ACADEMIC ADVISING RESOURCE CENTER

*A blue and yellow lighthouse with yellow rays

Description automatically generatedNewsletter— April 10, 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

If you missed registration, need advice on waitlists, or want to chat about what major/minor may be right for you, come talk to an advisor in the Advising Center ([advising@msj.edu](mailto:advising@msj.edu)). We’re happy to help anytime!

If you have questions over the summer, feel free to reach out. And congrats to all our soon-to-be graduates!

# life hacks with bpw

Q: What’s the best song to kickstart my energy before a major study or paper writing session?

A: I mean, duh. Doi. No brainer. It’s [“Bat Out of Hell”](https://www.youtube.com/watch?v=x7ES7ueI7p0) by Meatloaf.

But did you know that the kind/style of music you listen to might not be the best for concentration? Upbeat jams are good to get the energy flowing, but songs with a lot of stuff going on (cool beats, tempo changes, catchy riffs) can be distracting. If you need to really focus, you’re better off with low tempo, less complex songs.

So tell us: what are *your* go-to songs for psyching yourself up before an all-nighter, test, or study sesh? And what songs work best for you when you need to really settle in and concentrate?

If you **post your go-to song** on Instagram and **tag us** (msj\_advising), you could win some cool MSJ swag! (We’ll do a drawing during finals week.) And of course, good luck on your final exams and papers. You’ve got this.

# CAMPUS secrets with sebastian

**Secret Study Spaces**

Looking for a new study space to study for your finals? Here’s a short list of some ‘secret’ study spaces on campus to sit down and lock in:

**Private Rooms in The Learning Center**

The Learning Center is located on the first floor of Seton Center, across from the Career Center. If you walk in, sign in, and take a left towards Mary Brigham’s office, you’ll see a few individual study rooms you can sit in for an independent study. They’re fantastic for when you need to focus. Just close the door behind you, pop in your earbuds, and get to work!

**Harrington Center Lobby**

This lobby is located in Harrington across from the kitchen entrance to Joe Lion’s Grille. It’s a wide open space adorned with couches and tables, perfect for someone looking for a comfy place to study alone or with friends. I almost never see it occupied. Its location near the grille might be motivating to work for a reward!

**Library Stacks**

The bottom floor of the library can be great for studying, but if you need somewhere more secluded, travel up the staircases and passed the group study rooms. In the stacks, there are plenty of single desks and also a few lounge couches and tables. Just watch out: the lights are timed! If you aren’t moving enough, they’ll shut off. Regardless, it has the qualities of my two previous recommendations by being a quiet and comfy place to study.

# LIBRARY SUPPORT

Happy almost Summer, Lions! Looking to stay informed this summer about world happenings, the Arts, personal finance, or style? Set up your MSJ affiliated account with the Wall Street Journal to regularly access information about these things and more! Use [this link](https://wsj.com/msju) to take advantage of the MSJ Library’s special educational subscription to the Wall Street Journal. The first time you click on the link, you’ll set up a free account affiliated with the MSJ Library subscription. [Further instructions for setting up your WSJ account.](https://library.msj.edu/az.php?a=w)

# HUDDLE Up with Joey

Don’t miss out on the final Huddle Up series event tomorrow: Friday, April 25 from 12-1 pm in the Mosaic Center in Harrington. The session will cover the importance of mental health, well-being, and creating self-care routines.

For more info, contact Joey Moore: [joey.moore@msj.edu](mailto:joey.moore@msj.edu).

# Wellness Tips

As we approach the end of the semester, remember to take care of yourself—and each other. Celebrate your wins, big and small. You made it through a year of growth, challenges, and success. You deserve to feel proud!

**💙 Need Support?**

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

📧 Email: [Wellness.Center@msj.edu](mailto: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)

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!

# FOLLOW US ON INSTAGrAM!

Keep up with crucial dates and info about advising by following **msj\_advising** on Instagram. Tell your friends!