Seminole Scoop Newsletter
December 2015
Class of 2019

Mark Your Calendar!

December 4: Last Day of Classes
December 7-11: Finals Week
December 11: Semester Ends
December 12: Residence Halls Close at Noon
December 15: Online Grades Due by 4pm
December 16: Grades Available Online

Welcome Class of 2019!

Stay Healthy, Noles!
Seminole Scoop has partnered with Campus Recreation to provide you with Health and Wellness tips to remain healthy and fit all throughout the semester!
For tips and tricks on how to help you continue your New Year's Resolution the whole year, check out the February Wellness Newsletter!

Click Here for FSU Wellness News!

The Academic Center for Excellence (ACE)

The Florida State University Academic Center for Excellence, located on the ground floor of the William Johnston Building, has a mission to help the diverse population of undergraduate students develop the study skills and personal success habits that enhance learning and encourage the highest level of scholarship and academic achievement. They are committed to working with the university community to promote a culture of academic success, with the shared mission of helping students earn a college degree and develop effective lifelong learning skills.

The Academic Center for Excellence provides these general services:

- ACE Tutoring (in the ACE Learning Studio)
- Workshops
- Study Tools and Tips

ACE Learning Studio Hours

Monday through Thursday: 10 AM - 10 PM
Friday: 10 AM - 5 PM
Sunday: 5 PM - 10 PM

Need help with a class? Want to help tutor others? Need an extra edge and tips on how to ace a test? All three of these are reasons to come check out the ACE Learning Studio so you can be successful this semester! Start out your sophomore year strong with your goal GPA!

Calculate your GPA!

Need assistance calculating your GPA?
Use this GPA calculator!

Library Hours

Welcome to the Seminole Scoop newsletter! Thank you for making Seminole Scoop and the Office of New Student and Family Programs part of your Florida State experience. Our monthly newsletters provide information on FSU events, resources, and more to make your time at FSU the best it can be. We collaborate with several on campus departments to ensure you receive the best information each month. Our content is tailored to be timely. Instead of receiving everything at once, we create content that is relevant to the time of year and most useful to you.

Every newsletter will feature an Office Spotlight, a detailed look at various departments on campus and how they can help you. There is also a Career Corner article from the Career Center, providing detailed information on services at the Career Center. We also connect you to Health and Wellness Newsletters, Sustainability information, and any updates from university departments. We invite you to join the conversation and connect with us on social media and our blog to stay connected to the Seminole community.

Once again, thank you for joining the Seminole Scoop community and welcome to Florida State University!

Go ‘Noles!

Office of New Student and Family Programs

Office Spotlight: Student Disability Resource Center

Florida State University is committed to providing a quality education to all qualified students and does not discriminate on the basis of race, color, creed, gender, age, national origin, sexual orientation, or disability. The Student Disability Resource Center (SDRC) was established to serve as an advocate for FLORIDA STATE students with disabilities and ensure that reasonable accommodations are provided.

As a resource for students with disabilities, the SDRC works with faculty and staff to provide accommodations for the unique needs of students both in and out of the classroom. Under the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973, individuals with learning disabilities are guaranteed certain protections and rights to equal access to programs and services. In order to access these rights, an individual must present documentation indicating that the disability substantially limits some major life activity, including learning.

By providing support services at no cost to students with disabilities, the Student Disability Resource Center offers an opportunity for students to achieve their academic and personal goals. Our mission is to collaborate with and empower Florida State University students to create an accessible and inclusive environment by identifying, minimizing, and where possible, eliminating barriers to equal access while encouraging equal participation for students with disabilities.
Students with disabilities at Florida State University can find a variety of services within Student Disability Resource Center designed to coordinate academic accommodations, enhance academic success, and ensure access to all phases of university life.

Personnel in the SDRC oversee and coordinate services to ensure academic accessibility to all students with documented disabilities on an individual basis. Academic accommodations are determined based on documentation submitted by the student; these are monitored by disability specialists in the program. The office also provides some assistive technology equipment and services. All services through the main office are free of charge.

Some of the specific resources available to students include an Exam Lab, Assistive Technology Lab—where students can rent various devices as well as have access to different software programs, Note-Taking Services, Common/Study Spaces, and Transportation Services.

The application procedure for the SDRC is as follows:

1. Apply and be accepted to Florida State University. Students with disabilities must go through the standard admissions procedure.
2. Complete the application (form below) for services from the Student Disability Resource Center and return it along with the documentation for the disability.
3. The application deadline for academic accommodations is 7 days prior to the date needed. You may apply for services at any time during the semester, but the SDRC will require 7 days to process your application and schedule the intake meeting. Accommodations are not retroactive, meaning they only apply from the point of completing the intake meeting and submitting the letter of accommodation to your faculty member. Applications received within the last 10 class days of the semester will be processed for the following semester in which you are enrolled.
4. Mail, Email, hand deliver or fax completed applications, along with documentation to:

   **Student Disability Resource Center**
   Florida State University
   874 Traditions Way
   108 Student Services Building
   Tallahassee, FL 32306-4167
   (850) 645-1852 (Fax)
   sdrc@fsu.edu

   Once approved, the student will meet with a Disability specialist in the SDRC for an intake interview, during which approved academic accommodations will be reviewed.

