



Student Academic  
Advising Center

Handbook

**University of Wisconsin-Stevens Point**

# Student Academic Advising Center Staff Listing



## Andy Held

Academic Advisor

M.Ed. – Educational Policy and Leadership

B.A. – Architecture/History

Hobbies/Interests: Reading, bicycling, watching sports.

Advice: Your decision about a major is important, but it won't be the only influence on your future plans. There are a variety of paths to get where you might be going.



## Angie Kellogg

Director

Ph.D. – Student Affairs Administration and Research

M.S.E. – College Student Personnel

B.A. – Communication-Media

Hobbies/Interests: Spending time with my family, watching sports and the arts, reading.

Advice: Don't feel rushed to choose a major, but don't avoid the decision either. Take advantage of opportunities to explore potential majors and careers, and utilize the great resources we have at UWSP—such as the SAAC and Career Services Offices—to assist you in your process.



## Carol Lanphear-Cook

Academic Advisor

M.S. – Biology

B.S. – Biology-Applied Plant Science

Hobbies/Interests: Gardening, quilting, piano, traveling, volleyball, spending time with family, agility training.

Advice: Get to know your roommate, advisor, professors; try a class you've never had before; get involved in a campus club or activity; take time to explore who you are, your interests and options before declaring a major; and enjoy your college experience.



## Becky Piotrowski

Pointers on a Path Program Coordinator

M.S. – Counseling and Student Development

B.A. – Sociology

Hobbies/Interests: Volleyball, softball, watching the Packers and Brewers, reading, and spending time with family and friends.

Advice: Don't be shy about asking questions about your experience on campus or potential majors. There are a lot of people on this campus who would love to help you, you just need to start by asking the question!



## Laura Polum

Academic Advisor

M.S. – Social Work

B.A. – Psychology

Hobbies/Interests: Hiking, gardening, camping, volleyball, baseball, caring for animals, spending time with family.

Advice: Take some time every month to do some exploring of your interests, goals, strengths, etc. It is less stressful to explore majors if you do a little at a time.



## Julie Schneider

Academic Advisor

M.A. – German and English as a Second Language

B.A. – German and English with Secondary Education Teacher Certification

Hobbies/Interests: Cooking, gardening, reading, XC skiing, bicycling, kayaking, hiking, traveling, watching movies, music and meeting people with different backgrounds than my own.

Advice: I know it's expensive to attain a college degree and because of this, many students are focusing on majors that lead to specific careers that they think they can get a job in. However, I think a quote I heard from Howard Thurman (1899 – 1981), an influential American author and civil rights leader, is what I would like to pass on to my advisees:

“Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive.”





**Julie Thiele**  
University Services Associate

Hobbies/Interests: Baking, scrapbooking, reading, and being with family.

**Favorite Quote:**

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become your habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny. -Unknown



**Kami Weis**  
Academic Advisor  
M.A. – Educational Administration  
B.A. – Communication/Criminology

Hobbies/Interests: Volleyball, golf, reading and spending time with my family.

Advice: Don't stress about being undeclared or questioning your career interests, especially in your first year. These decisions don't happen overnight—it takes time, experience and some work on your part.

# Student Academic Advising Center (SAAC)

103 Student Services Center  
715-346-3361  
[www.uwsp.edu/advising](http://www.uwsp.edu/advising)  
[acadadv@uwsp.edu](mailto:acadadv@uwsp.edu)

Exploring • Discovering • Investigating  
• Open • Interested • Reflective

These are all words that could describe a student still deciding on a major. Now is a time to be excited about all the possibilities that lay before you!

Don't limit yourself by getting caught up in the misconception that your major choice determines the rest of your career. While choosing a major will help you start to develop skills and experiences that will lead to a fulfilling professional life, it's not the only factor. In fact, many employers report they are interested more in characteristics like communication skills, work ethic, and teamwork skills than a specific degree type or major.

It is OK to be undeclared. You are not alone. We are here to help.

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# Student Academic Advising Center Syllabus

## Advisors

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## Office

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## Website

[www.uwsp.edu/advising](http://www.uwsp.edu/advising)

## E-mail

[acadadv@uwsp.edu](mailto:acadadv@uwsp.edu)

## Office Hours

By appointment  
Mon.–Fri.  
7:45 a.m. – 4:30 p.m.

## Making an Appointment

To schedule an appointment, stop by or call our office (we do not schedule appointments by email).

Advising appointments are typically schedule for 30 minutes; however, please request a longer appointment if needed.

