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 take advantage of. We look forward to working with you in the coming weeks. Have a great fall semester!

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 16-19</td>
<td>Ram Welcome</td>
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<tr>
<td>August 20</td>
<td>Fall Classes Begin</td>
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<td>August 26</td>
<td>Last Day to Add/Drop Most Courses</td>
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<td>September 3</td>
<td>University Holiday - Offices Closed</td>
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<td>October 3</td>
<td>President’s Fall Address/ University Picnic</td>
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<td>October 11-13</td>
<td>Homecoming Weekend</td>
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<tr>
<td>October 15</td>
<td>Repeat/Delete requests due and Course Withdrawal Deadline</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.

<table>
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<tr>
<th>To schedule an appointment:</th>
<th>Fall-Drop In Hours</th>
<th>Extended Drop-In Hours (1st WEEK OF SCHOOL ONLY)</th>
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</table>
| Call (970) 491—3799 or csurams.campus.eab.com between 7:45am—4:45pm. Appointment timeslots fill quickly, call early. | Mondays: 1:30pm-3:30pm  
Wednesdays: 9:00am-11:00am  
Thursdays: 10:30am-12:30pm | Monday, August 20th: 10:00am—3:00pm  
Tuesday, August 21st: 9:30am—11:00am  
Wednesday, August 22nd: 9:00am—12:30pm  
Thursday, August 23rd: 10:30am—12:30pm  
Friday, August 24th: 1:00pm—4:00pm |

IMPORTANT: PACe Math Courses

YOU NEED TO COMPLET 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

Reminder: Mandatory Pre-Health and Pre-Veterinary Information Sessions for first year students are taking place from August 20th - August 23rd. Make sure to sign up for one of

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
You can find tutors and online tutorials that can help you succeed academically at, http://tutoring.colostate.edu.

- Click on the “Find Tutorials” tab, for available tutorials for such classes as LIFE 102, CO 150, and many more!
- Click on the “Find Tutoring” tab for a list of FREE tutoring resources, and private tutors who are available

Writing@CSU
You can find helpful writing and speaking guides at, http://writing.colostate.edu/guides/.

- planning and organizing your writing
- common assignments in composition and writing courses
- making speeches and presentations
- Research writing and documentation
- Writing in 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 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. Compiling endless data and research, Dr. Rhodes has shaped the Three Pillars of Effective Studying, which, when 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 each day 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.

Welcome back to campus!
Meet the Psychology Academic Advising Team

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

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

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

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

Benefits of Academic Advising

* Assistance with interpreting the requirements 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.

Scheduling an Appointment with your Advisor

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

(970) 491 - 3799

or

Starting this semester you can also schedule an appointment with your advisor online! Follow the link below:

https://csurams.campus.eab.com/