

# CCAS Newsletter

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## Important Dates!

**Advising Week – April 1 – 5, 2013**

**April 5, 2013:** Date by which sophomores must declare major to receive invitation to the Major Declaration Ceremony

**April 8:** Class of 2014 Registration Begins

**April 9:** Class of 2015 Registration Begins

**April 10:** Class of 2016 Registration Begins

**All Day Walk-Ins: April 9 and 10**

**April 9:** Last day to declare the S/F option or withdraw from a class

**April 23:** Last day for students in their first semester to declare the S/F option

**Last day to request a tutor: Friday, April 12**

**May 1: Classes End!**

**May 2-5: Reading Period**

**May 6-13: Final Exams**

**May 18 - 19: Graduation Weekend**

**August 26: International Student Move-in Day**

**August 27: Class of 2017 & New Transfer Student Orientation Begins**

**September 3: First Day of Fall Semester**



Walk-in hours: 1-4pm Monday through Friday

<http://www.rochester.edu/college/ccas>



## *Orientation 2013: August 27 – September 2*

Going away to college is a big transition. Our Orientation program is designed to make that transition easier. Orientation at UR is a week-long program organized by Orientation staff; incoming students will be introduced to each other, the campus, and the local community. Our Orientation staff and volunteers work hard to ensure that you will have a memorable week and a great introduction to life at the University of Rochester.

International Students arrive one day early on August 26th! This allows them an extra day to recover from jet lag and give them a little extra time to purchase supplies and get settled. The programs and events on the first full day of Orientation (Tuesday, August 27th) will be geared to new students. Move-in to the residence halls will begin at 9:00 am and programs will continue throughout the day. There is also a one-day Family

Orientation program on August 28th. Comprehensive information is available on the website here: <http://www.rochester.edu/college/orientation/>

The Orientation Office opens for the summer at the end of May. Questions can be emailed to [orientation@rochester.edu](mailto:orientation@rochester.edu) at any time and we will be happy to answer them.

## Did You Know about Health Professions Advising?

Health Professions advising assists students as they develop their academic programs and explore a career interest in the health professions. A successful applicant to a health professions graduate program demonstrates not only the proper academic preparation but also knowledge of their intended career. Being a “pre-med” or “pre-vet” etc. is an interest and not a program or major. Our acceptance rates for health professions graduate programs are consistently above the national average and our students prepare for their intended health professions programs in a great variety of ways.

Rochester students major in many different fields and pursue medical and other health professions programs providing evidence that while all health professions schools require a strong undergraduate background in the sciences, it is NOT necessary to major in the sciences. Health professions schools actively encourage applications from students in all academic disciplines. The best recommendation we can give to a student is to “follow your passions.” If you have passion for English, Art History or Computer Science, make this your major. By pursuing a subject that you are passionate about, you are more likely to engage with the material, seek out opportunities above and beyond the classroom, perform well, and be more animated when discussing, in both verbal and written form, what you chose to study while in college.

One of the advantages of the Rochester Curriculum, is that it will allow you to actively engage your own academic interests while gaining a broad liberal arts education. Good grades and standardized test scores are necessary, but they are not the only qualifications admissions committees consider. Admissions committees also value extracurricular and community activities, research and work experience (paid or volunteer).

Health Professions advising is here to assist you as you explore your interests both in and out of the classroom during your undergraduate career and to guide you in your application to a health professions graduate program.

## From the Dean of Freshmen, Marcy Kraus



### “Try Something You Never Thought You Would Try” ....and Other Tips for a Great Freshman Year”

The current academic year is quickly moving toward its conclusion. Meanwhile, standing in the wings, the entering Class of 2017 await their turn to begin their long anticipated college experience.

