

Academic Success Strategies & Resources to Help you Succeed

BMB 101 Presentation

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Session Overview

- Challenges Students Face
- Health & Wellness
- Finding Resources on Campus
- Study Tips
- Meeting with Advisors and Professors
- Career Development
- Getting Involved on Campus
- Financial Aid & Scholarships

Challenges to Academic Success

- What do you think are the top three issues that are most difficult for students?
- [What did students say?](#)

Challenges to Academic Success

- Transition to college can be difficult
- Normal to experience stress, feeling overwhelmed, or missing your family and friends back home
- [What are the top challenges to academic success for students at MSU?](#)

Health & Wellness Resources

- [Olin Health Center](#)
 - [Three free health visits each year](#)
- [Counseling and Psychiatric Services \(CAPS\)](#)
- [Mindfulness Courses](#)
- [Recreation Sports and Fitness](#)

MSU is full of resources!

- What's the first source you will use to find resources?
- People at MSU care about you! Talk to your advisor, professors, TA, RA, ICA
- [MSU Neighborhoods Resources Page](#)
- [MSU's homepage](#) – Search feature and People Search in upper-right hand corner
- Ask Sparty - [Office of the Registrar Webpage](#)
- Kendra's Advising FAQ (coming soon!)

More MSU Resources

- [College of Natural Science Advising and Advising Objectives](#)
- [Lyman Briggs Current Students](#)
- [Preprofessional Student Resources](#)
- [Biochemistry homepage](#)
- [Office of Cultural and Academic Transitions \(OCAT\)](#)
 - [Council on Racial and Ethnic Students \(CORES\)](#)
- [LGBT Resource Center](#)
- [Resource Center for Persons with Disabilities \(RCPD\)](#)
- [Office of International Students and Scholars](#)

Helpful Web Tools

- STUInfo: <https://stuinfo.msu.edu/Menu.Asp>
- Links to many important resources from STUInfo:
- [Academic calendar](#)
 - Add and drop deadlines for classes, university holidays, exam week, enrollment dates
- [Degree Navigator](#) – program used to track your progress toward your degree
- [Academic Programs](#) – list of major and minor requirements
- [Course Descriptions](#) – lists courses prerequisites, restrictions, when courses offered
- [Confidential messages](#) (Other Tab – Confidential Messages) – important emails that you receive from the Registrar's Office or advisors are saved here

Study Tips

- What tips are you going to use to be successful this semester? Talk with your neighbor and then we'll share with the class.
- Did we get everything?
 - If you are struggling in a course, utilize campus resources right away. Do not be afraid or shy to ask for help!
 - Attend all your classes!
 - Sit at the front of the class (better location)
 - Complete all reading assignments before class
 - Use a planner to keep track of assignments, quizzes, and exams
 - Make a study plan – 2 hrs outside class for every credit hour
 - Ask questions!
 - Go to your professor and teaching assistants' office hours
 - Form study groups and use tutoring resources

Tutoring

- Which tutoring resources do you plan to use this year?

Tutoring Resources (all free!)

- [Math Learning Center \(MLC\)](#) in C-125 Wells Hall and in the Neighborhood Engagement Centers
- Chemistry Help Room offers tutoring in rooms 81 and 83 in the Chemistry Building. The hours are posted outside the door.
- [BioSci Help Room](#), located N202 North Kedzie, offers free tutoring for BS 161, 162, 171, and 172
- [Statistics Help Room](#) is located in A102 Wells Hall
- [Writing Center](#) has free help with writing assignments
- The Physics Help Room for PHY 183 is 1248 Biomedical Physical Sciences. The hours are posted outside the door.
- [Social Science Help Room](#) offers tutoring for ISS, IAH, EC, HST, PLS, and SOC courses
- The [English Language Lab](#) for non-native English speakers

Overrides

- If a class is full, you can sometimes get an enrollment override.
- If you took an equivalent course that is listed on the prerequisite list or you want to see if you can waive the prerequisites, you can request a prerequisite override.
- Overrides are handled by the department or program that administers the course.
- Got to www.schedule.msu.edu
 - Look up the course, and department contact information will be on this page. Some departments have online override forms on their home page (often under Undergraduate or Academics Tab).
 - If you can't find an override form, call the phone number listed.

Meeting with Advisors

- Students can meet with Neighborhood advisors in the [Neighborhood Engagement Center for their residence halls](#).
 - Off-campus students use North Engagement Center
- Minors also have advisors
- Most advisors across campus use the [Student Success Dashboard](#) for scheduling appts (you need to know the college - for Kendra, choose Natural Science Advising)
- How often do you think you'll visit an advisor?

What can your advisor help with?

- Talk with your neighbor about ideas and then we'll share with the class
- Did we get everything?
 - Detailed information on major requirements
 - Help with planning your schedule
 - Help with finding campus resources
 - Academic success strategies
 - Help with getting involved in major specific student organizations
 - Connecting you with faculty for mentoring and research opportunities
 - Information on internships, graduate school, and careers

Professors are a HUGE resource!

Why do you want to visit a professor in their office hours?

- For help with the course material
- To ask about getting involved with research
- Learn about career opportunities
- Talk about graduate school
- Because you need recommendation letters in the future for opportunities or graduate school applications

Career Resources

- Career Services: <http://careernetwork.msu.edu/>
 - [Career Assessment](#) – help with deciding on a career
 - Researching Careers – [Occupational Research Tools](#)
 - Career Advising – help with resume, finding internships, job searches (Click on [get some advice on homepage](#))
 - [Workshops](#) (under Resources & Tools)
 - [Career Fairs](#) (under Jobs & Internships)
- Handshake: job listings, sign up for events, sign up for appointments (from Career Services homepage)
- Office of International Students and Scholars: [work authorization](#)

Getting Involved On Campus and Beyond

- [Student Organizations](#)
 - [BMB Club](#)
- Volunteering – Opportunities through [Service Learning & Civic Engagement](#)
- [Education Abroad](#) – MSU has over 275 programs in more than 60 countries around the world!
 - [Molecular Biology Research in Germany](#)
 - [Other Research Abroad opportunities](#)
- [Undergraduate Research at MSU](#)
- [Kellogg Biological Station](#)

Scholarships and Financial Aid

- [Office of Financial Aid](#)
- [Office of Admissions Merit-based Scholarships](#)
- [College of Natural Science \(CNS\) Scholarships](#)
- [CNS Undergraduate Research Awards](#)
- [Lyman Briggs College Scholarships](#)
- [Lyman Briggs College Undergraduate Research Awards](#)
- [Department of Biochemistry Undergraduate Awards](#)
- [Grants for individuals \(from MSU library\)](#)
- [Education Abroad Scholarships](#)

Wrap-Up

- What did you learn today that will be most helpful for you?
- What questions do you still have about resources or how to be successful at MSU?