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Exploratory Study Newsletter

April 2020

College of Liberal Arts & Sciences
Academic Advising Center



Resources for Discovering Your Major

**'20 -' 21 registration is happening NOW.
We are here for you!**

[MAKE AN APPOINTMENT](#) WITH AN EXPLORATORY ADVISOR FOR ASSISTANCE!

During this time, exploratory advisors are meeting with students via google meet and/or over the phone. After you sign up, you will receive information through email a few days before your appointment about how to connect!

EXPLORATORY ADVISORS CAN HELP YOU:

1. Narrow down your interests.
2. Strategically explore various majors.
3. Complete your General Education.
4. Declare a major and guide you to next steps.





Are you considering a major but...



Aren't sure what sort of jobs the major leads to?

OR

Wonder what classes you have to take?

[Check out the Career Guide!](#) Explore GVSU majors and see where GVSU graduate are working and in what types of jobs! Click on the "Curriculum Guide" to discover required courses for the majors!

Tips for Online Learning

This has been and continues to be a transition for all of us! Be kind to yourself and others. Always ask questions and seek clarity! Below are some practical tips as we learn online!

Practice mental wellness and avoid burnout



- Take short 5-15 minute breaks after working on the computer for 25-40 minutes.
- Move around and stretch.
- Relax in ways that de-stress. Get a good night's sleep, 7-8 hours, every day.

Virtual Wellness for Lakers

[GVSU's Counseling Center is offering a weekly wellness series- free and accessible to all students.](#)



Treat online and on campus classes the same

- Be prepared.
- Your professors will have work you'll do on your own time, as well as during class time.



Stay Engaged



- Collaborate in online course discussions to better grasp the course materials and connect with classmates.
- Set up a Google Hangout to have group discussions.

as live, real-time lectures or discussions.

- Be sure to dedicate the time necessary to do work on your own time.

- Request a virtual meeting with your professor if you have questions about the material.
- Reach out to your professor if you are falling behind with the online coursework for any reason. It's better to get the help you need as early as possible.



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