

**College Center for  
Advising Services**

**University of Rochester**

**Welcome to**

**CCAS**



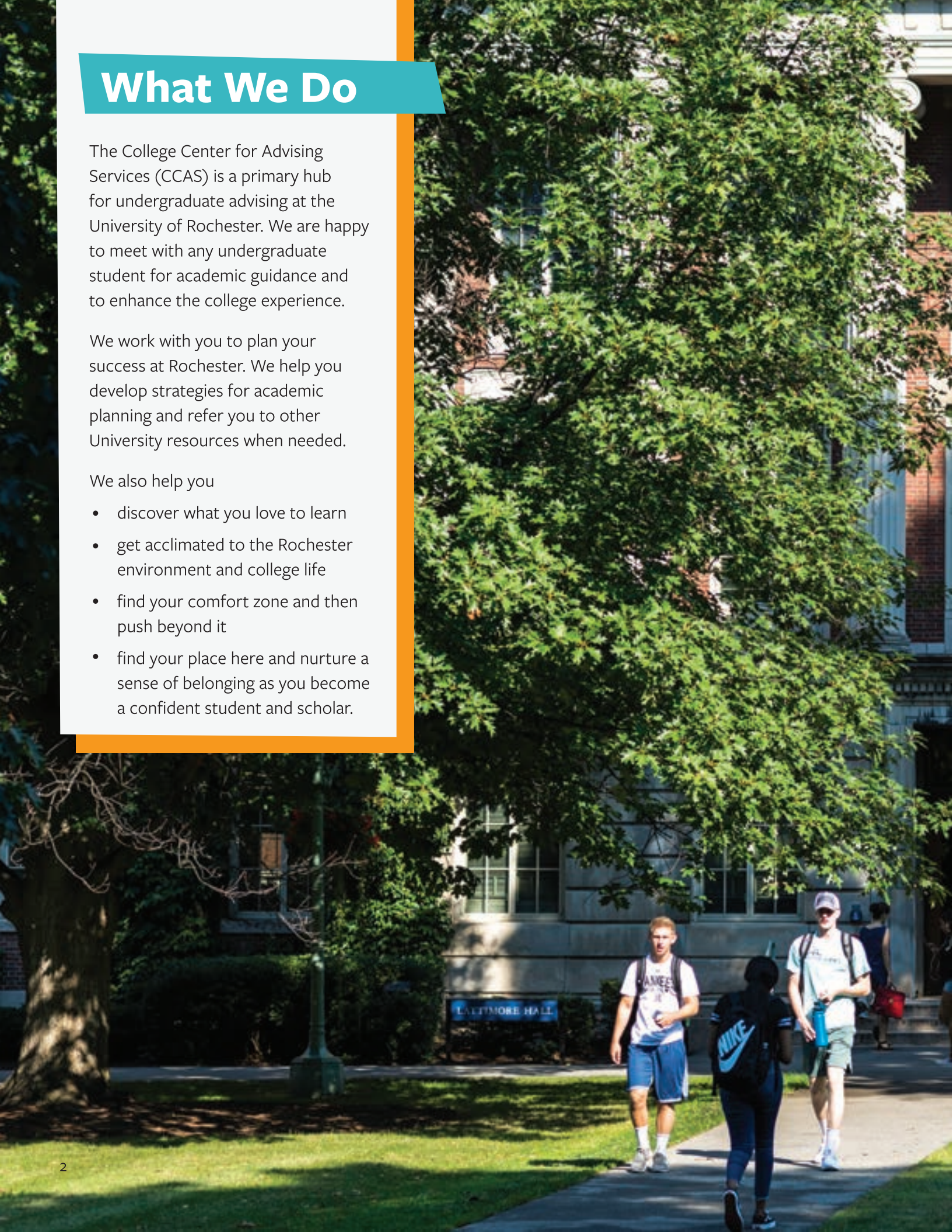
# What We Do

The College Center for Advising Services (CCAS) is a primary hub for undergraduate advising at the University of Rochester. We are happy to meet with any undergraduate student for academic guidance and to enhance the college experience.

We work with you to plan your success at Rochester. We help you develop strategies for academic planning and refer you to other University resources when needed.

We also help you

- discover what you love to learn
- get acclimated to the Rochester environment and college life
- find your comfort zone and then push beyond it
- find your place here and nurture a sense of belonging as you become a confident student and scholar.







**At CCAS,**  
we strive to  
uphold the  
College's  
Communal  
Principles of  
**respect,**  
**inclusion,**  
**fairness,**  
**freedom,**  
**honesty,**  
**and**  
**responsibility**  
in every  
interaction with  
every student.





# Who We Are

We are a **collaborative team** of professional academic advisors and staff who strive to counsel students effectively throughout their academic careers.

We are **caring people** who provide a welcoming, student-centered safe space for our diverse campus community.

We are **advocates** who work to help you to develop a confident sense of direction and strong interdependence with peers, mentors, and global society.



## How We Help

- We listen and advise by providing options that let you decide.
- We have regular walk-in hours for brief, general academic advising.
- We offer you appointments for more in-depth academic planning.
- We accept and respond to general questions through email at [cascas@ur.rochester.edu](mailto:cascas@ur.rochester.edu).
- We advise on academic rules and policies.
- We help you to understand graduation requirements.
- We help you to develop an academic plan that reflects your personal and educational goals, including independent study and research.