   **Student Disability Resource Center**
   874 Traditions Way,
   108 Student Services Building
   Tallahassee, FL 32306
   Open Monday-Friday: 8:00am-5:00pm
   [https://dos.fsu.edu/sdrc/](https://dos.fsu.edu/sdrc/)
   (VOICE) (850) 644-9566
   (TDD for the D/deaf) (850) 644-8504

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**Fitness & Movement Clinic**

Monday-Thursday: 6:00 AM - 10 PM
Friday: 6 AM - 9 PM
Saturday & Sunday: 8 AM - 5 PM

Don't forget: enrolled students have a variety of free services, including 4 sessions with a personal trainer!

All facilities are closed on home football games during the fall semester.
When asked about the recommended number of credit hours freshman students should take in their first semester, most of us find it logical to suggest a light load to help with the transition to college. It seems like an obvious strategy to make sure students don't get overwhelmed and risk getting bad grades that could affect scholarship eligibility or access to their desired major.

However, research at numerous institutions, including FSU, suggests this is not the best strategy for most students.

Earlier this fall, I commissioned a workgroup to determine the facts. The workgroup continues to conduct research on the topic, but its initial findings contradict some common assumptions. Here are some of the key myths and realities they have offered:

**Myth:**
If I take 12 hours as a freshman it will allow me to get a higher GPA and get off to a good start.

**Reality:** Students who took 12 hours in their first Fall and Spring had a 2.87 GPA, while those who took 15 or more both semesters had a 3.24 and were more likely to keep scholarships.

**Myth:**
Because I came in with AP, IB or dual enrollment credit I can take 12 hours and still graduate in four years.

**Reality:** Students who take 12 hours in their first Fall are 12% less likely to graduate in four years, and 60% of the students who dropped out did not take a 15 hour load during their freshman year.

**Myth:**
A 15 hour load means I will spend too much time in the classroom and studying.

**Reality:**
Most FSU students spent around 48 hours a week in class or studying in high school, but those taking 15 hours average less than 30 hours per week (14 in class/lab and 15 studying, on average).

**Myth:**
Only Einsteins take 15 or more hours per semester.

**Reality:** The FSU freshmen with the lowest test scores and GPAs in high school who took 15 hours graduate before the "smartest" 10% who took 12 hours in their first Fall semester.

**Myth:**
If I take 15 hours I'll graduate too early, wasting my Bright Futures or Florida Prepaid.

**Reality:**
You can take 15 and still use up your Bright Futures and Florida Prepaid by taking graduate classes. You also may complete a semester or year-long internship to improve your job prospects.

A workgroup member remarked that the only thing taking twelve credit hours does is establish a
A workgroup member remarked that the only thing taking twelve credit hours does is establish a pattern of taking twelve hours, as opposed to the regular full-time load of fifteen. My question was, "How do you break the pattern?" We do that by encouraging our students to take 15 hours in the Spring semester. We have evidence that these students improve their on-time graduation rate by 45% compared to students who didn't take 15 hours during their freshman year. I find this research and the referenced behavior fascinating.

We are investigating whether these results are universal for all student groups based on academic preparation, socioeconomic status, place of origin and other variables and we will keep you updated with our results. We have compelling evidence that taking 15 hours increases student academic engagement. We want our students to graduate in four years and we have several projects that have improved that rate by almost 40% in the past ten years. There is a real cost associated with taking longer to graduate. It delays our students’ entry into graduate school or the job market as they incur additional costs to remain a student.

We are proud that our students value their FSU education and experience, but we don't want them to enjoy it for too long. That is why we have begun to “Think 15” and we hope you and your student will as well.

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**Career Corner**

The Career Center

**Get Experiences Recognized!**

**NEW STUDENT AND FAMILY PROGRAMS NEWSLETTER**

*Career Corner* December 5th, 2015

Thinking about changing or selecting your major? The FSU Career Center has a number of materials that can assist you in your career decision making. Our *Choosing a Major or Occupation* guide, available online at [www.career.fsu.edu/Resources/Career-Guides](http://www.career.fsu.edu/Resources/Career-Guides), includes activities that will allow you to explore your values, interests, and skills. Read this guide to learn about the process of choosing a major and what’s involved in making a career choice. Complete as many steps as you can on your own and stop by the Career Center to discuss with a Career Advisor!

