

# Counseling Quick Points

*We've got news for you!"*

## ADVISING & REGISTRATION TIPS

It is that very, very important "Advising and Registration" time. Don't forget to check your Campus Cruiser email for your advisor and registration information.

### *Advice from the Experts!*

#### *From Counselors:*

- Check you Campus Cruiser Email for your advising and registration information.
- Make sure you are listed in the correct program.
- Make an appointment *early* with your academic advisor. (Waiting to make an appointment is dangerous to your academic satisfaction and survival!)
- Go to your Web Advisor and do a program evaluation to learn what courses you still need.
- Check the courses you need for prerequisites in the CFCC catalogue. It is your friend.
- Balance your course selections with a variety of classes when possible.
- Create a tentative schedule to take with you to when you meet with your advisor.
- Register ASAP!**

#### *From Students:*

- Definitely* go see your advisor before registering.
- Contact the instructor to learn more before taking a class you're considering.
- Make sure you know what is expected of you for an online class.
- Take responsibility to double check the catalogue and make sure your classes fit your program.
- If you are full-time, take more than 12 hours.
- Register ASAP!**

#### *From Faculty:*

- Know what your major is. ("Well I really don't know" is not a degree program.)
- Remember to be on time for your appointment.
- Take the time to learn what courses are required for your major!
- Read the catalogue and try to follow the sequence of courses that is laid out in it for you program.
- Be prepared with more than one course section.
- Register ASAP!**

## VILMA SAYS GOOD-BYE!

I will miss the many good people, students, faculty and staff, that I have had the privilege to work with here at CFCC. It has been an experience that I will always value! My parting words courtesy of Carl Sandburg:

*"Nothing happens unless first a dream, So, everyone, dream big!"*



Vilma Ledgendre  
Counselor  
North Campus



## Stress Buster!

### Study skills & stress management for college student exam week

You want to get through exams with a minimum of stress and **test anxiety**. Fortunately, with the right study skills techniques, you can both **manage your stress** and do well on the tests. Here are some **studies skills tips** for final exams to help you do well and stay sane.

- **Time management.** Plan, plan, plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.
- **Schedule in study breaks.** Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams.
- **Schedule in sleep...** You'll do much better during exams if your mental state is good, and sleep is essential for this.
- **Exercise.** There's no better source for stress relief.
- **Prioritize.** You have limited time to study and will have to choose with what to spend the most time.
- **Form effective study groups. Free your schedule.** As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events. Definitely put off shopping.
- **Ask your professor for help.** If you're confused about your notes or the readings, go to the resident expert
- **Keep things in perspective.** What's the worst thing that can happen if you don't do well on this test? Excessive stress will make you crazy and hurt your performances on tests, so as much as you can, relax.

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## COUNSELING HOURS

WILMINGTON CAMPUS HOURS 8 AM - 6 PM MONDAY - THURSDAY  
GALEHOUSE BLDG A-220 8 AM - 5 PM FRIDAYS

NORTH CAMPUS HOURS 8 AM - 6 PM TUES. - THURS.  
MCKEITHAN CENTER NA-100 8 AM - 5 PM MON & FRIDAY

Look for our next issue in late summer.

See us <http://cfcc.edu/studenterv/counseling.htm>