

# TRANSITIONS

Volume 1, Issue 1  
Autumn 2007

## WELCOME TO THE...

# CAT

I am Kyle Thomas a former CAT student who has successfully transitioned to the College of Allied Health and Science. I am pursuing a degree in the Health Sciences.

Being in the Center for Access and Transition...exactly what I needed.

-Kyle Thomas

Being in the Center for Access and Transition, or CAT, for my first year in college was exactly what I needed. Coming from a small school with a lack of college prep courses left an uneasy feeling about college in general. I was also feeling skeptical about entering the Center for Access and Transition before I knew what the program was, and not starting in my desired college. In all, I was going to be in for an experience and was looking

forward to the challenge.

When I heard about the Center for Access and Transition and read a small overview of its purpose, I quickly prejudged what the program was. I thought that it was going to be like entering the thirteenth grade, and I wasn't really in college. That was not the case. CAT is a bridge between high school and college. In my experience, I had come to find that CAT was created to

help the average student transition from your senior year in high school to college. It is like a school refresher, to help your mind get back into the swing of being in school, and to prepare you for your desired college. The student is still taking college classes and is receiving college credits in the process. The classrooms are small, which allows more one-on-one interaction with your professors. In this program the student is not just a number in the system, but an actual face the professor can see and understand how the individual needs to be taught.

The Center for Access and Transition is great for freshman and a great tool to help maximize the college education and promotes positive growth towards further academic endeavors that are sought after.

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### CAT CONTEST

FIND THIS QUOTE IN YOUR *ON COURSE* TEXT AND DROP THE PAGE NUMBER AND AUTHOR IN THE BOX AT THE FRONT DESK IN 2441 TO BE ENTERED INTO A DRAWING FOR \$10 ON YOUR BEARCAT CARD.

"WHAT LIES BEHIND US AND WHAT LIES BEFORE US ARE TINY MATTERS COMPARED TO WHAT LIES WITHIN US."

## CAN YOU STAND THE COMPETITION?

In each issue of **TRANSITIONS** the CAT will sponsor, CAT Contest, a unique participatory contest for the readers. The instructions for the contest may not appear on the same page each issue, but the time and effort you can put into the

competition will be worthwhile. In this issue, the competition is outlined at the right.

You will have two weeks after the issue date of the newsletter to submit your entry. A limit of one

entry per person will be allowed for each newsletter.

CAT  
CONTEST

# UNDECIDED, NO...EXPLORATORY STUDIES

If you are not sure what major is for you, you are not alone. To discover which of the 120+ baccalaureate degrees are most compatible with your personal interests, skills, and lifestyle, turn to the Center for Exploratory Studies (CES).

While every student's decision process is different, the first step in exploring your options is a casual one-on-one conversation with a CES advisor. The goal is to uncover your likes and dislikes and to gain a sense of what general areas of study interest you.

You may also take self-assessments as part of the Exploratory Toolbox, to get a clearer picture of your personality and preferences. Using all of this information, the CES advisor will guide you through the process of choosing the "right" major for you. Together you will explore the curricu-

lum requirements and discuss any potential challenges.

In addition to connecting you with faculty/staff members university-wide, CES also offers several experiential programs for students who are exploring their options:

### Major Mentoring

CES will connect you with a current student in your specific area of interest, providing a first-hand account of the classes, the workload, and the professors.

### Alumni Shadowing

More than 250 UC alumni across the country are waiting to talk to you about their academic choices and career path.

### Discover UC

Course designed specifically to help you choose a major. This course is offered during winter quarter

For additional resources, please visit the CES office located in McMicken Hall room 149 or our website at [www.uc.edu/explore](http://www.uc.edu/explore)

Carol TongeMack, Assistant Academic Director, with the Center for Exploratory Studies is available during regular business hours in McMicken Hall or during her office hours in French Hall. Ms. TongeMack, as of October 1, will be in the CAT Advising Center suite in French Hall every Monday of the quarter from 8:00 a.m. until 5:00 p.m. to assist students.



## ...from the **QUARTERLY** CALENDAR.

Check out the QC on page 4.

Students having a difficult time in a class will often contemplate dropping a class before they have utilized available resources to be successful. A student should have received tutoring, talked with the instructor and met with their advisor before dropping a class.

## THINKING ABOUT DROPPING A CLASS...

If you have completed these steps, you will know there is more to dropping a class than not attending. There is a difference between a drop and a withdrawal as well, and every student should know the difference. If a class is dropped before the last day to drop, the class does not show on your transcript. If a withdrawal is completed, a grade will be reported for the course.

A student can drop a course before

the deadline in non-CAT courses on the OneStop site. A student must receive authorization from his/her advisor in order to remove themselves from any CAT course.

Submit questions in the contest box, and you will receive a prize if yours is chosen for publication.

## CAT ADVISOR...CAT ADVISOR...CAT ADVISOR...CAT

**Felicia Wallace** from Kansas City, MO is our featured Academic Advisor for the Autumn 07 issue. Graduating from Park University in 1999 with a degree in Public Administration was no easy decision as Felicia changed her major seven times. Felicia states that she would have created herself an academic plan with an academic advisor instead of listening to her friends if she

only knew what she now knows.

Felicia then completed her Master's Degree from Miami University majoring in College Student Personnel in 2003. But even that could not top graduating from Park U. with honors, especially after changing her major so many times.

As an academic advisor in the

Center for Access and Transition, Felicia encourages all of her students to use the tutoring center while working on their homework immediately after class. She says this provides the student with the opportunity to reinforce the skills just reviewed in class and allows for immediate questions after receiving the information.



