Five. Short. Weeks.

That is about what we have left for the spring semester! But it will be a busy five weeks. Final exams, projects, term papers, and all those other assignments. Five weeks might sound like a long time, but it will go by quickly. In the blink of an eye, it will be May and we will be enjoying summer.

Make the most of your time this next few weeks. Get those papers done, prepare now for final exams, and get ready for fall semester. If you haven’t already, see your Academic Advisor and register for classes. Once you register, schedule a time to see your DRS Advisor to put your accommodation plan for Fall 2017 in place. It will save time in the fall, but we can still make simple changes if you add or drop a class later.

Finally, consider your options for summer. Take an extra class or two during the summer to either get caught up or move ahead toward graduation. Work with Career Services to find a good summer internship. But, don’t forget to enjoy your summer as well. Read a good book. Spend time with family and friends.

And, for those of you who are graduating, congratulations! We wish you the best in your pursuits and hope you will stop by and visit or drop us a note to let us know how you are doing. Make the most of these Five. Short. Weeks. And have a great summer!

Jim Schlinsog, Ph.D, Director, Disability Resources for Students
Reminders:

Registration
If you have not yet met with your Academic Advisor in preparation for Summer and/or Fall 2017 registration, you should do so RIGHT AWAY. Registration for Summer and Fall 2017 begins on Monday, April 3. Don’t miss your chance to get the classes you need and/or want! After you register for your classes, call or come by DRS so we can schedule your Semester Plan appointment for Summer and/or Fall 2017.

Relaxation Zone
Stressed out thinking about finals and the end of the semester? The Relaxation Zone (211 Wilder Tower) can help!

The Relaxation Zone offers resources such as vibrating massage chairs, biofeedback computer stations, and small “Wellness Breaks” where students can get individual and small group instruction on a variety of self-care skills like Mindfulness, Relaxation, and Guided Meditation. The Relaxation Zone services at the Center are FREE to enrolled UofM students. No appointment is necessary.

Some tips for using the Relaxation Zone:

- Hours are 9:00 am through 11:30am and 12:30pm through 3:30pm Monday through Friday
- Each session is limited to 30 minutes; students are limited to one morning session and one afternoon session each day.
- There are only two massage chairs in the Relaxation Zone, therefore one may not always be immediately available.
- While participation in counseling is NOT required, The Zone does require a 10-minute orientation session so that students know how to properly indulge in the relaxation resources.

Please call 678.2068 or stop by the Counseling Center to sign up and acclimate yourself with The Zone.

How to be Successful with Academic Advising:

Joanna Koestler, Academic Counselor in Academic Counseling Center (ACC), shared some tips for successful academic advising in Spring 2017:

Advisors are dedicated to helping students navigate their way through their academic career at The University of Memphis. As a student, you expect your advisor to be an expert in degree requirements and academic policies. Advisors often pride themselves in being a one-stop shop for their students. If your issue or question happens to be outside their realm of expertise, they will find the proper campus resource to assist you.

However, advising is not a one-way street. As advisors, we expect our students to come prepared to their advising appointment. There are several ways to ensure that your advising appointment is successful and productive:

1) Research majors: Whether you know what field of study you want to major in or not, it’s a good idea to explore all of your options. In doing this, you might also find a minor that interests you.
2) Examine your UM Degree: It is so important to know and understand the course requirements for the degree you have chosen. In your MyMemphis portal, under the Student Tab, you will find a resourceful tool called UM Degree. It allows you to view your academic record, degree requirements, check your GPA and much more!
3) Compile a list of possible courses: Even though your advisor will already have a list of courses in mind, it makes the appointment move a lot smoother when a student knows their favorite courses from the general education list.

List continued on next page
4) Write down any questions: Throughout your semester, you might think of questions that you want to ask your advisor. Write down these questions so that your advisor can assist you (even if they are non-academic questions).

5) Get advised EARLY and check-in with your DRS Coordinator: We find that students who take advantage of early advising get to choose from a wider selection of course offerings once their registration window opens, and they also receive information about holds on their account that prevent course registration. Meeting with your DRS Coordinator will ensure that your upcoming courses and schedule are conducive to your success.

Tips for Finding a Summer Job or Internship:

Jennifer Yeoward, DRS Career Coach GA, offers some advice for students looking for jobs or internships for Summer 2017:

Where to look for job/internship openings:
- Your academic advisor - ask if they know of good openings in your field
- Career fairs within your department
- TigerLink – Career Services' system for providing job and internship listings, career fair information, on-campus interview schedules, resume and cover letter templates, online practice interviews, and scheduling for career advising appointments for current students and graduates of the University of Memphis
- If there’s a company you really want to work for, but you aren’t sure if they have any internships available – contact them!

