



SOCIOLOGY UNDERGRADUATE ADVISING NEWSLETTER

Get the latest campus updates from the MSU Department of Sociology

September 7, 2023

Important Dates from the Registrar's Office

(<https://reg.msu.edu/ROInfo/Calendar/Academic.aspx>):

Tuition Refund Period Ends 9/21/2023

End of tuition refund period for full-term Fall semester courses. *Tuition refund dates for courses that do not extend over the entire semester can be found in Class Search.

Middle of Semester 10/16/2023. Middle of Fall semester 2023. Last day to drop a course with no grade reported.

Break Days 10/23/2023 - 10/24/2023- University Open but No Class

Enrollment by Appointment Begins 10/30/2023 for Spring 2024. Students will be given a date when they are first able to access the enrollment system for spring semester. Enrollment continues throughout the rest of the fall semester. It is recommended that you meet with your academic advisor prior to your enrollment date.

Sociology Club: First Meeting will be announced soon. Watch your email for information.

Undergraduate Research Workshop Series-Please see this web page for information on events in fall semester: [Events - Undergraduate Research \(msu.edu\)](#).

Undergraduate Research Ambassadors-host peer advising hours where they give one-on-one guidance to students for navigating research experiences: [ambassadors - Undergraduate Research \(msu.edu\)](#).

Want to get help with success as a college student, please see below:

Academic Success Workshops

Time Management
Academic Time Management
Prioritize Like a Pro
Get Over Procrastination

Organizing for Learning
Single Syllabus

Orienting to Success
Achieving Academic Success with Integrity
Crushing It: Strategies for Navigating Group Work
Growth Mindset and Learning at MSU

Study Skills
High Impact Study Skills 1
High Impact Study Skills 2
The Most Effective Note Taking Strategies
Annotate Your Way to Higher Grades
Taming Your Texts
More than Memorizing
Mathematics Success Skills
Getting Ready for Finals



Workshop descriptions, schedule, and registration at <https://nssc.msu.edu/clc>

Center for Survivors' groups and workshops taking place this fall semester. We have a lot of opportunities for survivors of sexual violence to connect and heal. The flyer attached also indicates opportunities open for MSU students, faculty/staff, and community members who identify as survivors. Please share with anyone who might be interested. We appreciate your support!

Groups

- Conversations in Color | Tuesdays 1-2:30 PM
- Exploration Group | Tuesdays 2:30-3:30 PM
- In-Person Healing Through Yoga | Oct. 3rd, Nov. 7th & Dec. 5th from 3pm-4pm
- Community Connect | Wednesdays 12-1 PM
- Healing through Yoga (Virtual) | Thursdays 3-4pm
- Healing Through Art | Wednesdays 1-3 PM
- Foundations: Dissociation Skills Group | Wednesdays 2:30-4 PM
- Harvesting Joy | Thursdays 1-2:30 PM
- Dance Group | Fridays 4-5 PM

Workshops

- Doing My Best at the Game of LIFE: skills-based workshop series.
 - Plant Propagation: Thursday 9/14 at 2:30
 - Essential Oil Roll-ons Friday 9/29 at 1:00
 - Learning Tarot: Friday 10/13 at 2:00
 - Tea Making: Monday 10/23 at 2:00

- Crochet: Friday 11/3 at 1:00
- French hair braiding: Tuesday 11/14 at 1:00
- Ear Acupuncture | 1-2pm on the 2nd Friday of each month

For more information, including registration links, see here:

<https://centerforsurvivors.msu.edu/programs/groups.html>

Support survivors, learn more, and receive updates about MSU Center for Survivors by following our Instagram, Facebook, & Twitter @MSUCenterforSurvivors!

Thank you!

Christie Schichtel, LMSW, she/her/hers

Therapist, MSU Center for Survivors

(517) 355-3551

24/7 Crisis Hotline: 517-372-6666

10am-10pm Crisis Chat: [CenterForSurvivors.msu.edu](https://centerforsurvivors.msu.edu)

Join us at PEER!

The PEER (Promoting Education & Emotional Resilience) Program seeks to empower students to learn about their mental health and develop positive coping skills.

This 6-week workshop will help students develop resiliency skills derived from evidenced-based practices such as Mindfulness, ACT, CBT, DBT, and Resiliency training in collaboration with the Resource Center for Persons with Disabilities (RCPD) and Counseling And Psychiatric Services (CAPS).

PEER participants will also have a dedicated practical application support group for deeper discussion and community building. Graduate and undergraduate students welcome!



Interested in joining us?

Please complete the application linked below, or via the QR Code above.

https://msu.co1.qualtrics.com/jfe/form/SV_3gTVqLuR7DmfmYu

Questions can be directed to the PEER Coordinator,
Ellie Brigger at briggere@msu.edu.

FAME: Fostering Academics, Mentoring Excellence

Are you a student who was: In the foster care system, Kinship care, Otherwise Independent?
FAME is here to support you! We can provide resources to help you throughout your MSU
journey, like:

- Basic Care items
- Mentoring
- Life skills training
- Scholarships
- Opportunities to serve on the Student Advisory Board
- And MORE!

Want to learn more?

Contact us today.

Chiquita Whittington

whitti25@msu.edu

fame.socialwork.msu.edu

FAME:



College of Social Science Undergraduate Student Information—Please use
this web page to find information on Experiential Learning including Study Abroad Programs,
Career Development, Student Success, Scholarships and Grants, and Academic Advising and
Affairs: <https://socialscience.msu.edu/undergraduate/index.html>.