

IMPORTANT
DATES

- Registration starts Tuesday November 8, 2005
- Thanksgiving Break Thursday 24-Friday 25, 2005
- Last Day of Class is Wednesday December 14, 2005
- Last day to do One Time Only drops is Wednesday December 14, 2005
- Finals: December 15, 2005- December 21, 2005
- Study Day: Sunday December 18, 2005

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Scholars in the making!

VOLUME 1, ISSUE 1

NEWSLETTER DATE

Welcome Back to Knowledge!

Winter is creeping up on us and as usual Minnesota is about to give us a mixture of rain and sleet before out and out covering us in snow. But never fear your semester newsletter will arrive without fail!

Welcome back to all the returning students and we throw our doors open to our first year students as they begin their long trek through the halls of higher education. Hopefully, now that we are in the middle of the semester (creeping dangerously close to finals) that everyone has found their place at the Univer-

sity of Minnesota and life is indeed good.

This issue is jam packed with helpful hints and tricks about the University as well as some info



Mmmm...food!

on the money that's available for

students to snatch up.

If you're searching for a good tutoring spot check out the MCAE tutoring schedule on page 4 or if you have some burning questions about declaring majors, entrance into Carlson or another academic related issue check out pages 2 & 3 to see if your question has been answered! You might want to also peep the information on SCRUBS a new pre health science organization in MLK. Finally, check out page 6 we threw in some tips for your survival here at the U! Well, enjoy and stay warm!

How do you find the money you need?

Many of you have asked where can you find scholarships? So I've provided a few scholarships that I hope you will take note of but more importantly apply for. There is literally hundreds of thousands of dollars out there waiting to be picked up by someone. So before producing the scholarships I have a few tips:

1) Your hobbies can get you money! If you are a collector or you enjoy a certain type of volunteer activity you can find some organization that awards money for what

you do for fun! Seek it out!

- 2) Your parents jobs might have money to give away. Find out if your parents job offers incentives to kids of their employee's. Big money can be made!
- 3) Organizations that you or your parents belong to might want to sponsor you. Many fraternal and religious organizations have their own scholarship fund check it out!
- 4) Your writing skills can take you places! Many scholarships only require an essay as to why you need the money for

school. Don't be afraid to go for it!

- 5) PLAN EARLY! So you might not be able to get that scholarship that's only offered to freshman cause you are a sophomore but you can seek out information about other scholarships that might be up your alley. Plan early for deadlines so that you can get any information to the scholarship committee as soon as possible. The early bird does catch the worm when it comes to money!

Everything you always wanted to ask about: Majors, Study Abroad & More...

Every year students find themselves asking questions about everything from how to declare a major to when is the "right" time to study abroad. Below you will find some of the most asked questions by students in the ID 1201: Career Exploration course (a great course to help you figure out your major...if you're interested!). Take some time to read through maybe your questions will be answered within!

How do I find out who my academic advisor is?

In CLA, you are assigned to student communities by major. For example, if you indicated when you were a prospective student that you were interested in Communications then you will be assigned to the Communications & Media Student community. For two of the communities in CLA,, the MLK Program & Honors , you must be invited to be enrolled.

Honors majors . If what are in 49 Johnston Student



Both MLK and advise all majors . If you are not sure what you should go to you should go to Johnston Hall (CLA Services office).

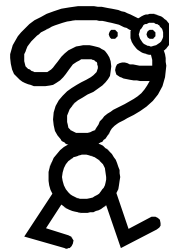
How many times a year do you suggest meeting with your advisor?

Technically, after your first semester you are not required to meet with an advisor. However we do suggest that you meet with your advisor at least once per semester.

How can I "get out" of doing a second language?

First you should keep in mind that as our society becomes more global in nature being proficient in a second language makes you a much more marketable commodity than someone who only knows one language. However, there are a couple of ways that students can "avoid" the second language

requirement. First, if your first language is a language other than English and you can read, speak, and write with proficiency then you may be able to do an exemption from the second language requirement. Second, if you do a B.S. (Bachelor of Science) degree in CLA then you are not required to do a second language. However, most B.S. degree's do have other courses that are statistical focused which compensate for the loss of the second language. Finally, if you transfer into another University Twin Cities you do not second an exception Internationness pro-Carlson.



you transfer college in the of Minnesota-system then have to do a language with tion of the tional Business-gram through

What are some "easy" Bio classes?