Preparing for interviews:
- Update your resume*
- Practice for interviews with someone at Career Services* or via online practice at TigerLink

Remember:
- Put yourself out there – career openings won’t come to you, you have to go to them!
- Keep your options open – apply to as many places as possible
- Think about how the positions you apply for will help your future career goals*
- Most importantly, don’t get discouraged! You can do it!

*Jennifer Yeoward at DRS or other staff at Career Services would be happy to help you in these areas!

Contact Careers Services (call 901-678-2239 or email) to schedule an appointment.

Important Dates:

Spring 2017:
- Summer 2017 Regular Registration begins: APRIL 3rd at 8am
- Fall 2017 Regular Registration begins: APRIL 3rd at 8am
- Last day to file for graduation for SUMMER 2017: APRIL 5th
- Last Day of Full Semester classes: APRIL 26th
- Study Day: APRIL 27th
- Final Exams: Friday, APRIL 28th – Thursday, MAY 4th
- Graduation SPRING 2017: Saturday, MAY 6th
Celebrations!:
Two of our graduate assistants, Sarah Hatcher and Alex Rosenberg, will be moving on to the next stage in their careers at the end of the Spring 2017 semester.

Sarah has accepted an internship at AHRC in New York City.
Alex has accepted an internship at Delta County School District in Colorado.

To celebrate their time at DRS, we asked Sarah and Alex to reflect on their experience with our office. Their interviews are the last two sections of this newsletter.

Please help us to congratulate Sarah and Alex as we wish them the best on their next endeavors. We are so proud of them for all of their hard work in their degree programs and at DRS!

An Interview with Sarah Hatcher

What have you enjoyed most about working at DRS?

Working with students! (My co-workers are ok too ;D)

What have you learned from working at DRS?

Disability does not have to be a barrier to success. There are many different ways to achieve a goal - the DRS students have taught me that it just takes some perseverance and ingenuity to find resources that meet their individual needs and bolster college achievement.

What are your plans after you graduate from the University of Memphis?

I hope to get a postdoc position in psychology working with people with disabilities from diverse backgrounds. Ideally, I would love to find work that focuses on cross-cultural and global social justice issues for people with disabilities such as equal access to education and employment without discrimination. I can see myself working in a counseling, research, and/or advocacy role that brings resources and support to marginalized and multiple minority status groups.

Three fun facts about yourself:

1) I run several 5k races a year, most with my dad who is usually faster than me!
2) I don’t really like to cook but one of my specialties is a breakfast casserole with egg, artichoke, and goat cheese…I get a lot of compliments and requests to make it.
3) My favorite recreational activities are hiking and camping. I’m most relaxed when I can be outdoors enjoying nature.

Any last words for DRS students?
Be confident in your strengths. Learn what you do well and use those skills to help you reach your goals.
An Interview with Alex Rosenberg

What have you enjoyed most about working at DRS?

There are quite a few aspects of the job I could emphasize here, but if I had to pick one, it would be interacting with the students and getting to know them. I am an extrovert who thoroughly enjoys interacting with people and helping them through difficult situations, and it is very rewarding when I can help to solve the problem. So many interesting and fun personalities call or visit our office, and I love to learn everyone’s name that I can and even have brief conversations while students wait for appointments when the office is not busy.

What have you learned from working at DRS?

Through handling all the various paperwork that enters our office, I have learned a number of important organizational skills I plan to incorporate into future jobs. I have also learned a lot about multi-tasking, especially when it is appropriate and when something warrants all of my attention. Most importantly, my experiences at DRS have taught me the importance of considering other people’s perspectives. My interpretation of an interaction or scenario could be significantly different than that of another person, and staying aware of this possibility reduces the amount of disagreements and miscommunications.

What are your plans after you graduate from the University of Memphis?

After just having received my Master’s Degree in School Psychology in December, all I will need to work independently as a licensed school psychologist is an Educational Specialist Degree. This semester is my last semester of regular courses, and the next two semesters I will be working as an intern school psychologist to complete the final requirements of my program. I have been offered a position with Delta County School District in Colorado to work for one year as an intern, and then the following year as a school psychologist. I have never been to Colorado and this will be quite an adventure, as I move there during the latter half of this summer.

Three fun facts about yourself:

1) I only moved to Memphis summer of 2015 to begin graduate school, having only lived on Long Island in New York before that.

2) I was a two-time individual state finalist in wrestling and was a member of the state champion high school wrestling team my senior year.

3) I have been to South America and England for more than one week each, but I have never been further West in the United States than Arkansas.

Any last words for DRS students?

I have had a wonderful time working the front desk at DRS and having the opportunity to interact with each and every one of the students. The students are the ones who make this job fun, interesting, and rewarding for me. I wish all of our students academic success and the best of luck in their future endeavors.
FROM EVERYONE AT THE DRS OFFICE, WE LOOK FORWARD TO SEEING YOU AND HOPE YOU ARE HAVING A GREAT SPRING!