ACADEMIC ADVISING RESOURCE CENTER

*A blue and yellow lighthouse with yellow rays

Description automatically generatedNewsletter— March 27, 2025*

# GOT A QUESTION? ask advising.

The Academic Advising Resource Center (AARC) is located in the Conlan Center, around the corner from the Registrar Office. Our team is here to help you any and all academic or advising questions. Drop-ins are welcome!

# important TIPS & deadlines

Advising season is wrapping up! Be sure to schedule a meeting with your advisor asap. If you want to plan ahead before your meeting, the advisors at AARC can help you mock up a schedule. We’re here for you next week, too, and throughout Registration. So don’t hesitate to reach out—sooner, or later.

Here are the important upcoming advising/registration dates:

**Advising for S126:** March 17 to March 28

**Registration for S126:**

*\*See the attached “Registration Guide” document for tips on searching for classes, meeting with advisors, and registering on myMount.*

Honors Program / Veterans March 31 at 9:00 AM

Seniors / Graduate / Doctoral April 1 at 6:00 AM

Juniors April 3 at 6:00 AM., 6:30 AM, 7:00 AM, and 7:30 AM

Sophomores April 8 at 6:00 am, 6:30 AM, 7:00 AM, and 7:30 AM

Freshman April 10 at 6:00 AM, 6:30 AM, 7:00 AM, and 7:30 AM

New Students April 11 at 6:30 AM

Priority Registration for new students April 26 and May 10

If you’re not certain the major you’re currently in is right for you, come talk to an advisor in the Advising Center ([advising@msj.edu](mailto:advising@msj.edu)) or walk right in for a chat. We’re unbiased and happy to help you figure out a plan that works for you, your interests, your academic, life, and career goals. We’re happy to help you think through your options!

# life hacks with bpw

**Q:** Could you give us some inspirational quotes about learning from failure?

**A:** You betcha! It’s one of my favorite topics. (Probably because I’m so good at making mistakes.)

Here’s one by Ed Catmull, co-founder of Pixar and former president of Walt Disney Animation Studios:

“Failure is a manifestation of learning and exploration. If you aren’t experiencing failure, then you are making a far worse mistake: You are being driven by the desire to avoid it.”

Or take it from the Irish writer James Joyce:

“Mistakes are the portals of discovery.”

Or Joyce’s friend, the playwright Samuel Beckett:

“Try again. Fail again. Fail better.”

Or do a little dance to [“You’re Only Human (Second Wind)”](https://www.youtube.com/watch?v=wE69yWi5iHA) by Billy Joel and listen for insights like this one:

“You learn more from your accidents than anything you could every learn at school.”

Or watch Christopher Nolan’s *Batman Begins*:

“Why do we fall? To learn to pick ourselves up.”

Erring isn’t fun, I know (believe me I know!) But it’s part of learning—and growing. Overcoming mistakes helps you build resilience. And failure—big or small—provides you awesome feedback, if you aren’t afraid to critically reflect and adjust your sails. It’s not *if* or *that* you fail that matters. It’s how you respond to it.

But failing, or erring, or making mistakes hurts. For sure. And it can be overwhelming at times.

If you find yourself stuck in a hole because of your mistakes, missteps, or failings, don’t be afraid to ask for help. Here’s a little parable (that I stole from the TV show *The West Wing*):

A guy falls down a hole and can’t get out. A doctor walks past. The guy in the hole says, “Hey doc, can you help me out?” The doctor writes a prescription and drops it into the hole. Then a priest comes along. The guy in the hole says, “Hey father, can you help me out?” The priest writes down a prayer and drops it into the hole. Next, a friend comes along. The guy in the hole says, “Hey buddy, can you help me out?” and the friend jumps down into the hole with him. The guy in the hole says, “The heck? Now we’re BOTH stuck in this hole!” The friend says, “Yeah, but I’ve been down here before—and I know the way out.”

Remember two things:

1. You can only *truly* fail if you never try (and you cannot win if you do not play)
2. Your friends, family, coaches, professors, counselors—we’ve been there before and we know the way out

So don’t be shy or ashamed about your struggles, your mistakes, your self-perceived (or real) failures. *Use* them.

# LIBRARY SUPPORT

Looking to collaborate with fellow classmates? Reviewing for a test or rehearsing a group presentation? Ensure that the space is available by [booking a library group study room](https://library.msj.edu/services/groupstudy) in advance! Remember that study room bookings can be made up to 4 weeks in advance.

# Wellness Tips

**Happy Spring!** 🌷 As the weather warms up, consider taking a mindful walk outside. Engage your senses:

👂 Notice the sounds around you.   
👀 Observe the colors of nature.  
👃 Breathe in the fresh scents.  
💭 If your mind wanders, gently bring your focus back to the present moment.

**💙 Need Support?**

If you're experiencing stress, anxiety, or anger, our counselors and social workers are here to help.

📧 Email:Wellness.Center@msj.edu  
📱 Call: 513-244-4949

For immediate access to teletherapy and wellness resources, sign up for [Uwill](https://uwill.com/) using your MSJ email.

# KATE’S CORNER (academic survival tips)

Are you looking for a meaningful leadership opportunity? The **FYE Peer Mentoring Program** is seeking passionate and dedicated students to support first-year students as they transition to college life!

As a **Peer Mentor,** you will:

✅ Help first-year students navigate academic and social challenges  
✅ Develop leadership, communication, and mentoring skills  
✅ Build a supportive campus community  
✅ Gain valuable experience for your resume

📅 **Application Deadline: Friday 04 April**  
📝 **Apply Here:** <https://forms.office.com/r/zCheymudqF>

Contact Kate Mitchell ([kathryn.mitchell@msj.edu](mailto:kathryn.mitchell@msj.edu)) with questions!

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