First of all, there are no "easy" classes. What may be "easy" for one student may not be "easy" for another. But some popular courses for "non science" majors for the bio/L liberal education requirement are: Anth 1001 (Human Evolution), Geog 1403 (Biogeography of the Global Garden), and Agro 1101 (Biology of Plant Food Systems). But if you are looking for some great classes that fulfill the cores and themes for your liberal education requirements then stop here:

http://onestop.umn.edu/onestop/Registration/Additional_Registration_Information/ Registering_for_Courses/ Liberal_Education_Requirements.html

What is the deadline for declaring a major?

You must declare a major by the time you reach 60 credits. This means that even if you are pursuing a pre professional program you still only have a limited time to be "undecided".

What is the average amount of times a student changes majors? What year do people usually change majors? How

common is it?

Just like in the "real" world where the average person changes their careers at least 3 times in their lifetime; majors can be like that as well. Many students will change majors at least once in their undergraduate careers. Changing majors is more common than not. Being undecided is not a bad thing its an opportunity to figure out what major in which you will excel.

How closely related are majors and careers? Is it true I can't get a job with a liberal arts degree?

Majors can be very closely related or not related at all. In fact, most liberal arts students will have careers that are not "directly" related to their majors. Yes, you can get a job with a liberal arts degree. But more pointedly, yes, you can get a good job with a liberal arts degree. The most important thing to remember is getting a job out of undergrad is part major (i.e. good academic standing) and part connections. Its important while being an undergraduate that you not only work hard academically but that you also have internships and volunteer experiences in the area that you are interested in working within. For more information about careers, internships, and volunteer opportunities you should check out the CCLC (Career and Community Learning Center 135 Johnston Hall) or look at their website:

<http://www.cclc.umn.edu/>



I want to transfer to Carlson School of Management what classes should I take?

Everything you always wanted to know.. con't

If you are interested in Carlson in your first year (freshman) then you will need Econ 1101 & 1102 and Math 1142 or Math 1271. You must also have 30-49 credits completed. If you are planning on applying at the end of your sophomore year you will need not only Econ 1101/02 and Math 1142 or Math 1271 but also OMS 2550 & Acct. 2050. You must have completed at least 50 credits. Your GPA must be between 3.7-3.8 and you should also have been active in a



variety of organizations. Any organization from fraternal to volunteer or-

ganizations are good for your application. You should also become a member of one of Carlson's many business student organizations! One of the most active is BAM (Business Association of Multicultural Students) they feature not only social & networking opportunities but volunteer opportunities as well. If you want more information speak

to your academic advisor.

How do I declare my major? How do I know when I'm finished with my major?

First, you should meet with your academic advisor and let them know what major you are interested in declaring. Some declaration processes just require you to go to the office of the major, meet with an advisor, complete a major declaration form and bring a copy of that form back to your college office.

Other majors require more work. Such as if you are interested in applying to Carlson or a major in CEHD like sports studies. You should however,

declare a major by the time you get to 60 credits. Once you have declared your advisor will do a balance sheet for you which will show you how many classes and credits you have left before you are finished with your major and you can graduate. Keep in mind that although you can change your major in the course of your four years here we encourage you to research your major options in your first couple of years so that you won't want to change later on.

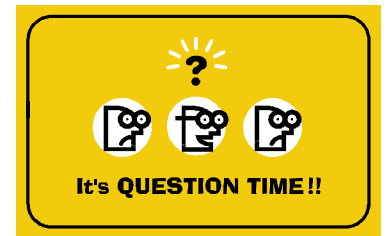


How important is a major anyway?

Your major is important in the sense that it is where your interests lie and its possibly the area in which you want to work once you have graduated. However, completing a major is not meant to be vocational training because most majors do not necessarily determine what career you will pursue.

So if a major doesn't necessarily determine my job...then how do I find one?

Great question! You should utilize your career services office. From the moment you step on campus you have the opportunity to pursue a variety of interests. Those interests can be



parlayed into internships. The CCLC (Career and Community Learning Center) in 135 Johnston can help you find internships and volunteer opportunities. need to make connections!

Mentoring Works! Want to be a part of it?

The first year is always a trying one for students. Whether you're coming from an urban environment or a small town the University of Minnesota-Twin Cities campus is a large institution with lots of opportunities and challenges!

One of the main opportunities students in the MLK program can participate in is the MLK Mentor Program. Sophomores, Juniors and Seniors interested in helping out a wide eyed first year student are encouraged to participate in the program.

