



MORGAN
STATE UNIVERSITY

The Academic Advisor Newsletter

Peer Tutoring Services - Final Exams Prep

CASA Resource/Tutoring Center

Location: Communications Center (CC)120

Hours of Operation: Mon.-Thurs. 9am - 6pm and Fri. 9am - 5pm

Closes for the Fall 2016 Semester: Tuesday, December 13th

One on one tutoring is available by appointment and by walk-in. Courses range from general education to advance courses. Students can visit the Center (CC 120) or send an email to tutoring@morgan.edu to set up an appointment. Visit the [Center's webpage](#) for more details.

Academic Enrichment Program (AEP)

Location: Residence Halls

Hours of Operation: Sun. – Thurs. 4pm – 12midnight

Closes for the Fall 2016 Semester: Wednesday, December 14th

Appointments and walk-in tutoring are available to all students in primarily general education courses. Visit [AEP's webpage](#) for more information.

University Writing Center

Location: Earl S. Richardson Library 101-106

Hours of Operation: Mon. – Fri. 9am - 5pm

Closes for the Fall 2016 Semester: Thursday, December 15th

The Writing Center can be used to discuss work, clarify ideas, and improve students' writing skills. To schedule a one on one tutorial session students can send an email to writingcenter@morgan.edu with their availability.

December 2016

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ACCEPTING NOMINATIONS

Fall 2016 Outstanding
FY Academic Advisor

for more info. and to submit a nomination



www.morgan.edu/fyaaward

Nomination Deadline: December 2, 2016



Academic Advisor Professional Development

Save the date . . . Thursday, February 2nd, 2017 (10am—2pm). All freshmen academic advisors and any other interested faculty/staff are invited to participate in our spring 2017 advisor professional development. The theme is “Advising Today’s College Student.” Our keynote speaker, Dr. Joshua Smith (2012-2013 NACADA president) will kick off the event at 10am. Guest facilitators will conduct two interactive workshops aimed at providing attendees with strategies to engage in proactive versus prescriptive advising as well as techniques to address the unique challenges (mental health, substance abuse, personal and family issues etc.) of today’s college students.

Student Services Spotlight: Counseling Center

The Counseling Center offers free counseling services to Morgan State University students. These services include individual and group counseling, topical workshops, targeted outreach events, and campus-wide events focused on issues of concern and interest to the M.S.U. community. Students may talk to a counselor by making an appointment, or by using our “Walk-in hours”, which are from 10am to 3pm Monday through Friday. During these times, a student may come into the Counseling Center without an appointment, and have a 1/2 hour session with a counselor. We also offer “Brown Bag” seminars — hour long presentation/discussions on topics of interest, conducted on Thursdays at 11 am. The next Brown Bag seminar, for instance, is titled “Surviving a Breakup” and will be conducted on December 1st. In addition to these services, the Counseling Center also hosts a Relaxation Room, where students (and staff) may come for 1/2 hour, to relax in a comfortable chair, experience relaxing videos and music, and release the stresses of the day. And we offer the opportunity for students to learn how to manage their stress through yoga, qigong and tai chi videos, and via biofeedback, in our stress reduction room.

The Counseling Center is located on the second floor (room 202) of the Carter Grant Wilson Building, near Truth Hall. Its operating hours are from 8am to 5pm. After hours, students who live on campus may call the Campus Police and request to speak with the “counselor on call” who will call them back in a timely fashion.

(Source: Ralph Piper, Associate Director of MSU’s Counseling Center)

Important Dates

December 2016

December 7th

Last Day of Fall 2016 Classes

December 12th—15th

Final Exams

December 16th

Fall 2016 Commencement

December 19th

Deadline for faculty to input fall 2016 final grades

December 20th—Jan 3rd

Winter Recess

Mental Health Issues and College Students: What Advisors Can Do?

Are today's students really more disturbed than those in years past? The simple answer is yes, but in addition to a higher occurrence of mental health concerns, other factors may be at play. Silverman (2004) suggests that improved diagnosis, assessment, earlier intervention, and decreased stigma toward mental illness account for some of the increases. These factors may bring students to college who might not previously considered postsecondary education as an option. It also is important to remember that some mental illnesses, such as schizophrenia and bi-polar disorder, have early adult-on-set that will affect this population (DSM-IV-TR, 2000).