If you need to cancel or reschedule your appointment, please call our office at least 24 hours in advance.

Note: Except for emergencies, please silence your cell phone during your advising appointment.

## Our Advising Mission

The advising mission of the Student Academic Advising Center (SAAC) is to provide academic advising for undeclared majors, students questioning their choice of major, and students in transition from one major to another. We offer students assistance in the development of their educational plans, in the decision making process of selecting a major, and in the clarification of the relationships between academic plans and career goals.

## Our Philosophy of Advising

Academic advising is a collaborative educational process whereby students and their advisors are partners in meeting essential learning outcomes, ensuring student academic success, and outlining steps for achievement of the students' personal, academic and career goals. This advisor/student partnership requires participation and involvement of both the advisor and the student as it is built over the student's entire educational experience at UWSP. Both the student and the advisor have clear responsibilities for ensuring the advising partnership is successful (National Academic Advising Association). Ultimately, however, it is your responsibility to meet all university requirements, rules and regulations.

## Safe Zone

SAAC advisors actively create an open, respectful and supportive environment for all people. We serve students of all abilities, sexual orientations, genders, races, cultures and socio-economic status.

## Advisor Responsibilities

- Be knowledgeable about UWSP academic requirements, policies and procedures
- Provide timely and accurate advising on academic and career matters
- Assist you in developing your educational plans
- Help you to make informed decisions in selecting a major
- Clarify the relationship between educational plans and career goals
- Help you to understand the purpose and value of general education as part of the college experience
- Help you to become familiar with myPoint to find information that relates to your academic success (e.g. registration, UWSP catalog, policy and procedures, etc.)
- Help you to select courses which fulfill general degree requirements and match your interests and possible majors
- Provide you with information about campus and professional resources and services
- Provide suggestions but leave the final decision up to you

## Student Responsibilities

- Become knowledgeable about UWSP requirements, policies and procedures
- Read your UWSP e-mail and respond to all communications from SAAC
- Schedule regular appointments with your advisor
- Come prepared to your advising appointments by having the necessary forms available and a list of questions and/or courses (for registration appointments)
- Give thoughtful consideration to your personal, educational and career goals
- Determine a course of study that satisfies the requirements defined for the appropriate degree in the UWSP catalog
- Be prepared to discuss personal values and goals as they relate to academic and career-related needs
- Follow through with appropriate action after an advising meeting
- Accept responsibility for your decisions and actions that affect your educational progress and goals

## Goals and Expected Outcomes

As a result of your SAAC advising experience, we expect you to:

- Take responsibility and initiative for your academic experience
- Come prepared to your advising appointments (e.g. bring DPR, list of courses and questions ....)
- Know how to use your Degree Progress Report for academic planning
- Understand the purpose and value of general degree requirements
- Know how to find information on myPoint that relates to your academic and personal success
- Be aware of campus/community resources and support services
- Understand the requirements for the majors and/or minors you are exploring
- Understand the importance of taking part in experiences outside of the classroom
- Understand the connection between your interests, academic and personal strengths in relation to your educational and career goals
- Value the role of academic advising in your college experience

## Recommended advising resources to review

1. SAAC Website  
[www.uwsp.edu/advising](http://www.uwsp.edu/advising)
2. SAAC's 3 Semester Plan  
[www.uwsp.edu/advising/planning.aspx](http://www.uwsp.edu/advising/planning.aspx)
3. Other Campus Resources  
[www.uwsp.edu/advising/pages/campusresources.aspx](http://www.uwsp.edu/advising/pages/campusresources.aspx)
4. Academic Information  
[www.uwsp.edu/reg-rec/academicinfo.aspx](http://www.uwsp.edu/reg-rec/academicinfo.aspx)
5. Career Services Exploration Portal  
[www.uwsp.edu/career/career\\_portal/](http://www.uwsp.edu/career/career_portal/)
6. UWSP Timetable  
[www.uwsp.edu/reg-rec/timetable.aspx](http://www.uwsp.edu/reg-rec/timetable.aspx)
7. UWSP Catalog  
[www3.uwsp.edu/AcadAff/Pages/resources/catalog.aspx](http://www3.uwsp.edu/AcadAff/Pages/resources/catalog.aspx)
  - i. General Degree Requirements – page 14
  - ii. Major/Minor Requirements – page 48

# Preparing for Advising and Registration

## Preparing for your advising appointment

1. Review the information in this handbook, as well as the supplemental handouts you received from your SAAC advisor.
2. Print a copy of your Degree Progress Report (DPR) from the Academics tab of your myPoint Web page.
3. Select possible courses, considering both GDRs and any prospective majors you are considering using:
  - a. The freshman-level course list you received at the New Student Meeting (for new students)
  - b. Online UWSP catalog
  - c. Online timetable
  - d. Your DPR
4. Complete the advising worksheet.
5. Read through the Advising Syllabus (see pages 4-5 of this handbook).