Are you unsure of your values, interests, and skills and how they may relate to career planning? No problem! For students that enjoy online assessments, we provide career-assisted career guidance systems which allow you to connect your values and interests to specific majors at FSU. **FOCUS-2** and **SIGI3** are a few of these online resources available to students at FSU! To start assessing yourself, visit [www.career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers](http://www.career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers) to register as a new user (hint: the password is seminoles).

Another great way to explore majors and career options is by browsing the **FSU Academic Program Guide**, which lets students learn about their career options by academic major ([www.academic-guide.fsu.edu](http://www.academic-guide.fsu.edu)). Under the Career Information tab, students will find a Match Major Sheet specific to their field of interest. In viewing the Match Major Sheet, you will find a sampling of occupations in your academic area.

If you are still unsure about your major decision, visit the Career Center to learn about other assessments and tools available to assist in changing or selecting your major (M-F, DSC, 9:00am-4:30pm).
ATTN: Religious Observance Policy

As we approach fall semester, we encourage students to be aware of Florida State's policy regarding absences to observe one's religious holidays. The full policy can be found at this link:

http://fda.fsu.edu/content/download/25650/164546/file/ReligiousHolyDaysFall14.pdf

Specifically, the Florida State University policy on student observance of religious holy days provides:

1. Each student shall, upon notifying his or her instructor within the first two weeks of the semester, be excused from class to observe a religious work-restricted holy day of his or her faith.

2. While the student will be held responsible for the material covered in his or her absence, each student shall be permitted a reasonable amount of time to make up the work missed.

3. Instructors and University administrators shall in no way arbitrarily penalize students who are absent from academic or social activities because of religious work-restricted holy day observance.

Please communicate with your instructors about your plans at the beginning of every semester.

Transportation And Parking Services
Transitioning to college is interlaced with a myriad of questions, but where to park and how to get around town should not be one of them. FSU Transportation and Parking Services work hard to bring students many resources and travel options for your time at FSU. Here are just a few programs, services, and guidelines to familiarize yourself with:

**Parking:**

Parking Permits: Starting this year, parking permits have gone virtual. They are required on all vehicles parking between 7:30 AM to 4:30 PM, Monday through Friday. Students received their permit at no additional charge for the 2015-2016 school year. For more information on all permit types, including visitor permits, click [here](#).

Parking garages: There are six multi-level parking garages located around campus. The top floor of each parking garage is for overnight parking, great if you are living on campus. In the West Pensacola and Traditions Way garages, the top two floors are overnight. The mid-level floors are commuter spaces, so no overnight parking there. The first floor is for faculty and staff, so you will be ticketed if you park there. You'll notice that parking stall lines are red or white. Always remember white is for student parking, red lines are for faculty. To avoid a parking ticket, stay away from the red lines, no matter how tempting that parking space may look. You can also use the FSUTranz app to check available parking in each garage before you even get to campus!

Surface lots: All around campus there are parking lots that can be either overnight or commuter. Some are right next to residence halls while there are gravel lots on the outskirts of campus. At each lot entrance, there is a sign that designates it as either commuter or overnight, so keep an eye out for that if you are ever unsure of what a lot might be. Check out this [map](#) to see where all student lots are located!

**Transportation Services:**

*NiteNole*: From 10:30 PM to 3:00 AM during the fall and spring semester, this late night bus service offers free rides to students. The route takes you all around campus, down Tennessee, High Road, and Pensacola Street.

*NoleCab*: For just five dollars with a valid FSUCard, students can catch a late-night ride home. This cab service runs from 10 PM to 4 AM 7 days a week.

*S.A.F.E. Connection*: Did you put in another late night at the library and need a ride somewhere on campus? The S.A.F.E (Student Alert Force Escort) Connection partners with the University Police to bring free rides to students on campus. It can be reached at 850 - 644 -SAFE (7233) and runs seven days a week from 7 PM to 2:45 AM.

*Seminole Express*: This is a student service that provides transportation to, around, and from campus to the surrounding Tallahassee areas. There are several routes, all of which can be tracked in real-time on the TransLoc app! Hours vary based on semester, but in the fall all routes will run from Monday to Friday from 7 AM to 8 PM.

*ZipCar*: Need to run errands but don't have a car? Well, ZipCar is your transportation solution. This is a car rental service at an hourly rate. You sign up online, pay an annual membership fee, and you'll receive a Zipcard that unlocks various Zipcars located around campus. The keys are already in the car as well as a gas card provided by Zipcar. Hourly rates range from $7.50 to $8.50 an hour or $69-77 for the day.
Transportation and Parking Services encompasses a wide range of services while seeking to be student friendly and focused. For more information, visit their office located next to the FSU Bookstore!

Transportation and Parking Services
transportation.fsu.edu
850 644 5278
104 N Woodward Ave Tallahassee, FL 32306
Monday - Friday, 7:30 AM - 5:00 PM