Academic advisors should know [some of] the signals of distress: (Office of Student Life Studies, 2000)

- Excessive procrastination
- Decrease in the quality of work
- Too frequent office visits (dependency)
- Listlessness, sleeping in class
- Marked changes in personal hygiene
- Impaired speech or disjointed thoughts
- Threats regarding self or others
- Marked changes in behavior

What can advisors do?

Even though most academic advisors are not professional counselors, they are in positions to notice that a student may be experiencing stress, or something more challenging. Advisors should not attempt to provide therapy to students but should use their excellent communication and observation skills to refer to those who can assist students. Advisors should be well acquainted with the campus mental health counselors (or, if services are community based, know how to refer). While respecting student privacy, advisors can communicate with faculty members or residence life staff about their concerns. General comments regarding a student's sudden change in motivation, for example, can be shared with a [resident] hall director although specific information about grades cannot be shared due to FERPA privacy guidelines.

Source: Harper, R. & Peterson, M. (2005). Mental health issues and college students. *NACADA Clearinghouse of Academic Advising Resources*. Retrieved from <http://www.nacada.ksu.edu/tabid/3318/articleType/ArticleView/>

Get to Know the Team

Currently 18 staff members (CASA Advisors and Retention Coordinators) provide academic advising services to the first year student population at MSU. December's staff highlights are:



Angela Gaither-Scott

Student Scholar and Strategic Partner Specialist

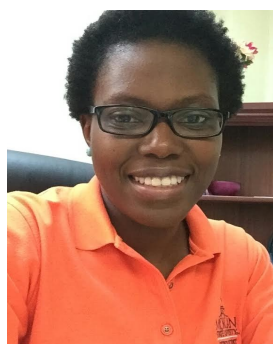
Morgan State University alumnus Angela Gaither-Scott is committed to giving back to the university. As a first generation college student from Glen Burnie, Maryland, she earned her B.S. in Elementary Education at Morgan and her M.S. in Telecommunications and Information Systems at Johns Hopkins University. Ms. Gaither-Scott developed her passion for education while teaching in the Baltimore City Public School System. Her goal is to develop ongoing relationships with students that not only enriches their knowledge base but also encourages them to succeed in their chosen profession. She has worked in the Office of Retention for three years and currently serves as the Student Scholar and Strategic Partner Specialist. Ms. Gaither-Scott is a lifetime member of the MSU Alumni Association, a member of the MSU Howard County Alumni Chapter, serves on the MSU Gala Committee and is a Diamond Life member of Delta Sigma Theta, Inc., a public service sorority. She is most proud of being the mother of two daughters, Dominique and Morgan.



Lasean Robinson

Academic Advisor, Center for Academic Success and Achievement (CASA)

Having earned an undergraduate degree in history from Morgan State University, Mr. Robinson spent several years working as an Interpretive Park Ranger at the Frederick Douglass National Historic Site and Fort McHenry National Monument and Shrine. In addition, Mr. Robinson taught social studies at Baltimore City's Bluford Drew Jemison Middle School. Since March 2013, he has worked as an academic advisor with CASA. In May 2017, Mr. Robinson will graduate from the university's Master of Arts in history program. Civic engagement, genealogical research, and international cooking are some of Mr. Robinson's interests.



Abisola Akinyele

Retention Advisor, School of Computer, Mathematical, and Natural Sciences

Mrs. Akinyele was born in Nigeria and raised in Baltimore, Maryland. She received her Bachelor of Science degree in Chemistry from Morgan State University in 2009. She began working at Morgan State University in 2014 in the Department of Chemistry for 2 years, before transitioning to the Office of Student Success and Retention in June 2016. Prior to working at Morgan, Mrs. Akinyele worked in the Baltimore County Public School system for several years as a Chemistry teacher. She takes delight in working with students and helping them to reach their full potential. She enjoys painting and jewelry making in her spare time.

GOT IDEAS!

Are there topics you would like to see in the newsletter? Send your ideas to FY_Advising@morgan.edu