Dear Parents and Families,

Spring has finally arrived on campus which brings not only warmer temperatures but also conversations about academic planning. From confirming summer plans to registering for fall courses, students spend time exploring options and narrowing their choices.

Ample resources exist to assist students in sifting through their options. In this edition, we highlight academic advising to provide you resources. Along with academic advising, students often turn to older students and trusted faculty for insights regarding the plethora of options available at Emory.

Acquiring a broad education that prepares students for jobs and life often challenges students. The sheer number of options can, in fact, overwhelm even our best students. I urge you to talk with your student about accessing our academic advisors. Even if students feel content with their choices, academic advisors can affirm those choices while possibly uncovering new options.

We have also scheduled a webinar on exploring careers in the health sciences for Tuesday, April 8 at 6:30pm with the director of the pre-health mentoring office. Dr. Shari Obrentz possesses a wealth of knowledge about academic resources that families often find helpful. I hope you can join us or view the recorded session at http://family.emory.edu/chats.

All the best,

Andy Wilson, PhD
Senior Associate Dean for External Relations
Division of Campus Life

The Family Newsletter is created by Emory University’s Parent and Family Programs. For more information, visit us on the web at http://family.emory.edu.

Have questions? E-mail family@emory.edu or call 404.727.6201.
Campus Resource Spotlight: Academic Advising

As students return from Spring Break and begin to focus on the end of the semester, it’s also time for them to start thinking about the next academic year. Course selection, which at Emory is called pre-registration, begins March 24th.

Many students will start the course selection process by looking at the Course Atlas, which is a descriptive list of courses by department and by general education requirements (GERs). In these write-ups, faculty provide a brief overview for each course and often include required texts and requirements. The Course Atlas is used in conjunction with the Registrar’s Schedule of Courses, which provides each semester’s official listing of course sections, instructors, times, dates, and locations. When students know their list of courses and their enrollment appointment window opens, they register through OPUS, the online enrollment management system.

But what about the students who have questions about which courses they should be signing up for? Perhaps they aren’t sure what classes fulfill their general education requirements or if a particular class satisfies a major requirement. The Office of Academic Advising offers many resources for students who have these types of questions and they can help make sure your student is on track to complete his or her degree on time.

To make an appointment, your student may call the Office for Undergraduate Education at 404.727.6069, or visit the front desk in White Hall 300. Students may also contact the office by emailing oue.advising@emory.edu. If an academic adviser is unavailable to meet for some reason, students may meet with a dean in the Office for Undergraduate Education during their posted open office hours.

Important dates:
Add/Drop/Swap schedule for Fall 2014 Courses

- Fall 2014 Add/Drop/Swap opens on Monday, April 14, 2014
- Fall 2014 Add/Drop/Swap closes on Thursday, July 24, 2014
- Fall 2014 Add/Drop/Swap re-opens on Wednesday, August 27, 2014

Additionally, answers to common questions about course selection and general education requirements (GERs) are available on their website.

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**Fall Pre-Registration Begins 3/24** * Dooley’s Week 3/31-4/5 * Spring Term Exam Period 4/29-5/9 * Oxford Campus Commencement 5/10 * Atlanta Campus Commencement 5/12
Student Spotlight: Lauren Ball 14C
Grayson, GA
Emory College Class of 2014
Double Major: Math and Physics and Astronomy

Graduation is a time to both look forward to the future and to reflect back on all the challenges and opportunities that got the student to where he or she is today. Considering her time at Emory, senior Lauren Ball recognizes it as a period of great personal growth, claiming that Emory has changed nearly everything about her. She explains, “The list of opportunities available for personal growth and development at Emory is nearly endless, and I am beyond grateful for those which have been a part of my experience here.” The opportunities Lauren took advantage of include varsity sports, research, student clubs, and study abroad, among other things. She notes, “The opportunities I have had in the community, in the classroom, and on the [basketball] court have pushed me to see a broader perspective than I could have ever dreamed I was capable of.”

Lauren acknowledges that she never imagined the life-changing opportunities that she would find at Emory. After being selected for a Questbridge scholarship, she applied to Emory on a whim, in part because she really wanted to do something different than most of her peers in high school and she admits maybe also in part because Emory did not require a supplemental essay. On campus she became dedicated to a number of organizations, with her biggest commitment being to the Emory Women’s Basketball team. She’s especially honored to have been a part of the first ever Emory Women’s team to win the UAA title.