What advice would rising sophomores and juniors give to their pre-fresh selves if they had an opportunity for a “do over?” As the College’s dean of freshmen I enjoy asking this question when I have the opportunity to speak to our current students. They have shared much thoughtful advice with me including:

- Don’t worry about how people around you are doing, just focus on doing the best you can
- There is a lot to do and it is better to sample things a bit at a time
- It’s OK to say “no”
- You don’t have to know everything now
- Take an art class
- No one will wake you up in the morning
- Remember how you wanted to be a doctor last year, but now you are SURE you want to be a psychologist? Remember that next year when you decide on the next thing you want to be
- Trust yourself
- School is a full time job
- Take a study skills course—even if you don’t think you need one!
- Visit your professors during their office hours
- Try something you never thought you would try

First year students will quickly discover that college is *very* different from high school: new academic demands, many competing (and tempting) diversions, freedom to go to class—or not, intellectually exciting course choices, and bright, engaged students and faculty. All of these opportunities create a dynamic community. There is much to know, and even more to do.

How can new students be assured that they are getting off to the best possible start? Freshmen will find that there are a multitude of resources available to provide guidance on almost every topic from picking first semester courses to finding help in calculus: academic advisers, faculty, resident advisors, the dean of freshmen, and other campus administrators and peers are a few important examples of good people to get to know. Building relationships, beginning with the very first day of school, can make the difference between students who “survived” and students who “thrived” during their years in college.

## In the Classroom



*US Life students with Pepsy Kettavong creator of "Let's Have Tea" a bronzed sculpture portraying Susan B. Anthony and Frederick Douglass, two local champions of civil rights in Susan B. Anthony Square Park.*

*CAS 170 - US Life: Customs and Practices* is a course specifically designed to boost the personal and academic success of first year students from abroad. Students will explore campus, community and American culture, enhance their intercultural competence, build skills to improve success in the American classroom and strengthen connections to the college community. The course is a combination of classroom instruction, field excursions and workshops. The course is offered in both the fall and the spring.

# From the Dean of Sophomores, Sean Hanna

## A note about the Sophomore spring ...

The Sophomore Committee led by Dean of Sophomores, Sean Hanna and Assistant Dean of Sophomores, Laura Ballou, is a unique entity at the University of Rochester. The Committee is comprised of professionals and students across student affairs, academic affairs, and alumni relations. There are representatives on the Sophomore Committee from the College Center for Advising Services, Wilson Commons Student Activities, University Health Services, Office of Minority Student Affairs, Study Abroad, Residential Life, Alumni Relations, and the Career & Internship Center. The mission is to support the development of engaged and empowered sophomores through advocacy, education, programming and the promotion of campus and University connections.



Two years ago, the Committee decided to create a new celebration to honor an important milestone in the life of a student, the declaration of their major. The sophomore year is often the year when the academic path crystallizes for students at the University of Rochester. The Rochester Curriculum is unique in its openness and we hope that through exploration and advice that students find themselves able to declare their major by the end of the sophomore year. Although most sophomores will declare their major this spring, we do understand that for various reasons some sophomores will not yet be ready to declare their major by the end of the academic year. Those students are encouraged to work with their pre-major advisers, the advisers in the College Center for Advising Services, and the Dean of Sophomores if they have questions or concerns about their academic path.



This short video provides a visual synopsis of last year's event.

[http://www.youtube.com/watch?v=WcvJ\\_nTNodU&feature=plcp](http://www.youtube.com/watch?v=WcvJ_nTNodU&feature=plcp)

Photo Gallery from 2011's event:

[http://uofrphoto.smugmug.com/gallery/16667521\\_wp5gMH#!i=1256719300&k=zP4CZkS](http://uofrphoto.smugmug.com/gallery/16667521_wp5gMH#!i=1256719300&k=zP4CZkS)

Photo Gallery from 2012's event:

[http://uofrphoto.smugmug.com/gallery/23154742\\_FrBbx3#!i=1865568553&k=j478FGs](http://uofrphoto.smugmug.com/gallery/23154742_FrBbx3#!i=1865568553&k=j478FGs)

## 2017 Experience at the University of Rochester!

*Welcome to our visiting students and their families!!!*

**Visit Dates for the Class of 2017 and new transfers are as follows:**

March 29<sup>th</sup>  
April 1  
April 5  
April 13  
April 15  
April 19  
April 22

