Welcome Back Psychology Students!

We hope you had a great summer and are excited about starting a new semester. As a Psychology major, you will be receiving this newsletter on a regular basis to keep you informed and aware of important dates and opportunities you may want to explore. We look forward to working with you in the coming weeks. Have a great fall semester!

IMPORTANT:

PACe Math Courses

YOU NEED TO COMPLETE THE PACe USER’S GUIDE EXAM DURING THE FIRST WEEK OF CLASSES.

For more information visit the Math Department website:

http://www.math.colostate.edu/PACe/Guide/guide_home.html

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>August 22-25</td>
<td>Ram Welcome</td>
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<td>August 26</td>
<td>Fall Classes Begin</td>
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<td>September 2</td>
<td>Last Day to Add/Drop Most Courses</td>
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<td>September 2</td>
<td>University Holiday - Offices Closed</td>
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<td>September 19</td>
<td>President’s Fall Address/ University Picnic and the Psychology Community Welcome Event</td>
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<td>October 3-6</td>
<td>Homecoming Weekend</td>
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<td>October 21</td>
<td>Repeat/Delete Requests Due and Course Withdrawal</td>
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Academic Advising

We encourage you to maintain regular contact with your advisor, at least once a semester. You can maintain contact by scheduling an appointment or by utilizing drop-in advising hours for quick 5-10 minute questions.

To schedule an appointment:

Call (970) 491-3799 or csurams.campus.eab.com between 7:45am - 4:45pm.

Appointment timeslots fill quickly, call early.

Fall Drop-In Hours

- Mondays: 10:30am-12:30pm
- Wednesdays: 2:00pm-4:00pm
- Thursdays: 9:00am-11:00am

Extended Drop-In Hours (1st WEEK OF SCHOOL ONLY)

See specific days/times for your Academic Advisor’s drop-in hours on Canvas and/or at the Advising Office in the BSB, room 201

Mandatory Pre-Health and Pre-Veterinary Information Sessions for incoming students are taking place from August 26th - August 30th. Make sure to sign up for one of the sessions on the Health Professions Advising website:

http://www.hp.colostate.edu

If you have any news or information you’d like to submit to an upcoming Undergraduate Psychology Newsletter, we would love to hear about it! Please contact Kelli Gupton, Academic Success Coordinator, at Kelli.Gupton@colostate.edu
Academic Resources

Tutoring@CSU
Connect with tutors who can help you meet your academic goals at http://tutoring.colostate.edu.
- Click on the “Find Free Tutoring at CSU” link for a list of FREE tutoring resources
- Click on the “Find Private CSU Student-Tutors” for a list of private tutors who are available for a fee.

Writing@CSU
Find helpful writing and speaking guides at http://writing.colostate.edu/guides/.
- planning and organizing your writing
- common assignments in composition and writing courses
- Speeches and presentations
- Research writing and documentation
- Writing for specific disciplines (i.e., business, engineering, and the sciences.)
- Conducting qualitative and quantitative research

The Science of Learning –Tips and Tricks to Thrive this Semester
Colorado State University’s own Dr. Rhodes specializes in human memory, memory and aging, and metacognition. He is the co-creator of the Science of Learning class offered at CSU, which allows students to learn the scientific findings of the best ways to study, learn, and retain information. Through compiling data and research, Dr. Rhodes has shaped the Three Pillars of Effective Studying, which combined are very effective at improving test scores and retention rates.

Three Pillars of Effective Studying
1. Elaborate: Making connections and forming associations that allow you to integrate information is dynamite for learning. For example, while reading a chapter in your textbook, ask yourself how it relates to the past chapter and jot down quiz questions.
2. Spread out your learning: Learning is best when spread over time and takes place during short study sessions. For example, study for 30-60 minutes everyday the week or two leading up to an exam rather than cramming the night before. This is the simplest, yet most powerful method of improving your learning!
3. Test yourself: Testing yourself on information rather than simply reading or studying is much better for learning. For example, make tests for yourself that are ‘essay-like’ prompts which will make you walk through the material to find the answers.

ADDITIONAL RESOURCES & INFORMATION
- Get the latest info on research, registration, and advising by “liking” us on Facebook! Search for: Psychology Advising at Colorado State University to get weekly information and tips on important dates and events
- Check the Advising Portal on Canvas regularly for important information and updates
- Follow us on Twitter @PsyCSUAdvising!
- Looking for an RA position? Would you like to participate in a PSY research lab AND earn credit for your experience? Check out the student research website to learn about the exciting projects happening on campus and how you can participate! http://psy.psych.colostate.edu/research/ra.asp

Welcome back to campus!
Meet the Psychology Academic Advising Team

**Cassidy McLaren**
Lead Academic Success Coordinator  
**Email:** Cassidy.McLaren@colostate.edu

**Samantha (Sam) Sickbert**
Academic Success Coordinator  
**Email:** Samantha.Sickbert@colostate.edu

**Kelli Gupton**
Academic Success Coordinator  
**Email:** Kelli.Gupton@colostate.edu

**Tracy Richards**
Associate Chair for Undergraduate Affairs  
**Email:** Tracy.Richards@colostate.edu

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**Benefits of Academic Advising**

- Assistance with interpreting the requirements and policies of the University, College of Natural Sciences, and the Department of Psychology.
- Assistance with selecting and registering for courses.
- Advising on fulfilling graduation requirements and departmental policies.
- Assistance with long-term coursework, planning to meet future goals, and ensure timely graduation.
- Referrals to other resources on campus such as the Career Center, the University Counseling Center, and the University Testing Center.
- Assistance with completion of administrative forms such as course overload forms and pass/fail forms.
- Information on psychology course offerings each semester.
- Transfer evaluations for students newly admitted to the psychology program at CSU.
- Coordination with career advising to ensure preparation for both future academic and career goals.

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**Scheduling an Appointment with your Advisor**

To schedule an appointment with your advisor, please call the psychology department at:

**(970) 491 - 3799**

You can also schedule an appointment with your advisor online! Follow the link below:

[https://csurams.campus.eab.com/](https://csurams.campus.eab.com/)