

Psychology Advising Newsletter

Course Request, Midterms & Wellness

Hello Psychology Majors,

We can't believe we are halfway through the Spring 2022 semester! March is quite the busy month! Course Request is approaching! It is the main focus of this month's newsletter. For the Fall 2022 semester, Course Request will be open from **March 22nd - April 5th**. Even though it is a few weeks away, we have already started with extra advising appointments. Make sure you keep an eye on your inbox for an email from your advisor (Courtney, Taylor, Christina or Kurt) about scheduling an appointment to talk about Fall 2022. The email sent to you also contains an attachment, "Course Registration Fall 2022," with information on how to prep for Course Request and a refresher on how Course Request works.

As we approach the middle of the semester and second exams, we wanted to highlight some academic success resources found on page 3 of this newsletter. You can also check out the February 2022 Newsletter "Academic Success Resources," located on our website [here](#). Please don't hesitate to reach out for help. If you don't know where to start, you can always come to us!

We also want to share some wellness resources with you. It's important to take care of yourself in all areas – including your nutrition, quality of sleep, physical movement, mental health, sexual health and financial wellness. We care about how you are doing in all areas – take some time to explore these resources and consider how you can integrate them into your everyday life.

We wish you all the best!

Courtney Glass, Taylor Swan, Christina Minford & Kurt Hoffman

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What is Course Request?

Course Request allows you to tell VT what you would like to take.

- Courses are not automatically awarded so you are not guaranteed to get the courses you request! Still, it's very important to participate in course request, before the courses you want to take fill up. Course Request for Fall 2022 is from [March 22nd – April 5th](#).
- What happens if you don't get some of your courses? You will add those courses or alternatives during the drop/add window (April 22nd – May 27th, August 1st – Aug 26th)

Prepping for Course Request

- Take care of holds on your account. You can't submit Course Request if you have a hold. To check for holds go to Hokie Spa, Hokie Wallet, Administrative Holds.
- What do you need to take?
 - Run a DARs Report! You can run a DARs report to view the courses you have remaining.
 - Graduating in 2022 or 2023: [Apply for your Degree](#) before running your DARs. This is the only way to get an accurate DARs report
 - Graduating in 2024 or later, view this document [here](#).
- Make a List of courses you plan to enroll in and have it ready before the timetable posts (usually a few days before course request opens).

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Course Request Video

Check out [this awesome video](#) about how Course Request works!
Many thanks to the VT Department of Engineering Education for creating this.



Resources for Academic Midterm Success

- Student Success Center Seminars on Academic Success and Canvas site– learn more [here](#)
- FREE individual and group tutoring through the Student Success Center – learn more [here](#).
 - Math departmental tutoring – learn more [here](#).
- Utilize Professors and Academic Advisors
 - We highly encourage you to attend any Professor's or TA's Zoom office hours and to contact your professor or TA if you have any questions about the course content.
 - Please don't hesitate to reach out to your academic advisor(s) if you are struggling academically. We want to help and can point you in the right direction to academic resources.

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Hokie Wellness Resources

- Hokie Wellness March events [here](#).
- Hokie Wellness Workshop sign up [here](#).
- Color your stress away with the VT therapy dog page [here](#).
- Calming websites to distract you [here](#).
- Relieve Stress Now with these strategies [here](#).

Virginia Tech Holistic Tips for Wellness

- Overall Virginia Tech well being page [here](#).
- Be a healthy Hokie - find Nutrition Tips [here](#).
- Getting quality sleep can make a big difference – find tips [here](#).
- You can find sexual health information [here](#).
- Don't forget to move your body – Rec Sports information [here](#).
- Fitness resources found [here](#) and Virginia Fitness programs found [here](#).
- Tips for financial wellness can be found [here](#).

Stress Management Tips from Dr. Ashli Sharpton

- Stress is a normal and automatic reaction to events but can also cause problems if it is overly consistent and persistent.
- When you see signs of stress that are overly consistent, don't ignore them or minimize them. These signs indicate that something isn't right and something needs to change.
- Strategies for managing stress include: setting boundaries, emotional awareness and regulation (journaling and talking to others), focus on positives in equal amounts as negatives, access and adjust expectations, breathing techniques, progressive muscle relaxation, mindfulness/meditation, utilize radical acceptance and self-compassion.
- Dr. Ashli Sharpton's contact information is [here](#). She is the College of Science : Cook Counseling Center liaison and takes counseling appointments.