Advising Practicum
Spring 2015
All College Sessions

Library: Advising Practicum Drop-in
Librarians will be on hand to help you find company information in databases, identify internship leads in directories, or search graduate school reference sources. Also stop by to browse a display of library books you can check out. Topics include test prep, grad schools, job guides for a variety of majors, and advice on finding employment.
Reference Desk in Library  11:00am-12:20pm

Chart Your Adventure
Hanna Hermanson and Jeremiah Sanders
Wandering aimlessly can be fun, until we’re lost. Inspirational quotes, mindful motivations, and productivity apps can clutter our lives. It's time to get SMART about goal setting. If you aspire to gain some control over your destinies, come CHART YOUR ADVENTURE with us.
Science Center 201  11:30am-12:20pm

Take Control of Your Healthcare
Tara Girard
For many students, college is the first time in their lives that they are in charge of their own healthcare and self-care. While this should be an exciting opportunity, it can also be scary and confusing. This session will cover some basic information to help you understand what you need to know to be in informed control of your health and healthcare.

We will review basic terminology for understanding your medical bill and insurance coverage.

We will discuss the differences between clinic visits, urgent care visits and the emergency room and how to cost effectively use each of them.
Questions will be welcomed.
Presidents Lounge, 1st floor Chapin Hall  11:30am -12:20pm

Writing Your Story  (For Juniors and Seniors)
Nate Edwards
Would you like to improve your college experience? Recent studies have shown that writing about oneself and personal experiences can improve academic performance and overall personal health. We all have a personal story to tell and this session will explore how to create a positive personal narrative through expressive writing.
Science Center 150  11:30am-12:20pm
Library: Advising Practicum Drop-in
Librarians will be on hand to help you find company information in databases, identify internship leads in directories, or search graduate school reference sources. Also stop by to browse a display of library books you can check out. Topics include test prep, grad schools, job guides for a variety of majors, and advice on finding employment.
Reference Desk in Library  1:00-1:50pm

Communication: The most important skill you will ever develop
Sarah Coyer
Effective communication is the key to learning all other skills. This session will focus on understanding your individual communication style and how you can use it to effectively communicate with others.
Science Center 302  1:00-1:50pm

Taking Your Time Management Skills to Work
Beloit College Alumni
Come listen to a panel of recent graduates talk about how they transferred their time management skills from college to the world of work. Skills and habits you form now are important and relevant to work success! The panel members will offer tips and strategies from their experiences, connecting time management skills which are important at Beloit with life after college.
Science Center 202  1:00-1:50pm

Be A Leader, Make A Difference
Dawn Redd
Have recent campus events got you wondering how you can help? Would you like to be part of creating a culture of openness to varying ideas, while maintaining respect for our differences? Come to Bystander Intervention training and learn techniques that will give you valuable tools to use on campus and beyond.
Science Center 201  1:00-1:50pm

Student Involvement and life beyond Beloit
Jen Walsh
One of the top things employers look for in candidates are leadership skills. In fact, nearly 80% of employers look for the ability to work in a team on a candidate's resume. Chances are, you have accumulated some involvement and leadership experiences during your time here (i.e. clubs, athletics, theater, student work). Attend this session to learn how to track and articulate your involvements to help you excel beyond Beloit.
Science Center 201  2:00-2:50pm
Into the Concrete Jungle: Navigating Workplace Culture Outside Beloit
Are you excited about the killer internship you’ve got lined up or your dream post-Beloit job? Nervous about the best way to make a good first impression? This session offers tips on dressing well, creating good relationships with co-workers, and contributing meaningfully to your new workplace.
LAPC 2:00-2:50

See the world—on someone else’s dime!
The federal government offers scholarships to students interested in teaching or researching in foreign countries, and Beloit wants to help you win one! Come to this information session to learn about the Fulbright and Boren awards, why you should want one, and how to go about applying. Information will be particularly targeted towards Juniors and Seniors, who will want to begin planning over the Summer, but will also be relevant to any student planning to study abroad.
WAC 206 2:00-2:50

Voice Your Choice
Beloit ADE and Jeremiah Sanders
In a world where life perpetually presents you choices... How do you choose? Is wellness a factor? Not everyone drinks here, right? Come discuss alcohol, wellness, moderation and why you choose to drink or not drink with Beloit ADE.
Science Center 201 2:00-2:50pm

Writing Your Story (For First Years and Sophomores)
Nate Edwards
Would you like to improve your college experience? Recent studies have shown that writing about oneself and personal experiences can improve academic performance and overall personal health. We all have a personal story to tell and this session will explore how to create a positive personal narrative through expressive writing.
Science Center 249 2:00-2:50pm

Library: Advising Practicum Drop-in
Librarians will be on hand to help you find company information in databases, identify internship leads in directories, or search graduate school reference sources. Also stop by to browse a display of library books you can check out. Topics include test prep, grad schools, job guides for a variety of majors, and advice on finding employment.
Reference Desk in Library 2:00-2:50pm

On Track for Graduation?
Description: Come to this hands-on open session to learn how to navigate your Degree Audit Advising Worksheet - a new tool available on the Portal to help monitor your progress toward meeting graduation requirements. Registrar’s Office staff will present a brief introduction on how to use your Advising Worksheet and will be available to answer questions. Drop in with
your laptop for one of our half-hour sessions to review your own worksheet and get all of your questions answered.

**Location:** MI 107

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** Alumni Panel/Focus Group on Advising, Mentoring, and Guiding**

As part of a research project on advising at Beloit, a panel of Beloit College alumni from a wide range of majors will discuss their advising and mentoring experiences and relationships.

Intended for: All students (all years, all majors). Sponsored by: the Advising Circle and the Provost's Office. Cookies will be served. Questions can be directed to Kathy Greene (greene@beloit.edu) or Katie Johnson (johnsonkms@beloit.edu).

**SC249  3:00-4:00 p.m.**