The mentor program has been in effect for 3 years and has continued to grow and change

with each year. But we can't continue to grow with out your participation.

The mentor program requires only an hour per week with your mentee as well as one hour once per month with the coordinator of the program to attend workshops regarding such topics as Graduate school to Mental Health issues for college students.

If you think you might be interested in participating in the program please contact Stephanie Chrismon, MLK Advisor at schrismon@class.cla.umn.edu!



MCAE Fall 2005 Tutoring Services

EDUCATIONAL CONSULTANTS

UNDERGRADUATE

Namar AL-Jasim- CARLSON
 Laura Bantle-CBS
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 Bethany Doran- CBS/CLA
 Matthew Curran-IT
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 Andrea Nelson-CBS
 Alexandra Nguyen-CBS
 Anna Nguyen-CBS
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 Daniel Schriever-IT
 Kelly Truong-CLA
 Phillip Vang-IT
 Jenny Zhao- CARLSON

GRADUATE

David Chia-MED SCHOOL

PROFESSIONAL INSTRUCTOR

Greg Ruffa
 Remi Douah, MCAE

COURSES

ANATOMY
 ASTRONOMY
 BIOLOGY
 BIOCHEMISTRY
 BUSINESS RELATED COURSES
 CHEMISTRY
 COMPUTER SCIENCE
 ENGLISH COMPOSITION
 ELECTRICAL ENGINEERING
 FRENCH
 GENETICS
 GEOLOGY
 MATH
 MECHANICAL ENGINEERING
 MICROBIOLOGY
 NUTRITION
 PHYSICS
 PHYSIOLOGY
 PSYCHOLOGY
 SPANISH

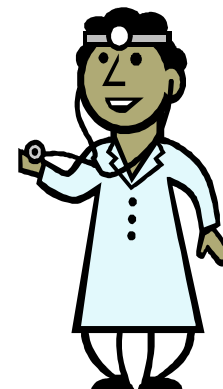
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Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Biology/Chemistry Composition Computer Science Geology Math Physics/ Spanish Statistics/Busi	Biology Chemistry Composition Math Physics Spanish	Chemistry Composition Computer Science Geology Math/ Nutrition Physics/ Spanish Statistics/Busi	Biochemistry Biology Chemistry Composition Math/ Spanish	Biology Chemistry Composition Math Nutrition Geology Spanish Statistics/Busi
10:00	Astronomy Biology Chemistry Composition Geology Math/ Physics Psychology/ Spanish Statistics/Busi	Astronomy Biology Chemistry Composition French Math Physics	Astronomy Biology Chemistry Composition Geology/ Math Nutrition/ Physics Psychology/Spanish Statistics/Busi	Astronomy Composition French Math Physics Spanish	Astronomy Chemistry Composition Geology Math/ Nutrition Physics Statistics/Busi Spanish
11:00	Astronomy Biology/Chemistry Composition Geology/ Math Nutrition/ Physics Psychology Spanish	Astronomy Electrical Eng French Math Physics	Astronomy Biology Chemistry Composition Geology/ Math Nutrition/ Physics Psychology Spanish	Astronomy Biology Chemistry Composition Math/ Physics Psychology Spanish	Astronomy Biology Chemistry Composition Geology Math/Nutrition Physics Spanish Statistics/Busi
12:00	Biology Chemistry Composition Geology/ Math Nutrition Psychology Spanish	Chemistry Biology Electrical Eng Math/ Nutrition Physics Statistics French	Biology Composition Chemistry Geology/ Math Nutrition Psychology/Spanish	Biology Chemistry French Psychology	Biology Chemistry Composition Computer/Science Geology/Math Nutrition Physics Statistics/Busi
1:00	Biology Chemistry Composition Electrical/Eng Geology Math/ Physics	Chemistry Electrical Eng Math/ Nutrition Physics/ Psychol- ogy Spanish Statistics/ Business	Chemistry Composition Computer/Science Geology Math/ Spanish Statistics/Busi	Biology Chemistry Composition Computer/Science Psychology Spanish Statistics/Busi	Biology Chemistry Composition Geology Math /Physics Spanish Statistics/Busi
2:00	Biology/Chemistry Electrical Eng Geology Math Nutrition/ Physics Psychology Statistics/Business	Chemistry Electrical Eng Geology/Nutrition Math/ Physics Psychology Statistics	Biology/Chemistry Composition Computer/Science Math/ Physiology Spanish Statistics/Business	Biology/ Chemistry Electrical Eng French Math/ Psychology Statistics/Busi	Biology Chemistry Composition Computer/Science Electrical/Eng Geology/Math Physics Statistics/Busi
3:00	Biology/Chemistry Composition Electrical Eng Geology/ Math Nutrition/ Physics Psychology Statistics/Business	Biology Chemistry Electrical Eng Math/Nutrition Physics Psychology	Biology/Chemistry Computer/Science Composition Geology/ Math Physiology Statistics/Business	Biology Chemistry Electrical Eng French Math Psychology Statistics/Busi	Biology Chemistry Composition Computer/Science Geology Math/Physics Statistics/Busi
4:00	Chemistry Composition Electrical/Eng Geology/Math Physics	Biology Chemistry Electrical Eng Math/ Nutrition Physics/ Psychology Statistics	Biology/Chemistry Composition Computer Science Geology/ Math Physiology Spanish	Biology/Chemistry Electrical Eng Math /Physics Psychology Spanish Statistics	Biology Chemistry Composition Geology Math/Physics Statistics/Busi