**Felicia loves...**to travel...to watch pro football, especially The Chiefs, the 49ers, The Saints, and the Bengals...cooking...playing games with her kids

# MAJOR DECISIONS

Are you thinking about a career in Social Work?

If so, here are some important facts you need to know.

To pursue a career in social work, you will need at least a bachelor's degree. You will also have to obtain a social work licensure (requirements vary by state). Many professionals are now continuing their education to earn a Master's Degree. The average salary for social workers ranges from \$24,000 - \$40,000.

Social workers help people in need. Social workers must withhold their judgment of others and respect individual's privacy and integrity.

There are three different focuses of so-

cial workers: (1) Mental health/substance abuse social workers, (2) child/family/school social worker, or (3) medical and public health social worker. A degree in social work will allow you to work in any social work setting, however, it is suggested that you also engage in volunteer work or internships within the setting you want to pursue.



University of Cincinnati offers a bache-

lor's degree in social work. You must complete a 2-year (90 credit hour) pre-social work curriculum and maintain a minimum of 2.5 grade point average, before you can apply for the social work program. The social work degree is a 2-year upper division program of study.

Other degrees you can consider if you are interested in working as a social worker: psychology, sociology, criminal justice, special education.

For more information on a career in social work, visit [www.naswdc.org](http://www.naswdc.org)

For more information about UC's social work program, contact your CAT advisor or visit [www.uc.edu](http://www.uc.edu) and view the social work program.

## TUTORING CENTER...UTILIZING THE EXPERTS IN MATH AND ENGLISH

The math and English resources our students need are just a short walk from French Hall.

The Tutoring Center in Sander Hall is located in Sander Hall 110. The

hours are convenient for most everyone, with open walk-in hours from 8:30AM through 8:00PM Monday through Thursday. The Center is open on Friday starting at 9:00AM and then closes for the weekend at 5:00PM on Friday evening.

Many classes that students take while in the Center for Access and Transition will require students to

visit the Tutoring Center at least once, with many requiring a visit for each paper. Students are also encouraged by their academic advisor to visit the Tutoring Center as often as possible.

Students also have the option of scheduling appointments to meet with tutors. Please call the center at 556-1683 if you would prefer setting up your session.

These services are free to all Center for Access and Transition students, so don't wait...go today!

**Tutoring Center hours: Sander Hall 110**  
**Monday– Thursday 8:30AM–8:00PM**  
**Friday 9:00AM–5:00PM**

## FORGET THE SOPHOMORE SLUMP

Beginning this fall, the Center for Exploratory Studies will also launch the new sophomore program, **Cincinnati Sophomore Initiative (CSI)** designed to retain second-year students to the university and prevent the "sophomore slump". The program offers:

- Sophomore Checklist
- Personal Connection with Alumni Internship, Co-op, and

### Research Opportunities

- Leadership Opportunities
- Resume Writing, Mock Interviews, and Dining Etiquette
- [Night of Soph' i stication](#)
- Exploratory and Academic Advising

Visit the sophomore website for further information [www.uc.edu/csi](http://www.uc.edu/csi)



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...providing access to foster your Success.



GO BEARCATS!!



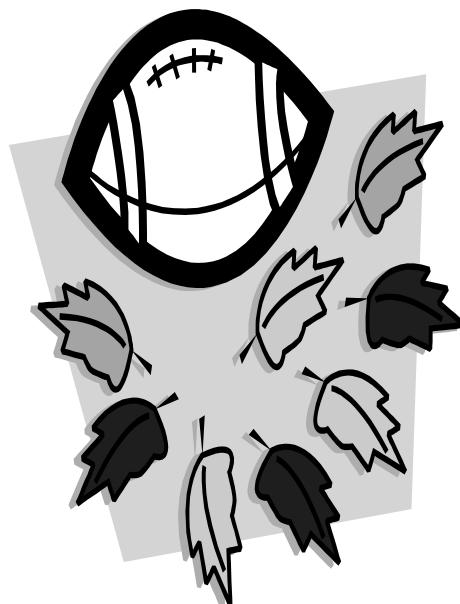
**Attention:** After your second appointment complete the Satisfaction Survey posted on the CAT Student Resources and Advising Blackboard site. You can find the survey by logging on to Blackboard, clicking on the Community tab at the top of the page, opening the CAT Student Resources and Advising link listed in the My Organizations box, and then clicking on the Survey button once the community opens.

# QUARTERLY CALENDAR

## Autumn Quarter 2007

|                       |            |
|-----------------------|------------|
| Classes begin         | Sept. 19   |
| Holiday, Veterans Day |            |
|                       | Nov. 12    |
| Holiday, Thanksgiving |            |
|                       | Nov. 22-25 |
| Classes end           | Dec. 2     |
| Examinations          | Dec. 3 - 8 |
| Commencement          | Dec. 8     |
| Quarter ends          | Dec. 8     |

Winter Quarter 2008 begins on January 7, see you in the new year!



## Autumn Quarter 2007

### Registration Dates

|                          |               |
|--------------------------|---------------|
| Last Day to Add          | Sept. 25      |
| <b>Last Day to Drop*</b> | <b>Oct. 3</b> |
| Withdrawal begins        | Oct. 4        |
| Last Day to Withdraw     |               |
|                          | Nov. 15       |

### REFUNDS

| Amount | Last day to receive |
|--------|---------------------|
| 100%   | Sept. 26            |
| 50%    | Oct. 3              |
| 25%    | Oct. 9              |

*\*Find out more information about dropping a course on page 2.*