Welcome to TAMU-CC

TAMU-CC / UPHS Flour Bluff
ON THE TAMU-CC CAMPUS

- **YOU ARE AN ISLANDER**
  - You are anonymous
  - **You** are responsible for your educational pathway
  - **You** are responsible for attendance
  - **You** are responsible for maintaining your GPA
  - **You** are responsible for following the UPHS dress code
SKILLS YOU WILL NEED

Time management

Write down your goals
   *You are more likely to stick to them if you write them down each day.*

Prioritize your goals
   *What MUST be done right away and what can wait?*

Make a schedule and develop a routine
   *Use your phone, a message board, post it notes, a daily calendar or sticky notes on the fridge, as task reminders.*

Avoid over-scheduling
   *Build in some “emergency time“.*

Work on small chunks of a major goal, rather than taking on an all or none approach
   *Don’t wait until the last minute to cram.*

Plan time to relax and be active
   *Relaxation and time off is necessary to help reduce stress.*
SKILLS YOU WILL NEED

Organization

Have separate folders for each class.

Write down assignments and projects the day you receive your syllabus.

Use a calendar or daily schedule to keep track of all your activities.

Spend 5 to 10 minutes at the end of each day reviewing what you will need for the following day.
SKILLS YOU WILL NEED

Reading for comprehension

Find a reading environment free from distractions and in a well-lit area.

Read when you are most alert and awake. Avoid reading in your bedroom or on your bed.

Use titles, subtitles and review questions to help you focus as you read.

Identify key concepts/themes in the text.

Take notes, draw pictures, or make graphs. This is a way to make connections between common concepts and ideas in the text.

Write a summary of what you learned.
   List three things you learned from reading the text.
   List two things you found interesting in the text.
   Write one question you still have about what you read.
SKILLS YOU WILL NEED

Ability to write essays with supporting documentation and citations
SKILLS YOU WILL NEED

Cross curricular connection
Core Curriculum and Learning Communities

- Large Lecture -150
- English 1302 - 30
- English 1302 - 30
- English 1302 - 30
- UCCP 1101 - 30
- UCCP 1101 - 30
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SKILLS YOU WILL NEED

Cross curricular connection

Sea Organ  Zadar, Croatia  Nikola Basic, Architect
SKILLS YOU WILL NEED

Cross curricular connection

“Scientists have recorded the sound of three stars similar to our Sun using France's Corot space telescope. You'll also note that the sound of one star is very slightly different to the other. That's because the sound they make depends on their age, size and chemical composition. The technique, called "stellar seismology", is becoming increasingly popular among astronomers because the sounds give an indication of what is going on in the stars' interior. The Corot spacecraft detects the oscillations as subtle variations in the light emitted by the star as the surface wobbles. This light signal can then be converted back to sounds we understand.”

SKILLS YOU WILL NEED

Cross curricular connection

“According to Dr Rosalia Staricoff, who carried out the study, there is growing scientific evidence that music aids physical changes which can help heal the body. She said: "The physiological benefits have been measured. Music reduces blood pressure, the heart rate, and hormones related to stress."

SKILLS YOU WILL NEED

Cross curricular connection

“The idea that music can have therapeutic value is far from new: in ancient Egypt, chant therapies were seen as integral to the healing process, while in ancient Greece, both Aristotle and Plato embraced its beneficial properties, writing that it could help people become better human beings and overcome emotional difficulties during the process of catharsis. The first major movement in modern psychology, psychoanalysis, held that music could offer an effective means of sublimation—expressing inappropriate desires in socially appropriate ways—and greater access to a patient’s unconscious.”


COMMUNICATION, MATH, SCIENCE, PHILOSOPHY AND CULTURE, FINE ARTS, HISTORY, AND SOCIAL SCIENCES
SKILLS YOU WILL NEED

Ability to honestly assess your progress
SKILLS YOU WILL NEED

Ability to ask for help when needed

Ask for help, not because you're weak, but because you want to remain strong.

-Les Brown-

"There is no lack of KNOWLEDGE out there... Just a shortage of asking for HELP"
ON CAMPUS SUPPORT

- PROFESSORS
- CASA
- SOAR
- MENTORS
- DISABILITY SERVICES
- LIBRARY
- STUDENT SUCCESS AND ENGAGEMENT
- DR. KIRK
FBISD SUPPORT

- UPHS DIRECTOR
- FBISD UPHS TEACHERS
- TAMU-CC LIAISON
- FBISD COUNSELORS
WHAT COMES NEXT?

• You are currently registered in your classes. Fall semester begins **August 28, 2017**.

• If you are driving yourself to campus, you must purchase a parking permit. You can do this through S.A.I.L. and pick it up at the campus police department.

• You can get your books through FBISD.

• Notebooks, pens, pencils, etc. are your responsibility.

• On your first day of class, you will be given a syllabus. **READ THE SYLLABUS.**
WHAT COMES NEXT?

- Pay attention to campus dates such as assignments, mid-terms and exams. Professors may not remind you.
- Set up a time to meet with each professor. Get to know your professors.
- **REQUIRED**: You MUST meet with me for a 30 minute appointment during the semester, before registration begins. I will not allow you to register for the next semester if I have not met with you.
LOOKING AHEAD...

The core curriculum is a set of general education classes that anyone, no matter what their major, must take to complete their college degree.

At TAMU-CC there are multiple majors that, based on their class sequencing, require you to take foundational courses in addition to your core classes during your first year. When we meet, we will discuss what major you wish to pursue.

Taking foundational courses and core can benefit you in several ways: timely completion of degree, full-time status, financial aid.
DR. KIRK

- Assigned academic advisor
- Office: Faculty Center, 139
- Call or e-mail to make sure I am available
  Phone: 361.825.2257
  Email: rachel.kirk@tamucc.edu

Never available between 1:00 – 2:00 pm
FINALLY --

We have covered a number of different resources you can use and skills you will need to survive and thrive in the college environment. So this should never happen:

http://www.youtube.com/watch?v=-2Co6_tu8o8