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>
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<tbody>
<tr>
<td>January 10</td>
<td>Classes Begin</td>
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<tr>
<td>January 15</td>
<td>Martin Luther King Day Holiday.</td>
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<tr>
<td>January 19</td>
<td>Final date for dropping courses without a W, 4:30 p.m.</td>
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<tr>
<td>January 22</td>
<td>Final date to add courses or implement the Grade Exclusion Policy, 4:30 p.m.</td>
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<tr>
<td>February 12-14</td>
<td>Mardi Gras holiday; classes resume 12:30 p.m. on February 14</td>
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<tr>
<td>March 5-9</td>
<td>Mid-Term Exams</td>
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<tr>
<td>March 23</td>
<td>Final date for dropping courses or resigning from the university, 4:30 p.m.</td>
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<td>March 26-30</td>
<td>Spring Break</td>
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<tr>
<td>April 1</td>
<td>Fall 2018 scheduling begins, 5:00 p.m.</td>
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<tr>
<td>April 28</td>
<td>Classes End</td>
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<tr>
<td>April 30-May 5</td>
<td>Final Exams</td>
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MAJOR SPOTLIGHT: SOCIOLOGY

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

Sociology focuses on the systematic understanding of social interaction, social organization, social institutions, and social change. Major themes in sociology include the interplay between the individual and society, the ways in which society is both stable and changing, the causes and consequences of social inequality, and the social construction of human life.

Graduates of the program often move onto careers in the following areas:

- Public Health
- Research
- Counseling/Social Work
- Criminology/Social Justice
- Child Welfare
- Human Resources
- International Relations
- Law School

Potential coursework would include:
- SOCL 2001: Introductory Sociology
- SOCL 2201: Introduction to Statistical Analysis
- SOCL 3501: Sociology of Deviance
- SOCL 4465: Drugs and Society
- SOCL 4471: Sociology of Law

For more information, contact the Department of Sociology at (225) 578-1645 or visit their office in 126 Stubbs Hall.
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.
- 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

TIPS FOR ACING EXAMS

1. Keep Calm and Plan Ahead
Double-check the times and dates of your test dates and ask your professors what you should expect on each of their exams. (Will it be cumulative? Multiple choice? Short answer? Etc.) Create a study schedule, write it down and post it somewhere that forces you to look at it every day!

2. Eat Healthy
Avoid sugary energy drinks (Like Red Bull or Monster) and fatty snacks. Instead, replace these snacks with fresh fruit, vegetables and water. You will feel better and avoid “the crash” later on.

3. Get Sleep
Start studying now so you won’t have to pull all-nighters during midterms or finals week. You’ll feel refreshed and ready to tackle those exams. Getting a full 8 hours of sleep will also help you retain all of the information you have just learned. It’s science!

4. Get help from the LSU Center for Academic Success
Did you know that the Center for Academic Success offers free tutoring for dozens of classes, including math, chemistry and physics? Check out the CAS website to learn which tutoring sessions are available.

5. Learn to Reduce Stress
Visit the Center for Academic Success for helpful tips and tricks to manage stress. If you are feeling extra overwhelmed, you may want to schedule an appointment with LSU Mental Health Services or call THE PHONE crisis line at 225-924-5781 (LSU1).

6. Practice Mindfulness/Meditation
Engaging in mindfulness can help you reduce your feelings of stress and improve your ability to focus. (So you can retain more information for studying!) Check out some helpful mindfulness apps like Headspace, Calm, or Simple Habit. You can also check out the UREC for daily yoga GroupX classes, as well.

7. Stay Active
Along with practicing mindfulness, working out is one of the easiest ways to reduce stress and get your mind moving. Make it a habit to be active multiple times a day in order to stay healthy and for your mind to stay “sharp.”

8. Create a Study Group
Have you ever heard the saying, “two heads are better than one?” While it can be tempting to study alone, studying with other people can allow you to learn old material in new ways and be able to double check your work/knowledge in a particular subject area amongst your peers.

9. Get Help from one of LSU’s Librarians or Tutors
Are you searching for an article or research paper for your project? LSU’s librarians are here to serve you, and help you will all your research needs. You can consult librarians during a one-on-one appointment or via email, phone, or text messaging.

10. Keep your Body Healthy!
If you find that your cough, fever, or aches have become worse, the LSU Student Health Center is here to help you! Schedule an appointment with a doctor at the first sign of sickness to avoid fighting illness along with your studies. If the Student Health Center is all booked, you can still see a nurse without an appointment.

Compiled by Michelle Robichaux, UCAC Counselor