

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!**

MEET OUR NEW COUNSELOR

The counseling office would like you to join us in welcoming Suzanne Oppedard to our Counseling staff. Ms. Oppedard is a South Carolina native who most recently comes to us from Coastal Community College. Stop by and introduce yourself in A-220.



Stress Buster!

The way you breathe affects the way you think, and the way you think affects the way you breathe. A good supply of oxygen is essential for focused concentration and tension relief. It will also help you to be more alert! The next time you find yourself stressing out or your mind wandering, take a short break and do the following exercise. Read all of the directions below and take a moment to practice this technique.

- * Sit up in your seat in a relaxed position, head straight forward and hands uncrossed in your lap.
- * Close your eyes and take 20 or 30 seconds to relax. Let go of any tension in your face, neck, and shoulders.
- * Inhale slowly, breathing deeply. Your chest will expand as your lungs fill with air.
- * When your lungs are full, pause: purse your lips as if you were about to whistle; then exhale evenly and with force between the small hole in your lips.
- * At the end of your exhalation, pause; then push out the last bit of remaining air in three short, forceful puffs.
- * Repeat this process three to five times.
- * When you have finished, sit quietly for a while, observing the rise and fall of your abdomen as you breath normally.

Ellis, Dave. *Becoming A Master Student*. 10th edition, 2003.

COUNSELING HOURS

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

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

Look for our next issue in January 2009.

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