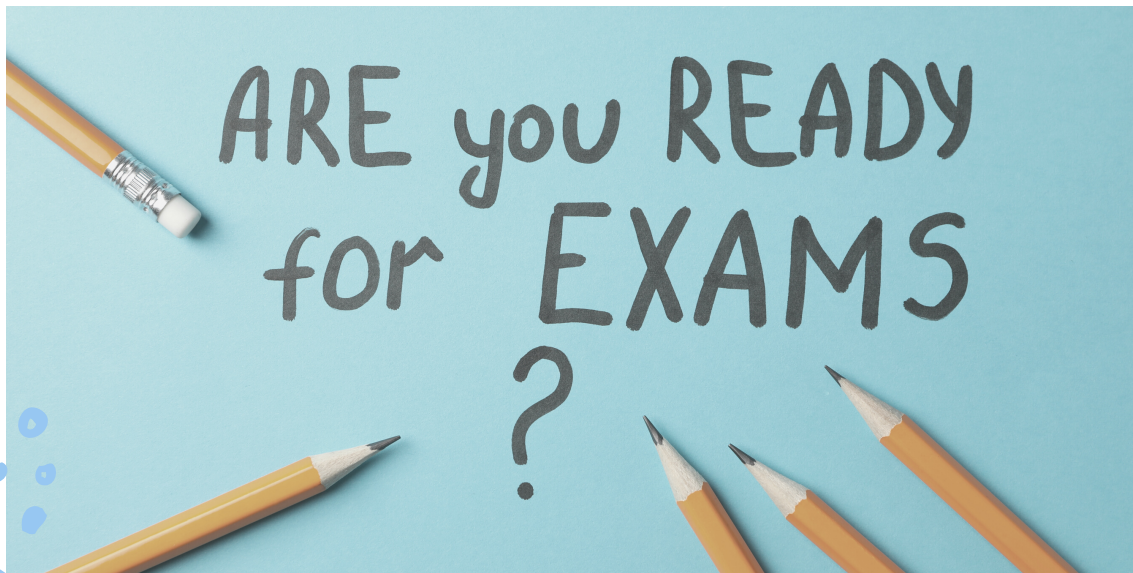


# College of Education

ADVISING NEWSLETTER  
WEEK OF NOVEMBER 29, 2021

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## *A Note on the Final Weeks of Fall Semester*

Dear Future Teachers:

It is officially that time of the academic year - the time of final projects, large research papers, of pulling everything together from a semester of coursework, projects, and lectures, for some, looking ahead to life after graduation while others make final decisions on course registration for the spring semester and possibly winter session (**by the way, if you haven't registered yet, you REALLY NEED TO DO THIS!**).

Here are some things you can do to navigate this challenging time of the year:

- Drink lots and lots of water. Eat healthy, nutrition rich food to fuel your body for long days of studying.
- Move! (walk, stretch, pop into a yoga class, go for a run, dance with your dogs)
- Make a plan and work each step (see the bigger picture but focus on the next step)
- Assume that everyone is doing the best they can at this time (including you!) (Let go of expectations and judgements)
- Reach out to others! Find ways to connect with friends, colleagues, and other supportive people. Tell them what you are doing and how you are doing.
- Remember that WHAT you are doing is not WHO you are (separate your tasks/assignments and the outcomes from who you are as a whole person)
- Allow and notice even the most simple moments of joy (a pretty sunrise or sunset, a perfect cup of delicious coffee, reading - or better yet, writing - a great sentence, laughing with a lifelong friend so hard your stomach hurts, beating a challenging level on a game).
- Give yourself a break - and make sure you are taking them along the way.

# Final Exam Resources

Tips & Tricks found in your advising folder

If your advising folder has mysteriously disappeared (yikes!), visit [www.mtsu.edu/cebsadv](http://www.mtsu.edu/cebsadv) to access the Student Handbook

## WHAT YOU CAN DO TO IMPROVE YOUR ACADEMIC SUCCESS

Perhaps this hasn't been the greatest semester. Visit **pg. 32** to learn how to fix bad habits, look intrinsically at your skills, and assess how you can realistically improve.



I had a hard time coming up with a catchy title for this one, but this is **SO IMPORTANT!** To effectively study, you need to know HOW to study, how to take worthwhile notes in and out of class, and how to tackle an exam with confidence. Visit **pgs. 44-47** to review and improve note taking skills, **pg. 48** for tips to organize your study space (move over, distractions!), and **pgs. 38-43** to improve your study skills and test taking strategies.



## TIME MANAGEMENT

This is often one of the HARDEST parts of college. Because of that, we have numerous resources, tips, and tricks on how you can better (and honestly!) manage your time. Visit **pages 33-37** for help with time management.





# Student Profiles

LEARN WHAT YOUR PEERS ARE UP TO IN CLASS!

## Alleayah Allen

*Elementary Education*

Residency 1 has been extremely eye opening to say the least! I am at Barfield Elementary in 4th grade. I have gotten to see the inner workings of being a teacher. The job is demanding but so rewarding, and I can already see that! Best of all I've made relationships and friendships that will last a lifetime, I'm sure. I'm sad to be leaving my students in less than a month. Despite the hard work, I have really enjoyed my time in Residency 1 this semester, and am looking forward to next semester.



## Jesse Caban

*Elementary Education*

My experience in residency 1 has been amazing. I am student teaching at Spring Hill Elementary School in a 4th grade classroom. I have learned so much this semester from my peers and mentor teacher. We are thriving through all of our assignments. I am thankful for my experience here as it will definitely help with my decision of where to work.

## Iyawana Richmond

*Early Childhood Education*

Residency 1 has been a very fun and eye-opening experience. I have learned a lot during this semester of student teaching. Even though this semester has been challenging, I have enjoyed getting to know the students and connecting with my mentor teacher everyday.