## Things to bring to your advising appointment:

1. This handbook
2. Your yellow advising folder
3. Your completed advising worksheet
4. A copy of your Degree Progress Report

## How do I register?

Please consult the Registration and Records website ([www.uwsp.edu/reg-rec](http://www.uwsp.edu/reg-rec)). There you will find complete registration instructions, including Steps to Register, How to Read your DPR, etc.

## To prepare for online registration:

- Check your online registration appointment time and make sure you don't have any registration holds in your myRegistration box in the Academic tab of your myPoint
- Use the online timetable to prepare first choice and alternate schedules
- Pay your registration deposit
- Register at your appointed time
- Print out a copy of your schedule and DPR. Review them to make sure courses fit where you expected.

## Registration tips for Closed and/or "PR" (permission required) courses

- Check with the department or instructor about waiting lists
- Check the online timetable often to see if a course opens
- Go to the first day of class and see if there's an opening.



# A Plan for Making Academic and Career Choices

Start exploring majors and careers without even leaving your chair! Check out our Web-based Academic and Career Planning page at [www.uwsp.edu/advising/planning.aspx](http://www.uwsp.edu/advising/planning.aspx). Use this three semester plan to gather information about your decision regarding a major.

## Semester 1

### Adjustment and Awareness

#### Goal

Adjust to college and increase academic and career awareness

#### Strategies

- Get to know your advisor and your professors
- Take advantage of campus tutoring and other campus resources
- Learn to use good study techniques and to manage your time wisely
- Become familiar with UWSP academic policies and procedures and General Degree Requirements
- Browse in your UWSP catalog for information on potential majors
- Assess your interests, skills and personality type; relate these to majors and careers
- Gather information on the world of work
- Talk to people about their choice of career and how they got there
- Join a club or student organization
- Enroll in exploratory classes for semester 2

## Semester 2

### Exploration

#### Goal

Explore possible academic/career choices

#### Strategies

- Continue to meet with your advisor and your professors
- Seek individual career counseling
- Research potential major(s): requirements, standards, course descriptions, career options
- Talk to professors, advisors and students in potential major(s)
- Attend career exploration workshops on campus
- Participate in volunteer projects to develop skills and explore careers
- Pursue a summer job in your field of interest
- Consider studying abroad

## Semester 3

### Decision

#### Goal

Make and/or confirm major decision

#### Strategies

- Conduct informational interviews or shadow a professional in your potential career area
- Increase your involvement in campus organizations and continue your volunteer experiences
- Read professional journals in your area of interest
- Consider a potential minor
- Map out an educational plan and review it with your advisor
- Take the big step and go to the department of your choice to declare your major
- Establish a good working relationship with your new advisor

*“Try not to worry so much that you don’t have a major yet. You do have time. Go to the SAAC Office because they have everything you need and need to know! The staff there can help you make choices and answer questions!”*

*- Daniel Soulier from Odanah, WI*

# General Degree Requirements (GDRs)

The general degree requirements (GDRs) are among the most important courses that students take while at UWSP. These courses represent the foundation of the liberal education offered by the University. They provide students with the knowledge and skills to think critically about their place in society and to participate effectively in their chosen professions.

## Verbal and Quantitative Skills

**Freshman English** fosters the complementary skills of critical reading, logical thinking, effective research, and coherent writing. It develops facility at all stages of the composing process and improves ability to write effectively in a variety of writing situations.

**Writing Emphasis (WE)** provides instruction necessary to develop skills for appropriate and successful writing within a discipline or profession.

**Communication (COMM)** provides enhanced understanding of human communication and the ability to deliver effective presentations.

**Mathematics (MATH)** provides the knowledge to quantify and understand the real world using fundamental mathematics to analyze phenomena, construct models, solve problems, state conclusions, interpret statistics, and understand scientific topics.

## Critical Thinking/Natural Science

**Natural Science (NS)** provides a broad understanding of the pure sciences and exposure to scientific methods for evaluating evidence from the natural world and shows how science relates to individuals and/or society at large. Courses develop skills to classify information, draw conclusions, infer relationships, solve problems, and make predictions.



