



Important Dates



March 2 - Last day for students to drop Spring 2009 classes without grade penalty. If you are enrolled in only one course, you cannot drop your final hours, but must officially resign from the university for the semester. Your refund will be calculated according to the university refund policy on resignations. (Registration forms can be found at www.uaac.vt.edu. Click on the "Forms" link on left hand side)

March 2 - Last day to change grade option from A-F to P/F, 5:00 p.m. Visit the University Registrar in 250 Student Services Building to process.

March 7 - March 15 - Spring Break

March 23 - Last day for students to resign without grade penalty. First and required contact for resignation is your academic advisor. Resignation forms can be found on the UAAC website and must be turned in to the University Registrar's office by 5:00 p.m.

March 24 -31 - Course Request for Fall 2009

LET YOUR VOICE BE HEARD!

University Studies needs your help to improve our service to **YOU!** If you are interested in sharing your thoughts and opinions please contact Courtney Carey at cecarey@vt.edu to sign-up for a focus group time. Refreshments will be served!!



Focus Groups will be held:
Wednesday, March 25th at 5:30pm
Wednesday, April 8th at 5:30pm
 Thank you!

NEWS FLASH!

Apparel Design and Merchandising Management in AHRM has a new name, **Apparel Product Development and Merchandising Management (APDM)!**

The challenge for all of you this semester is to use these resources. The survey shows that you know they exist; now is time to take the next step and begin using them. Use resources such as [InnovationSpace](#), [Career Services](#), [Cook Counseling Center](#), and most importantly the [University Academic Advising Center](#). In this issue of the UAAC newsletter, we have provided you with a few of the many resources to be found at Virginia Tech. Also, to find a complete listing of the resources available to you please visit the [UAAC website](#). The list can be found under the "News, Events, Activities" link.

Keep in mind your advisor is your top resource and if you have questions about the resources contact them. We hope that these suggestions will be helpful as you begin your Spring 2009 semester.

Changing Your Major (Internal Transfers)

Some majors only allow students to transfer in on predetermined dates.

Housing in the AHRM department (101 Wallace) - **The Month of February**

Residential Property Management in the AHRM department (101 Wallace) - **The Month of February & March**

Biology and History - **February 16-20**

International Studies - **March 16-23**

Communication and Political Science- **March 24-31** (Course Request Week)

It is strongly suggested for anyone interested in **Psychology** to **avoid transferring** into the major during course request week or the two weeks before course request week. (March 10-31)



The Resources Edition

At the end of the Fall 2008 semester a survey was sent out to current University Studies students asking them about the resources here at Virginia Tech. The response to this survey was phenomenal and we appreciate those who participated. However, the data that was collected was saddening. In this survey, we asked you, the students of University Studies, what resources you knew about and what resources you used. We did this by presenting those who took the survey with a list of the most prominent resources on campus. The list included such resources as the [Center for Academic Enrichment and Excellence \(CAEE\)](#), the [CommLab](#), and the [Writing Center](#). The results were twofold. First, the survey showed us that an overwhelming number of students know about the resources on campus. Second, the survey showed us that very few students were using the resources provided to them. This is where the problem lies.

With so many students knowing about the resources, why aren't more students using them? Some of the top reasons students do not use the resources are:

- They think their roommate can help them
- They did not need to use extra help in High School so why now?
- They just do not know how to ask for help

The simple task of taking an essay to the Writing Center could mean the difference between a "B" and an "A". The resources provided here at Virginia Tech are there to help you grow as a student and an individual. The best part about them is they are **FREE!!!**

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≡ Upcoming Events

CAEE's Seminar Series on Academic Success

Time Management Seminar (111 Femoyer Hall):

Tuesday, February 24 from 1-2pm
Friday, February 27 from 3-4pm
Monday, March 30 from 9am-10am
Tuesday, March 31 from 1-2pm



Test- Taking: The 3 Steps to Success

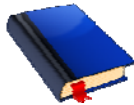
(111 Femoyer Hall):

Tuesday, February 10 from 1-2pm
Friday, February 13 from 3-4pm
Tuesday, March 3 from 1-2pm
Tuesday, March 24 from 1-2pm
Friday, March 27 from 3-4pm



Tackling Your Textbooks & Lecture Note-Taking (111 Femoyer Hall):

Tuesday, February 17 from 1-2pm
Friday, February 20 11am-12n
Friday, February 20 from 3-4pm
Monday, February 23 from 2-3pm



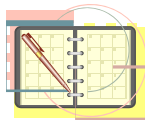
Pathways Planner Workshops

The University Studies office will be hosting Pathways Planning workshops before Spring Break.

These workshops will help you plan classes for next semester and provide you with the tools to plan your entire education at Virginia Tech.

Participation is voluntary but registration is required! Email your advisor about the specifics of registering.

- **Tuesday, February 17th 3-4:30**
(111 Femoyer Hall)
- **Monday, March 2nd 3-4:30**
(111 Femoyer Hall)
- **Tuesday, March 3rd 3-4:30**
(Career Services Meeting Room A)



Health Resources

Virginia Tech has several great resources when it comes to personal health. Whether you are feeling sick, want peace of mind, or are looking to remain healthy, these resources can be a great help to you.

Schiffert Health Center

The Schiffert Health Center is your basic health clinic. If you are feeling sick, this is the place to go. The Center has trained professionals who are able to diagnose your illness and prescribe the correct medication. They also have a cold self-care clinic in the lobby to help with the prevention and the onset of a cold. Schiffert Health Center provides a wide array of different services. For times and more information please visit: <http://www.healthcenter.vt.edu/>



Cook Counseling Center

Cook Counseling Center is a great resource provided by Virginia Tech. Not only does Cook put on workshops to help with skill sets such as time management, but they are there if you just need someone to talk to. If you are finding yourself homesick, or a major life event has occurred and you just need to talk, Cook Counseling Center is the place to go. To find out more about the services the center offers and hours, please visit: <http://www.ucc.vt.edu/>

McComas Hall & War Memorial Gymnasium

Virginia Tech has two great gyms where you can find a number of different activities. These gyms offer exercise equipment, places to play racquetball, basketball and even a pool to take a swim. These gyms are open to Virginia Tech faculty and students only. For more information please visit: <http://www.recsports.vt.edu/facilities/>



Resources ≡

The Writing Center

Having trouble achieving your desired grade on class papers? Need someone to proof read for spelling, grammar, and stylistic errors?



Then it is time to visit the **Writing Center** in 340 Shanks Hall. The Writing Center works with writing and reading assignments for any course in the University. We can also help you with writing projects that are not linked to classes. The Writing Center is a **free** service and is open for regular appointments or walk-in sessions.

Hours of Operation are 9am - 5pm (Monday - Friday). The Writing Center can be reached at (540) 231-5436.

The CommLab

Do you have an important oral presentation coming up? Nervous about your presentation of a speech? Need some extra help? Then the **CommLab** is for you.

CommLab coaches will meet with students to build speeches, rehearse with students, videotape rehearsals or review videotapes of student presentations. Unique programming can also be developed for special purposes.



The **CommLab** is located in Newman Library Room 101A. Their hours are Monday – Thursday, 12pm – 6pm, Wednesday 12pm – 7pm

Career Services

It is never too early to start thinking about your future and Virginia Tech's **Career Services** is a great place to start. At Career Services, they offer a variety of different services including: resume review, mock interviews and a whole library of books to help find that perfect job. To find out more about **Career Services** please visit <http://www.career.vt.edu/>.