

The Exploratory Owl Newsletter

University Advising Services - Issue 2

October 2021

FLORIDA ATLANTIC UNIVERSITY

Letter from our Advisor

Hello Owls!

We are almost at the halfway mark, and midterms are around the corner!

Do not forget to protect yourself against academic burnout. There are several ways to self-care; here are a few examples that you can fit into your day:

- Write a Gratitude List
- Hydrate
- Eat your favorite snack
- Listen to music
- Take some deep breaths



Monthly Affirmations

I will not compare myself
I am worthy of respect and acceptance
I will make progress towards my goals
My best is enough
I deserve to be heard
I am allowed to take a break
My wellbeing ALWAYS matters!

Please remember that registration opens the week of November 1st. Please log on to My Success Network to schedule your appointment with an advisor: <https://www.fau.edu/successnetwork/>. Make sure to visit our Deciding on a Major Website, <https://www.fau.edu/uas/deciding.php>, for more resources!







Go Owls!

Heinz Alfredo Fernandez, M.Ed.



Upcoming Events

FLORIDA ATLANTIC UNIVERSITY

Event Name	Date	Time	Location
Career Expo	10/5	11:00 AM – 3:00 PM	
Graduate and Professional School Fair	10/13	11:00 AM – 3:00 PM	
Accounting Career & Internship Fair	10/15	9:00 AM – 3:30 PM	
Careers in Science, Technology, Engineering & Mathematics Career Fair	10/19	11:00 AM – 3:00 PM	
Government and Social Services Career Fair	10/20	3:00 PM – 6:00 PM	
How to Declare Lab	10/25	3:30 PM – 5:00 PM	

Featured Event!

Important Dates

- Oct. 15 – Last Day of class for First Half semester courses
- Oct. 16 – Classes Begin for Second Half semester courses
- Oct. 18 – Final Grades Due for First Half semester courses
- Oct. 22 – Last Day to Add/Drop for Second Half semester courses
- Oct. 29 – Last Day to Drop with a “W” for Full Term courses

Questions? Contact us!

University Advising Services
 SU-80 Building, Room 201
 561-297-3064
academicservices@fau.edu

Follow us on social media!

UASFAU



University Advising Services – FAU



Career Corner

Did you know?

The Career Center offers Drop-In Career Coaching on a first-come, first-served basis!

VIRTUAL: Monday - Friday, 9 a.m. - 1 p.m. - Chat us on our website at <https://www.fau.edu/career/students/>

IN-PERSON: Monday - Friday, 1 - 5 p.m. (Boca Raton Campus, SU-80, rm. 220)

Exploring majors? Visit our database, *What Can I Do With This Major?* to learn more.

<https://www.fau.edu/career/majors/>

Questions? Contact us!

561-297-3533
career@fau.edu



Chat now with a Career Consultant!



Student Spotlight!

Xavier R.

What major did you decide on? Why did you choose this major?

- The major I chose was communications, but I think my ultimate goal is going to be in sports management or sports journalism. What helped me choose this was my advisor Heinz Fernandez.

What assistance or resources helped you decide your major?

- Heinz was so helpful when it came to trying to figure out what I like and what I might want to do in the future. Heinz doesn't know this, but he has been a real gift to me this year and I'm so thankful to have such a good advisor in my first year of college.

What advice do you have for other students deciding on a major?

- My advice would be to talk to your advisor first, they will give you the materials and try to point you in the right direction. Second, you should talk with family and friends for some advice as well because when you talk with a different person, you get different perspectives, and you get different advice.



Did you recently decide your major? Tell us your story to be featured!

[UAS Student Spotlight Form](#)

