



# Stay the Course!

## Trojan Success Monthly Newsletter

### Academic Advising 101

with Donna DeVault

Your Success Coach is one member of your success team at FTCC, and your Academic Advisor is another important member! We sat down with Ms. Donna DeVault, an Academic Advisor from the Business Department, to ask her some questions about academic advising.

Q: What is your favorite part about being an Academic Advisor?

A: The best part about being an advisor is seeing my advisees graduate!

Q: Why is academic advising so important for student success?

A: We can give you a lot of insider information very quickly to help you start on the right track! We can help you get into your courses in the proper sequencing. Some classes may have prerequisites, or some classes may only be offered in certain semesters.

Q: How can a student best prepare for an academic advising appointment?

A: Student should prepare by reviewing their educational plan and having some type of idea of how many courses they want and can handle with other things going on in their lives. Also, they can make sure they have the other pieces that we don't see, like financial aid. When we get you that great schedule, you want to be able to keep it!

Q: How often should a student speak with an academic advisor?

A: My preference would be at least once a semester. Students can register themselves, and that's great! We try to leave them with a plan that empowers them to do that. However, if you check in with your advisor, sometimes we have updated information or can provide guidance, such as this class might not be the best paired with this other class.

Q: What would you say to a student who is nervous about meeting with an advisor?

A: Your academic advisor is your friend! They are on your side. And if you are able to make an appointment prior to meeting with them, it provides them an opportunity to prepare and to provide personalized guidance.

Thank you to Ms. Donna DeVault for taking the time to share her valuable insights!



Ms. Donna DeVault



## Testing Anxiety - Finding Calm

Do tests cause you worry and stress?

- Don't cram! Schedule your studying as needed in the days before the exam.
- Go to bed early the night before the exam and eat a nutritious breakfast in the morning.
- Stay hydrated! Drink plenty of water.
- Take deep breaths before the exam begins to quiet your mind.

Remind yourself to do your best – but remember, it's only a test!



## Ace Your Discussion Boards!

How do you write a successful discussion board?

- Read the instructions carefully as many discussion boards require you to answer multiple questions in a single post!
- Type your response in a Word document.
- Check for spelling, grammar, and word count.
- Check the instructions one more time.
- Copy and paste your response into Blackboard (use Ctrl + V).

Try these tips and see if your discussion board grades improve!



## FTCC C.A.R.E.S.-Dress for Success!

FTCC is committed to helping students dress their best! The FTCC Success Closet aids any current student in need of professional attire for job interviews, classroom presentations, or otherwise representing FTCC. Located in Cumberland Hall (CUH), room 354, the Success Closet is open Mon-Thurs from 10 AM - 4PM.

Questions? Stop by or call the Success Closet at 910-678-0144 for more information!



## Time Management-Lunch & Learn

Are you wondering how to fit everything that needs to be accomplished each day in 24 hours? You are not alone! Join the Success Coaches and the Student Government Association for a Time Management Success Session! Pizza tickets will be offered on a first-come, first-served basis, so stop by for some time management tips while you eat!

March 17th, 11:30 AM - 1:30 PM  
(floating event - come when you can!)  
Tony Rand Multipurpose Room