## Critical Thinking/Cultural Awareness

**Non-Western (NW)** courses study peoples, countries, or regions that differ in fundamental ways from Western tradition and examine political, economic, intellectual, ethical and cultural values and structures that offer alternative approaches to these areas of human organization.

**Minority Studies (MNS)** courses consider the culture and history of various racial and ethnic groups such as African-American, Hispanic-American, Asian-American, and Native American and the historical or cultural relationships between them and the white majority culture in the United States.

**History (HI)** provides an appreciation of human behavior and heritage over time and an understanding of the nature, development and interaction of cultures, societies, and civilizations.

**Humanities (HU1, HU2, HU3, HU4)** courses introduce enduring expressions of the human mind and culture and teach critical thinking, interpretive skills and historical perspectives for understanding and evaluating these expressions.

Area 1 is history and appreciation of art, dance, drama, music, and communication. Area 2 is literature. Area 3 is philosophy, religious studies, and political theory. Area 4 is civilization, area studies, interdisciplinary courses.

**Social Science (SS1, SS2)** develops understanding of human behavior, the structures of society and the interrelationships among social institutions and provides a framework for thoughtful and informed participation in society.

**Foreign Language (FL)** introduces second languages and increases knowledge of how language functions and cultures differ, leading toward greater understanding of peoples across national borders.

**Environmental Literacy (EL)** investigates the ways human societies interact with and affect the natural and biophysical environment.

**Wellness (WL)** introduces concepts of wellness, health issues, experiences and life skills to apply to personal lifestyles that promote health.



# GDRs by Degree Type

There are four degree types offered at UWSP: the Bachelor of Arts (BA), the Bachelor of Science (BS), the Bachelor of Music (BM) and the Bachelor of Fine Arts (BFA). The BA option places greater emphasis on foreign languages, the humanities and history; the BS degree requires greater concentration in mathematics and the natural sciences; the BM and BFA degrees emphasize a range of studies that complement the selected major field curriculum.

<b>GDR</b>	<b>B.A.</b>	<b>B.S.</b>	<b>B.M./B.F.A.</b>
Freshman English	3-6 credits: English 101/202 or 150	3-6 credits: English 101/202 or 150	3-6 credits: English 101/202 or 150
Communication	2 credits Communication 101	2 credits Communication 101	2 credits Communication 101
Mathematics	3 credits: Math 100 or 105	4-7 credits: Math 100 + 4 credits	Option 1: 7 credits (100 + 4 credits) or Option 2: Placement into 100 + 8 credits Foreign Language
Natural Science	6 credits: one laboratory course in each of two disciplines	12 credits: one laboratory course in each of two disciplines; only one "100" course	6 credits: one laboratory course in each of two disciplines
History	6 credits of a two-course sequence	3 credits	6 credits
Humanities	9-12 credits with one course required in Area 1, 2, and 3	6-12 credits: 1 course in any 2 out of the 4 areas	9-12 credits with one course required in Area 1, 2, and 3
Social Sciences	6-9 credits in two categories with a minimum of 6 credits in category 1	6-9 credits in two categories with a minimum of 6 credits in category 1	6-9 credits in two categories with a minimum of 6 credits in category 1
Foreign Language	8 credits or one year of 100 level college foreign language	None	Option 1: 8 credits of foreign language + placement into Math 100 or 105 or Option 2: 7 credits of math (no foreign language)
Wellness	3 credits: 1 cr. Aerobic Activity and 1 cr. Health Enhancement	3 credits: 1 cr. Aerobic Activity and 1 cr. Health Enhancement	3 credits: 1 cr. Aerobic Activity and 1 cr. Health Enhancement
Minority Studies, Non-Western Culture, Environmental Literacy, Writing Emphasis	One course of each; may also satisfy one of the above requirements	One course of each; may also satisfy one of the above requirements	One course of each; may also satisfy one of the above requirements

All students need a total of 18 credits in these two areas

For more information on general degree requirements at UWSP visit [www.uwsp.edu/AcadAff/Catalog%20PDF/currentcatalog.pdf](http://www.uwsp.edu/AcadAff/Catalog%20PDF/currentcatalog.pdf)

# Majors by Interest Area

## Focusing on Children and Youth

- Communicative Disorders
- Dietetics • Education • Family and Consumer Sciences • Health Promotion
- Physical Education • Psychology
- Resource Management • Social Work
- Sociology

## Focusing on Health and Wellness

- Athletic Training • Certain tracks of majors in the natural sciences • Clinical Laboratory Science • Communicative Disorders
- Dietetics • Health Promotion
- Health Sciences • Physical Education