As far as her academic interests go, Lauren was selected as a Clare Boothe Luce (CBL) Research Scholar, which has helped prepare her for a career in research. She serves as
president of the Emory Astronomy Club and co-president of the Society of Physics Students. She’s also a member of the Alpha Phi Omega service fraternity as well as Mortar Board, a national honors society that focuses on scholarship, leadership, and service. She credits her involvement with these organizations for much of her personal development and growth: “My involvement in clubs and research has taught me how important it is to find something you are passionate about and then pursue it with all your heart. Basketball has taught me how to deal with adversity, the value of persistence, as well as the meaningfulness of relationships, and the opportunity to study abroad in Dharamsala, India and getting involved in the Emory Tibet Science Initiative has taught me the importance of diversity and perspective in all aspects of life.”

Despite the great success she has seen on the basketball court, Lauren sees her biggest accomplishment as helping to increase membership and dedication in the Astronomy Club and the Society of Physics Students. She says, “I have found that I am passionate about getting students who are really into their studies excited about those interests outside of the classroom. I want people to know that you can be a ‘nerd’ and also be involved in your community. In the past few years we have seen the membership and events held by these academic clubs nearly triple, but the best part has been the unquantifiable increase in enthusiasm by the students!”

As nationwide many students who are graduating this spring are working out what comes next, Lauren has a clear answer: she will be attending the University of St. Andrews in Scotland as a Bobby Jones scholar. There she will pursue a Masters degree in Psychology, focusing on Neuroscience and Cognitive Sciences. She also plans to get involved in the Astronomy Club and Physics Club at St. Andrews, and she will have the chance to play basketball on the university’s team, as well as on the Scottish National Team alongside her former Emory teammate, Katie Dickerson. Lauren is grateful for this opportunity: “I can't even begin to express what an honor it has been to be chosen for this incredible scholarship, nor my excitement for the unbelievable opportunities that await me in Scotland. I will do everything I can during this year to live up to the high expectations of this scholarship and to honor the name of Robert T. Jones Jr.”

Her passion for her studies shines through when she discusses her post-Scotland plans too. After her year there, she plans to pursue a PhD in Theoretical Biophysics, likely leading to a career in academia. She would love to someday be able to do her own research on topics that she is passionate about, especially in interdisciplinary sciences.
### Tip of the Month: Stress Management

*This month’s tip on stress management comes from Dr. Dana Wyner in Counseling and Psychological Services (CAPS). While we hope that you will discuss stress management with your student, the advice Dr. Wyner gives can be applied to all of our lives.*

Do you have enough time to do things you enjoy? Are you constantly rushing and/or often late? Do you cancel social activities because you are too busy? Do you feel as if there are not enough hours in the day? Do you notice you often lose track of time on “time wasters” such as social media, TV, etc.? Do you plan ahead so that you have 7 to 8 hours to sleep? If you answered “no” to any of these questions, please read on for our quarterly tip on easing stress by taking control of your time.

Time management refers to a range of skills, tools, and techniques used to allocate time when accomplishing specific tasks, projects, and goals. Difficulties with time management very often center on the issue of “prioritization.” Given the number of responsibilities students must juggle, it is no surprise that the prioritization stage can be a place where many get bogged down due to second guessing. After creating your “to do list,” try categorizing your obligations into quadrants reflecting each task’s degree of importance and urgency. Keep in mind that what is considered important and urgent for one person may be viewed differently by another, so this system of categorization is highly personalized, reflecting both personal values and responsibilities. Once you’ve got your grid completed, then you can apply planning and scheduling tools to ensure proper time allocation.

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<td>- Leisure activity to help one de-stress</td>
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<td>- Mail/e-mail/texts</td>
<td>- TV/Games or other time suckers – these end up taking more time than you would like or is beneficial to you</td>
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EMORY STUDENTS ARE LEADERS on campus and in service to the greater community, with 90 percent regularly participating in volunteer activities. Ajay Nair, senior vice president and dean of campus life, is committed to providing these experiences by developing one of the strongest student life programs in the country. Make your gift today to the Campus Life Fund for Excellence and create opportunities outside of the classroom that shape students’ character and expand their horizons.