Plan ahead: Open up that planner that you may or may not have been using all semester and plan out a schedule. Write in the dates of your final exams and/or projects and work backwards from there. Make sure you give yourself a buffer of time so that when the inevitable distraction comes up, you don’t have to throw your plan out the window. It may sound tedious, but planning out the time you will need to study for finals/write papers, etc., along with your work, class and other commitments will allow you to make sure you have time to get everything done!

Be realistic: Along with planning ahead comes a very difficult part of finishing the semester strongly, be realistic. Take a good hard look at your grades and set realistic goals. If you have a C in a class, what is the likelihood that you can bring it up to an A? Although it may be difficult, setting realistic goals of what you are able to accomplish will allow you more wisely choose how to spend your time. Additionally, make sure you are realistic in how long it will take you to accomplish tasks. When you are planning out your time (see #1), you have to be realistic about the amount of time something will take you to accomplish. Can you really write your entire 15 page final paper in 1.5 hours? Or study for a cumulative final in an hour?

Get sleep!: Most adults need around 7-8 hours of sleep per night. The effects of sleep deprivation are well documented; failure to get sufficient sleep can cause memory problems, depression and a weakened immune system. All of these side effects can prove detrimental to your academics. Pulling an all-nighter to study for a test can end up causing you to do worse on your exam than if you had gotten a good night’s sleep (again, see #1). I know it seems impossible, but put down your smart phone, step away from the computer, and catch some ZZZ’s.

Ask for help: “Don’t be shy about asking for help. It doesn’t mean you’re weak, it only means you’re wise.” –Unknown. One of the major struggles amongst students and professionals alike is the ability to ask for help. However, it will save you time, stress and hours spent worrying if you simply reach out to those around you and use the resources that are available to you. You have the blessing to be a part of a community here at AU with endless resources at your disposal, people whose job it is to help you. Take advantage of that.

Don’t procrastinate (too much): “Procrastination is like a credit card: it's a lot of fun until you get the bill.” -Christopher Parker. A truer statement could not have been written. In the moment, when having to choose between studying and *insert just about anything else here*, most of us would choose the latter. However, come the end of the day/week/month, when we see the effects of our procrastination, most of us find that whatever we chose to do instead of study, wasn’t really worth it in the end. Instead, make a list of those things and reward yourself when you finish what you NEED to do!
Fall Job Opportunity!

Student Career Specialist

Job Description

- Work one-on-one with students on resumes in appointments and during drop-in hours
- Represent and promote Career Services at information tables
- Present career programs (“roadshows”) to student groups and classes
- Assist with updating Career Services materials and website
- Attend regular meetings and receive training
- Assist with projects, marketing and programming as needed
- Participation in August training is mandatory

Job Requirements

- Undergraduate student at the sophomore, junior or senior level for the 2014-2015 academic year
- Must be able to attend trainings in August 2014
- Must be able to commit to 5-10 hours / week
- Interest in helping AU students with career and job concerns
- Demonstrate mature judgment, have an understanding of confidentiality and the ability to work in groups or individually
- Ability to relate with individuals in one-on-one and group situations
- All majors are welcome to apply
- Must have a minimum GPA of 2.5

Application instructions

To apply, please submit Student Career Specialist application and resume to Tory Nair, Director of Career Services, at tna@aurora.edu. Please be sure you have indicated your availability for Fall 2014 in your application. Deadline to apply is Friday, March 21.

Career Services * Eckhart Hall 312 * 630-844-5403 * aurora.edu/career
Show your Chicago spirit by watching the Bulls take on the Philadelphia 76ers on Saturday, March 22!

Sign up: Tuesday, March 18 noon-1:00 p.m. in the Spot

Game: The bus departs from the Spartan Spot at 4:30 p.m. on March 22

Attention!

Please be advised that the last day to drop a 16 week Spring 2014 course with a “W” is Saturday, March 29. If you have any questions please contact your academic advisor.

Crouse Center 630-844-6870

Bedtime Stories: Jim Hamad, Director of Athletics

Thursday, March 20 10:00-11:00 p.m.
Watkins Hall Lobby

Jim Hamad packed in a lot of interesting experiences before joining AU as Director of Athletics. He has brought a new dynamic to our Athletics Department and has a lot to share with students.

Hear more about his journey, including stories from his school days at Kent State University and his work experiences at the University of Pittsburgh and Pepperdine University. Athletes and non-athletes alike will find his presentation inspiring!

Wear your pajamas! Cookies and milk will be served. There will be prizes, including a $25 gift certificate to the AU bookstore.

Questions? Contact Career Services at 630-844-5403 or career@aurora.edu
Mock Interview Workshop

Thursday, March 20, 2014
4:00-6:00 p.m.
University Banquet Hall

» Will you be interviewing for internships or jobs soon?
» Do you want to practice with local business professionals?
» Do you have an “elevator speech?”

Participate in mock interviews with area business and human resource professionals.

Pre-registration is required by Friday, March 14.

To register:
Contact Terri Hoehne at thoehne@aurora.edu, or 630-844-6882 with the following information:

» Name  » Email Address
» Major  » Phone Number
» Expected Graduation Date

Please bring 4 copies of your resume to the workshop, arrive 10 minutes early to sign-in and come “interview ready” in professional attire.

Co-sponsored by Career Services and the Latin American Student Organization.
Summer Job Fair

Wednesday, March 19, 2014
3:00-6:00 p.m.
University Banquet Hall

Network with several area businesses. For a list of businesses scheduled to be in attendance, visit the Career Services page on SpartanNet.

We strongly encourage you to bring copies of your resumé and dress in professional attire!

Questions?

Please contact Michelle Neitzel at 630-844-6880 or mneitzel@aurora.edu.
Congratulations to the Men’s Hockey team on your big win!!! Good luck at the ACHA Men’s DIII National Tournament. We are all proud of you!!