## Focusing on Interdisciplinary Aspects

- American Studies • Arts Management
- Individually Planned Major
- International Studies • Natural Science
- Public Administration and Policy Analysis
- Social Science

## Focusing on Natural Science

- Biochemistry • Biology • Chemistry
- Geography • Geoscience • Natural Science
- Majors in Natural Resources • Paper Science and Engineering • Physics

## Focusing on the Environment

- Certain tracks of majors in the natural sciences • Fisheries & Water Resources • Forestry • Geography • Geoscience • Paper Science and Engineering • Philosophy (Environmental Ethics) • Resource Management • Soil and Waste Resources
- Wildlife Ecology

## Pre-Professional Programs

(Not Majors)

- Pre-Engineering • Pre-Chiropractic
- Pre-Dentistry • Pre-Engineering
- Pre-Law • Pre-Medicine • Pre-Mortuary
- Pre-Nursing • Pre-Occupational Therapy
- Pre-Optometry • Pre-Pharmacy
- Pre-Physical Therapy • Pre-Physician Assistant • Pre-Veterinary Science

## Focusing on Diversity

- American Studies • Business Administration • Education • Foreign Language (French, German, Spanish)
- History • International Studies • Political Science • Psychology • Religious Studies
- Sociology

## Focusing on Human Behavior

- American Studies • Athletic Training
- Communication • Communicative Disorders • Dietetics • Education • Family and Consumer Sciences • Health Promotion
- History • International Studies • Political Science • Psychology • Religious Studies
- Resource Management • Social Science
- Social Work • Sociology

## Focusing on Management and Analysis

- Accounting • American Studies (Working in a Global Economy) • Arts Management
- Business Administration • Computer Information Systems • Communication • Economics • Family and Consumer Science
- Health Science (Health Care Informatics, Administration) • Mathematics • Political Science • Public Administration and Policy Analysis • Resource Management • Web and Digital Media Development

## Focusing on the Arts

- Art (2-D, 3-D Graphic Design)
- Arts Management • Dance • Interior Architecture • Music • Musical Theatre
- Drama • Web and Digital Media Development

## Focusing on the Humanities

- English • History • International Studies
  - Philosophy • Religious Studies
- (Also see majors focusing on the arts: Art, Music, Theatre, Dance)



# Academic Programs

UW-Stevens Point offers the Bachelor of Arts, Bachelor of Fine Arts, Bachelor of Music, Bachelor of Science, and Associate degrees. The list below includes majors ■, minors ●, concentrations, options, areas of emphasis, and other significant courses. Topics that are teacher certifiable are marked with \*. For more detailed information about academic programs go to website: [www.uwsp.edu/admissions/guides.aspx](http://www.uwsp.edu/admissions/guides.aspx).

