (in this case, PPT 301). Be sure to mention in your e-mail that you have completed Anatomy 204. He will send you a code to type into Campus Connection so you can register yourself for the class.

7. **May 2018 Graduation Expo: April 3rd, 11am-4pm, Memorial Union Loading Dock**
If you are graduating this spring, check out the **Graduation Expo** - a one-stop information source where you can:

- Check with the Registrar's Office representative to verify your degree and name as it should appear on your diploma
- Talk to Financial Aid staff about any questions relating to student loans and payments
- Purchase your commencement regalia - Caps, gowns, tassels, and hoods will be available
- Visit with the UND Alumni Association and Foundation regarding services now available to new graduates and how to keep in touch with UND
- View samples of posed and candid photos taken at the commencement ceremony by our official photographer
- Consider diploma framing options
- Visit Financial Wellness to plan for your financial future
- Discover how Career Services can help you in your job search and future career development
- Learn about what you need to do to move out of University Housing
- Check out the School of Graduate Studies display to pick up information on graduate programs at UND

8. **Spring 2018 Final Exam Schedule is already posted.... check it before April 6th!**
Current UND policy is that you do not have to take more than two finals on any given day during finals week, **BUT you have to give your instructors advanced notice if you want to change a particular final to a different day!** Be sure to check your final exam schedule now – you must contact your instructors before the last day to drop a class (this semester that date is **April 6th**) if you want to reschedule! Final exam times are listed at: [http://und.edu/academics/registrar/final-exam-schedules.cfm](http://und.edu/academics/registrar/final-exam-schedules.cfm)
**9. Great opportunity for Pre-Optometry student!!**

*Lifetime Vision Center* in Grand Forks (2900 South Columbia Road) is looking for an “Optometric Technician”. This is a part time position (approximately 30 hours per week) with a wage of $11-$12 an hour. Freshmen or sophomores are preferred for purposes of longevity, but anyone can apply. They are interested mostly in professionalism, and understand that most students will not have experience entering into this position. This is a summer job with a start date in early May, but has the potential for continuing beyond the summer depending on your situation. They are currently scheduling interviews. Resumes and cover letters need to be sent to reception@lvctr or dropped at the clinic. I would encourage you to drop off your resume and a brief cover letter in person ASAP and dress appropriately as an interview could be given on the spot!

Dr. Yunker is the owner of Lifetime Vision Center and is also the President of State Board of Optometry - he would be a great person to get to know!

If you have additional questions contact Chris Yunker at 701-741-5200.

**10. Changes in Health Sciences Advising**

There will be some considerable changes in Health Sciences advising in the next few months:

- Julie Bean will take over all Health Sciences Advising duties on May 16, 2018.

- The UND administration recently decided that recruiting more Pre-Health students was going to be a top priority for UND from now on. We were recently notified that we could add a second full time Health Sciences Advisor in anticipation of the increase in numbers of students in our Pre-Health programs. The job description was just posted and we hope to have someone in place later this spring or summer. We will let you know who it is and how the advising duties will be divided up as soon as we finalize things!

And now for me... When it became clear we needed a fulltime, year round Health Sciences Advisor (something I am not able to do), we hired Julie Bean last year with expectations that she would train with me and then take over all the Health Sciences advising duties this coming May. My hope and original intention was to come back for the 2018-2019 school year in a very limited capacity to work with those of you who will be graduating in May 2019. I was informed right before Christmas that this would not be possible. Therefore, I am sad to say that my last day will be **May 15, 2018**. I just want you all to know how much I have enjoyed working with you. I have been blessed to work with such wonderful, amazing and capable students over the years and am satisfied that the future of health care is in good hands. I will miss you dearly and wish you all the best as you pursue your careers in the Health Professions!

That’s all for now – Have a safe and restful Spring Break!!

*Kimberly A. Ruit, Health Sciences Advisor*