What is UCAC?

The Center for Advising and Counseling enrolls students who have earned 30-plus hours of college credit and who have not yet met the admission requirements for one of the University’s degree-granting senior colleges. UCAC also offers an enrollment option and advising assistance for students working to meet the admission requirements to the Allied Health and pre-nursing programs at the LSU Health Sciences Centers in New Orleans and Shreveport.

IMPORTANT SPRING DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 11</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>January 16</td>
<td>Martin Luther King Day Holiday.</td>
</tr>
<tr>
<td>January 20</td>
<td>Final date for dropping courses without a W, 4:30 p.m.</td>
</tr>
<tr>
<td>January 23</td>
<td>Final date to add courses or implement the Grade Exclusion Policy, 4:30 p.m.</td>
</tr>
<tr>
<td>February 27-28</td>
<td>Mardi Gras holiday; classes resume 12:30 p.m. on March 1st</td>
</tr>
<tr>
<td>March 6-11</td>
<td>Mid-Term Exams</td>
</tr>
<tr>
<td>March 24</td>
<td>Final date for dropping courses or resigning from the university, 4:30 p.m.</td>
</tr>
<tr>
<td>March 26</td>
<td>Fall 2017 scheduling begins, 5:00 p.m.</td>
</tr>
<tr>
<td>April 9-16</td>
<td>Spring Break</td>
</tr>
<tr>
<td>April 29</td>
<td>Classes End</td>
</tr>
<tr>
<td>May 1-6</td>
<td>Final Exams</td>
</tr>
</tbody>
</table>

MAJOR SPOTLIGHT: GEOGRAPHY

The College of Humanities and Social Sciences houses the Geography major, and currently requires a 2.0 GPA for admission.

Students majoring in Geography may choose a Bachelor of Science or a Bachelor of Arts option. The Bachelor of Science is for those who may be interested in mapping sciences or physical geography, while the Bachelor of Arts focuses more on human geography.

Graduates of the program often move onto careers in the following areas:
- Real estate appraiser
- College professor
- Urban planner
- Environmental engineer
- Geoscientist
- Cartographer
- Health services manager

Potential coursework would include:
- GEOG 1001: Human Geography (Europe and Americas)
- GEOG 1003: Human Geography (Africa and Asia)
- GEOG 2050: Physical Geography (The Atmosphere)
- GEOG 2051: Physical Geography (Land, Water, and Earth)
- GEOG 2055: Map Reading

For more information, contact Steven Namikas (225) 578-6142 / snamik1@lsu.edu or visit ga.lsu.edu/undergraduate-program.
UCAC ANNOUNCEMENTS:

- If you are a student on scholastic probation or warning, stay tuned for an email invitation to our Set for Success Workshops in February.
- For the most up to date information on TOPS, visit [lsu.edu/tops](http://lsu.edu/tops)
- Make sure you check your email for information on important meetings that may be required by UCAC in regards to admission to your senior college.
- Interested in joining the UCAC College Council? Contact us at ucac@lsu.edu

9 WAYS TO MANAGE YOUR STRESS

There are many stressors on your plate: academics, your personal life, housing, and financial aid worries. Here are some helpful tips to help you this semester:

1. Listen to Your Body.
   - Learn to recognize your stress Indicators
2. Take Care of Your Body.
   - Practice good nutrition: LSU offers a Farmer’s Market each spring with fresh fruits and vegetables
   - Exercise: Visit the UREC. There are group classes offered or you can work out on your own.
3. Engage In Pleasurable Activities.
   - Walk around the LSU Lakes
   - Watch your favorite Netflix show
   - Have lunch with a friend
4. Laugh Often.
   - Take the time to play and have fun
5. Talk to Others about Being Stressed.
   - Call a friend or family member
   - Seek help through LSU Mental Health or the Wellness Center
   - Listen before speaking
   - Be assertive, not passive or aggressive
7. Employ Relaxation Techniques.
   - Meditate and pray
   - Slow down
8. Practice Time Management.
   - Get organized- visit the Center for Academic Success for Help
   - Examine your thoughts; keep a journal

Adapted from Relax, a publication by the LSU Student Health Center