- Accounting ■●
- Adventure Education ●
- American Studies ■
- Anthropology ●
- Arabic
- Art ■ (Areas of Emphasis) Two-Dimensional, Three-Dimensional, Graphic Design
- Art History ●
- Arts Management ■
- Astronomy
- Athletic Training ■
- Biochemistry ■
- Biofuels Engineering ●
- Biology ■●\* (Areas of Emphasis) Aquatic Biology, Biobusiness, Biotechnology, Botany, Ecology/Environmental, Education, Microbiology, Natural History, Zoo and Aquaria, Zoology (also see Preprofessional)
- Business Administration ■● (Concentrations) Entrepreneurship, Finance, Insurance & Real Estate, International Business, Management, Marketing
- Captive Wildlife ●
- Chemistry ■●\* (Option) Polymer
- Child and Family Studies ●
- Chinese
- Clinical Laboratory Science ■
- Coaching ●\*
- Communication ■● (Areas of Emphasis) Interpersonal and Organizational, Media Studies, Public Relations
- Communicative Disorders ■\*
- Comparative Literature ●
- Computer Information Systems ■● (Options) Application Development and Support, IT Infrastructure
- Conservation Biology ●
- Dance ■●
- Dietetics ■
- Drama ■●
- Earth Science ●\*
- Economics ■●\*
- Education, Early Childhood ■\*
- Education, Elementary ■\*
- Education, Exceptional ■●\*
- Education, Secondary Certifications\*
- English ■●\*
- English as a Second Language ●\*
- Environmental Communication ●
- Environmental Education for Elementary and Middle School ●\*
- Environmental Education/ Interpretation ● (Also see Resource Management)
- Environmental Geography ●
- Environmental Law/Enforcement ●
- Environmental Studies ●
- Ethnobotany ●
- Family and Consumer Sciences ■\*
- Fisheries and Water Resources ■
- Forest Recreation ●
- Forestry ■●
- French ■●\*
- Geographic Information Systems and Spatial Analysis ●
- Geography ■●\* (Options) GIS and Cartography, Physical Environment, Urban Planning
- Geology ●
- Geoscience ■
- German ■●\*
- Gerontology ●
- Health and Wellness Management ■
- Health Education ●\*
- Health Information Management and Technology ■
- Health Promotion ■
- Health Sciences ■\*
- History ■●\*
- Hmong
- Individually Planned Major ■
- Instructional Resources
- Interior Architecture ■
- International Resource Management ●
- International Studies ■●\*
- Japanese
- Land Use Planning ● (Also see Resource Management)
- Mathematics ■●\*
- Medical Technology (see Clinical Laboratory Science)
- Military Science (Army ROTC) ●
- Museum Techniques ●
- Music ■●\* Applied, Jazz, Education, Music Literature
- Musical Theatre ■
- Native American Studies ●
- Natural Science ■\*
- Natural Science, Broad-field ●
- Nutrition ●
- Paper Science and Engineering ■
- Peace Studies ●
- Philosophy ■●
- Physical Education ■\*
- Physical Education for Exceptional Individuals\*
- Physics ■●\*
- Polish
- Political Science ■●\*
- Preprofessional (Areas of Emphasis) Chemical Engineering, Chiropractic, Dental, Engineering, Law, Medical, Mortuary, Nursing, Occupational Therapy, Optometry, Pharmacy, Physical Therapy, Physician Assistant, Veterinary
- Psychology ■●\*
- Public Administration and Policy Analysis ■●
- Religious Studies ●
- Resource Management ■●\* (Options) Environmental Education/Interpretation, General, Land Use Planning, Youth Programming and Camp Management, Resource Management Policy, Resource Management Law Enforcement
- Russian
- Small City Analysis ●
- Social Science ■●
- Social Science, Broad-field ■●\*
- Social Work ■
- Sociology ■●\*
- Soil and Waste Resources ■●
- Spanish ■●\*
- Strength and Conditioning ●
- Sustainable Energy ●
- Theatre Arts (See Dance, Drama, Musical Theatre)
- Undecided/Undeclared
- Water Resources ●
- Web & Digital Media Development ■●
- Wildlife Ecology ■●
- Women's Studies ●
- Writing ●



# High School and College are Different!



**In high school**, you will usually be told what to do and you will be corrected if your behavior is out of line.

**In college**, you're expected to take responsibility for what you do and don't do, as well as the consequences of your decisions.

**In high school**, teachers bear much of the responsibility for your learning.

**In college**, you bear the responsibility for your learning while your professors serve as guides, mentors and resources.

**In high school**, you will usually be told in class what you need to learn from assigned readings.

**In college**, it's up to you to read and understand the assigned materials; lectures and assignments proceed from the assumption that you've already done so.

**In high school**, "effort counts."

**In college**, "results count." While your professors may value "good-faith efforts" and be more willing to work with you, it will not substitute for results in the grading process.

**In high school**, mastery is usually viewed as the ability to reproduce what you were taught in the way you were taught it.

**In college**, mastery is often seen as the ability to apply what you've learned to new situations or problems.

## Some things to reflect upon...

What was the best class of your life? \_\_\_\_\_

What was the worst? \_\_\_\_\_

Please check all that apply:

I enjoy working with:

- |                                   |  |                                  |
|-----------------------------------|--|----------------------------------|
| <input type="checkbox"/> People   | <input type="checkbox"/> Things outdoors | <input type="checkbox"/> Animals |
| <input type="checkbox"/> Numbers  | <input type="checkbox"/> Things indoors  | <input type="checkbox"/> Ideas   |
| <input type="checkbox"/> The arts | <input type="checkbox"/> Technology      |                                  |

When I think about my future career, I would feel very disappointed if it didn't include:

- |                                      |   |  |
|--------------------------------------|---|--|
| <input type="checkbox"/> Creativity  | <input type="checkbox"/> Hands-on activities      | <input type="checkbox"/> High pay              |
| <input type="checkbox"/> Travel      | <input type="checkbox"/> Helping others           | <input type="checkbox"/> Working independently |
| <input type="checkbox"/> Risk Taking | <input type="checkbox"/> Organizing and Analyzing |  |

Things I've done at UWSP to start exploring majors:

- |   |  |
|---|--|
| <input type="checkbox"/> Visited Career Services              | <input type="checkbox"/> Attended a Majors Fair      |
| <input type="checkbox"/> Visited with students in majors      | <input type="checkbox"/> Joined student organization |
| <input type="checkbox"/> Took career assessments              | <input type="checkbox"/> Visited Internet sites      |
| <input type="checkbox"/> Conducted an informational interview | <input type="checkbox"/> Job shadowed                |
| <input type="checkbox"/> Researched career/academic options   |  |

Visit [www.bls.gov/ooh](http://www.bls.gov/ooh) to learn more about career options, including salary, job growth, and educational requirements. Find one or two jobs (or a dozen!) that are interesting to you. They are:

\_\_\_\_\_

# Career Services

## Integrating Academics with Career Goals

Linking academics with career goals increases your focus, commitment and enjoyment of education. Take advantage of career counseling and career assessment instruments to see how academic and career exploration blend together to achieve: realistic self-appraisal, clarification of values and goals, implementation of an academic plan/strategy, and success in achieving academic and career goals.

To help you reach your career goals, we encourage you to visit our website: [www.uwsp.edu/career](http://www.uwsp.edu/career). Note the list of workshops/events sponsored each semester, and access the Career Planning Guide. We also recommend that you:

- Familiarize yourself with the Career Exploration Portal: [www.uwsp.edu/career/career\\_portal](http://www.uwsp.edu/career/career_portal)
- Explore “What Can I Do With A Major In” sites on the Portal
- Review follow-up studies of recent UWSP graduates, tracking their employment and/or continued education
- Utilize the WISCareers website: [www.uwsp.edu/career/wisCareers.aspx](http://www.uwsp.edu/career/wisCareers.aspx)
- Visit the UW System Helplink: <http://uwhelp.wisconsin.edu>

You can increase your career awareness by conducting informational interviews, job shadowing and getting involved in organizations or volunteer activities. Along the way, get practical experience and participate in internships. In doing so, you will gain knowledge and experience, learn new skills and hone other skills that will serve you well in life.

Additional career services include assistance in preparing for the job search, locating jobs/practical experiences, and pursuing graduate/professional school. We're here to help you. Start early with your career action plan!



### Mission:

To provide comprehensive career/life planning and job search services linking education and the world of work for UWSP students and alumni.

### Staff Listing

Angie Kellogg  
Director

Teri Jenkins  
Office Manager

Lauri Martin-Keefe  
Career Specialist

Mike Pagel  
Career Specialist

Lorry Walters  
Associate Director

John Zach  
Career Development  
Coordinator

### Career Services Office

201 Student Services Center  
715-346-3226

[career@uwsp.edu](mailto:career@uwsp.edu)  
[www.uwsp.edu/career](http://www.uwsp.edu/career)

Monday-Friday  
7:45 a.m.–4:30 p.m.

Walk-in hours  
(during the academic year)  
Thursdays 1–4 p.m.

# UWSP Offices Especially Helpful for Undeclared Students

## Admissions Office

102 Student Services Center  
715-346-2441

Seek out this office with your questions about how to apply, residency, freshman scholarships, transfer credit evaluations, probation and suspension regulations, costs, and much more.

## Counseling Center

Third Floor, Delzell  
715-346-3553

Counseling is an opportunity to talk about life experiences with an objective person. It helps students learn new skills and ways of looking at a situation so they can more successfully resolve their concerns. Counseling is free and confidential.

## Disability Services and Assistive Technology Centers

609 Learning Resource Center  
715-346-3365

They will address disability related concerns you have, including physical access to the campus, and program access such as accommodations that will assist you in your academic pursuits.

## Financial Aid

106 Student Services Center  
715-346-4771

If you need help in meeting the cost of your college education, contact the Financial Aid Office for assistance. Many students are eligible for grants, employment, and/or loans. If you are eligible for financial aid, you may use this assistance to supplement your family income and other resources to help pay your educational costs.

## International Programs

108 Collins Classroom Center  
715-346-2717

Would you like to study in Europe? Australia? Asia? Semester programs feature a three-four month study period with the opportunity for you to earn 15-17 credits approved for UWSP degree credit. If a semester is too long, consider a summer, winter break, or spring break plan.

## Diversity and College Access

204 Student Services Center  
715-346-3829

This office specializes in academic support, social support, minority precollege summer camps, and retention activities for culturally diverse, low income and first generation programs. Also consider visiting the Multicultural Resource Center in room 208 in the DUC for various student-led activities and resources.