A group of diverse students, including men and women of various ethnicities, are smiling and looking towards the right. They are outdoors, with a blurred background of greenery and buildings. The students are wearing casual clothing, including t-shirts and sunglasses. The overall mood is positive and collaborative.

## Why We Do It

We're in this together! Students and advisors work collaboratively to make the most of your experience at Rochester. Our mission is to help guide you through your academic experience so you can achieve success and reach a celebratory graduation!

We understand that each student has specific academic concerns and that your individual identity matters. We are here to engage with you about your unique academic experiences and help you find solutions to live your best life as a student.

We keep your best interests at the heart of all we do, from making you feel welcome when you first come to our office to maintaining accurate and confidential student records.

# We are an integral part of a community of advising resources.

## Undergraduate Advisors

The primary role of the undergraduate advisor is to help new students successfully transition into college. During your first year, you will be assigned an undergraduate advisor who will meet with you until you formally declare a major. Undergraduate advisors engage with you to explore the Rochester Curriculum and develop your preliminary academic plan. When needed, we can refer you to other departments.

## Faculty Advisors

Once you declare a major, you will be assigned an academic advisor within the department. Faculty and staff advisors are an excellent source of information about majors, minors, clusters, and courses within specific academic departments and programs and are available to you throughout your years of undergraduate study.

## CCAS Professional Advisors

Professional advisors are knowledgeable about a broad range of academic programs and policies. We can help you develop a comprehensive academic plan, refer you to specialized academic resources, and help you solve problems associated with academic challenges.

## Peer Advisors

Peer advisors are undergraduate students who have received special training to answer academic questions and refer students to other campus resources. Peer advisors regularly answer questions such as

- What is it like to be a major in this department?
- How can I begin to plan for study abroad?
- What if I'm not sure about a major, and how should I get started?



## Services We Offer

- General drop-in advising
- Specialized advising by appointment  
(e.g., Take Five, e5, independent studies, specific academic concerns)
- Email advising
- Academic records walk-in counter assistance
- Academic services walk-in counter assistance





## Take Five and e5

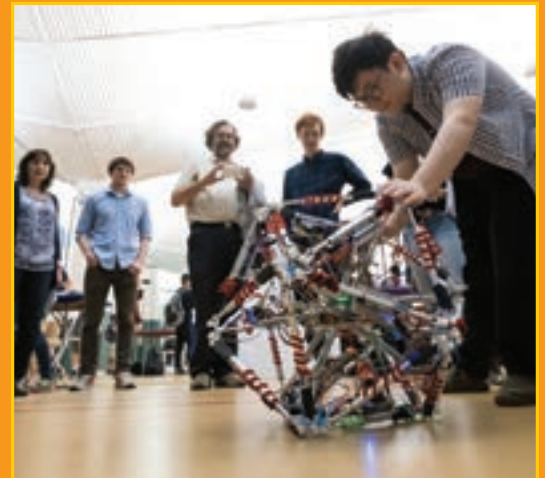
CCAS administers two specialized fifth-year programs, Take Five and e5.

- The **Take Five Scholars Program** provides an additional semester or year, tuition-free, for students to delve into a subject area of interest outside their majors.
- The “e” in the **e5 program** stands for “experiential.” Through e5, qualified students may propose to devote as much as an entire academic year, tuition-free, to internships, special projects, and other endeavors relevant to various facets of entrepreneurship.

## Grand Challenges and STEM Gems

The Hajim School of Engineering & Applied Sciences offers special advising and programs such as the Grand Challenges and STEM Gems.

- The **Grand Challenges Scholars Program** was created by the National Academy of Engineering to address the most important and interconnected problems facing society. It is meant to spark interest in exploring where the humanities, social sciences, and STEM intersect to create a better future. Grand Challenges Scholars design a personalized program that explores a selected Grand Challenge through five program areas. Students who complete the project are recognized as NAE Grand Challenges Scholars at graduation.
- **STEM Gems** is tailored to first-generation, low-income and/or minority students majoring in engineering and computer science. One-to-one mentoring is available with either advanced STEM Gem students or faculty. Workshops and financial sponsorships for seminars and conferences provide additional learning opportunities within this program.



For more information about these and other programs and services, please contact the College Center for Advising Services at (585) 275-2354 to speak with an advisor.



# Meeting with Your Advisor

## Before Your Advising Meeting

- Consider your academic goals and interests carefully.
- Research and prepare a list of the academic programs and courses that appeal to you.
- Think about special academic opportunities such as independent study, research, study abroad, and certificates.

## During Your Advising Meeting

- Approach your advising meeting with an open mind.
- Bring questions and take notes.
- Share any changed interests with your advisor as well as any areas you would like to improve upon.
- Ask your advisor, “Who are people on campus I should get to know?”
- Remember, advisors don’t have all the answers. They will help you with problem-solving so you can arrive at your own answers.







**We are located at 312 Lattimore Hall.**

**Stop by, call us at (585) 275-2354, or send us an email at [cascas@ur.rochester.edu](mailto:cascas@ur.rochester.edu).**



**“Do not be afraid to  
ask for help. Nobody  
gets through college  
on their own.”**

—Michelle Obama

Visit us on campus

**Lattimore Hall  
Room 312**

Email us

**[cascas@ur.rochester.edu](mailto:cascas@ur.rochester.edu)**

Call us

**(585) 275-2354**

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**ROCHESTER**