SCRUBS: A NEW WAY TO PASS BIO 1009...and get an "A"!



SCRUBS is a newly established group for students interested in the health sciences. The group was established this fall as a collaborative effort between the Martin Luther King (MLK) Advising Office and The Multicultural Center for Academic Excellence (MCAE).

The mission is to build a community of students interested in the health sciences and foster a positive learning environment. The goal is to offer students an opportunity to learn about different careers in the health sciences and learn how to get the best out of their undergraduate experiences. This is accomplished through weekly guest speakers who present on an array of topics. Highlights from this year include a presenter from the study abroad center, a speaker from the Student Experience internship organization, and a nurse from the Mayo Clinic.

These speakers have opened the doors for students to engage in discussions about the necessity of an international perspective in today's global society, the importance of networking and treating others with respect, and the limitless opportunities in health care.

An important component of the SCRUBS group are the Biology 1009 review sessions. Full review sessions are held biweekly and shorter sessions are held after every speaker if students have questions.



If you don't join SCRUBS this could be you! Join SCRUBS!

The Biology tutor and a student assisting in the unraveling of this group is Nisha Fernandes, a junior pre-med student who is majoring in psychology and Spanish in the College of Liberal Arts. Nisha has passed through most of the rigorous pre-med requirements and spent this past summer studying for the Medical College Admissions Test (MCAT's). She hopes to enter medical school in the fall of 2007 and pursue a career as a pediatrician. Her experiences make her a valuable resource for other students hoping to pursue graduate studies in the health sciences.

Since SCRUBS is a newly founded group, it is definitely open to change. Student input is a pivotal component to any change and the group focuses on what the current members want out of the organization. Catherina Kipper from MCAE and Manisha Nordine from the MLK office are the two main facilitators of the group.

Cathy, Manisha, and Nisha are more than happy to hear any suggestions that students might have so that SCRUBS can serve them in the best way possible. Meetings are every Friday from 12:30 to 2:00 pm across the hall from the MLK office in 16 Johnston Hall. Students are encouraged to come and stay for as long as they can. Enjoy good food at every meeting as well! The potential for growth in this group is endless and the success of the organization rests solely on student participation.

MLK Staff

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 (612) 625—2300
<http://mlk.class.umn.edu>

Tips to help you survive your first year!

- 1) Go to class! Arrive on time!
- 2) Go to professor and TA office hours!
- 3) Multiply the number of credits you are taking by two. This is the number of hours you should be reading, reviewing, and working on assignments outside of class each week!
- 4) Use the time in between classes to study!
- 5) Meet with your MLK advisor at least once each semester!
- 6) Keep track of important registration deadlines!
- 7) Make sure to follow the syllabus for each class! The readings and assignments should be completed by the assigned date!
- 8) Use the Gopher Guide to help keep track of important dates, i.e. test, due dates.
- 9) Use resources on campus, such as the Career and Community Learning Center, MCAE, and the Student Cultural Centers.
- 10) Don't be afraid to ask questions!
- 11) Check your University of MN e-mail account **at least** once per day!
- 12) Turn off cell phones and pagers before class!
- 13) Form study groups!
- 14) Use Onestop (<http://onestop.umn.edu/>) or the MLK website (<http://mlk.class.umn.edu>) to find answers to quick questions.
- 15) Use the MLK Computer Lab for assignments, papers, etc.
- 16) Get involved with student groups on campus!

Keep your head above water!
 These tips can help for a successful First Year!