## Alliance of Non-traditional Students

070D Dreyfus University Center  
715-342-5327

This is the best place for new and continuing adult learners to get information helpful to their needs. Resources include visiting with other nontrad students, scholarship postings, computers, and news on nontrad programming.

## Registration and Records

101 Student Services Center  
715-346-4301

This office provides services dealing with student academic records and course registration, including transcripts, grade reports, degree and enrollment verifications, athletic eligibility, veterans benefits, graduation analysis, and more!

## Tutoring-Learning Center

018 Learning Resources Center  
715-346-3568

This office organizes tutoring in content areas (such as math, biology, or foreign language classes to name a few), and reading/writing tutoring. Tutoring sessions are led by students in either small group or individual settings.

## Veteran Services

101 Student Services Center  
715-295-8947

This office assists veterans with applications for federal and state educational benefit programs such as the Montgomery GI Bill and the Wisconsin GI Tuition Remission program. Some of these benefits may be applicable to qualifying children or spouses of veterans.

## Wisconsin Covenant

105A Student Services Center  
715-346-2501

The Wisconsin Covenant Coordinator assists Scholars to identify personal, social, emotional and academic concerns. Students enrolled in the Covenant program receive a financial aid package to help make college affordable and are encouraged to become active participants in the UWSP community. UWSP Wisconsin Covenant Scholars Program is a retention program for students admitted into the program the summer before their freshman year.



# Involvement Opportunities at UWSP

## Performing arts

Nearly 500 students are involved annually in some aspect of the arts. Majors and non-majors alike take part in theatrical performances, art shows, recitals, symphonies, musical ensembles, bands, swing choirs and dance companies. The Stevens Point community is also very rich in cultural opportunities.

## Volunteer experiences

It's been said that Americans are the greatest volunteers in the world ... When you think about it, that's right! We volunteer all the time—when we help someone out or do something that serves others without expecting to be paid—that's volunteering! Nearly 1,400 students did just that last year! Call 715-346-2174 if you're interested in making a difference by volunteering!

## Residence halls

The residence halls are probably the easiest way to find a connection. Whether you become a social coordinator for your floor, a hall government officer, or an athletic coordinator, you can always find a way to get involved! Each hall also has a number of paid positions, including desk workers, community advisors, student custodians, academic resource coordinators and more.

## Recreational intramural sports

The state-of-the-art Health Enhancement Center offers students an Olympic-sized pool, diving wells, a 200-meter track, tennis/volleyball/basketball courts and a fitness center. If you're interested in becoming part of an intramural team, visit the Intramurals Office. The Allen Recreation Center provides students with a Cardio Center and Outdoor EdVentures.

## University Center

The Dreyfus University Center is known as the family room of the campus. It's a great place to hang out between classes and spend time chatting with friends or studying! You'll find a full array of services such as the University Store, the Campus Information Center, the Basement Brewhaus, several dining options and a hair salon.

## Greek life

Are you looking for people who have the same interests as you or looking to improve your leadership skills? Are you nervous that you'll become lost in the crowd or become just another number? These concerns are very common. Fraternities and sororities offer you a chance to meet and become friends with people who share your interests and values.



## Student organizations

Your options are limitless! There are over 200 student organizations with which you can become involved! Check out the Student Organization Database on the Student Involvement and Employment website at [www.uwsp.edu/centers/sieo](http://www.uwsp.edu/centers/sieo) and find a full listing of involvement options available to you. If you don't see one that interests you, create your own student organization. Contact the Student Involvement and Employment Office at 715-346-4700 to find out how!

## Student governance

This campus has had a long and proud tradition of student involvement with input on decision making. In fact, few decisions are made on campus without student input. While you are here, you are encouraged to take your turn representing others. Learning to govern is the best way to protect your freedoms and your rights—and it's much more fun than you might think.

## Intercollegiate athletics

UWSP offers a wide variety of women's and men's intercollegiate sports and has consistently ranked at the top of conference, regional and even national charts in many sports. Over 600 students are directly involved and you'll join thousands in the stands as we cheer them on.

## Student employment

Graduates of UWSP report the most learning of leadership development, decision making and understanding other people came through their student employment experiences. Student employment is an excellent way to learn about teamwork, develop job skills and meet other students, faculty and staff ... plus get paid!

For more information about involvement at UWSP, visit the Student Involvement and Employment Office online at [www.uwsp.edu/centers/sieo](http://www.uwsp.edu/centers/sieo).



University of Wisconsin  
**Stevens Point**