Second-Year Seminars: What You Need to Know!

By: Sabina Catak, Hixson-Lied Scholar

UNLV’s second-year seminars are three credit courses that discuss global issues relevant to today’s society. Students are able to explore these issues in broader perspectives such as, literature, politics, history, philosophy, scientific discovery and economics. Second-year seminars are valuable courses that reflect on the University Undergraduate Learning Outcomes, also known as “UULOs,” which were originally introduced in the first-year seminar. Students from any major or college have access to any of these approved second-year seminars: COE 202, ENG 231, ENG 231E, ENG 231S, ENG 232, ENG 232A, GSC 300, PBH 205 and PHIL 242. The second-year seminar designed for exploring majors is ENG 231E, which is themed around “Finding Your Path” and readings are used to broaden students’ perspectives in choosing the major they love!

UNLV students are required to complete their second-year seminar before completing 60 credits. Prerequisites for second-year seminars are ENG 101, ENG 102 and a first-year seminar (for example, COLA 100E). All of the approved second-year seminar courses are applied to help fulfill the General Education Core requirements. The greater purpose of second-year seminars are that students immensely engage in aspects such as literature, writing, and critical thinking and help students develop a stronger understanding of the UULOs to assist in their major-specific and upper division courses.
Make the Most out of Your College Experience by Getting Involved

By: Natalie Costa, Hixson-Lied Scholar

Getting involved is something every college student should find time to do during their college career. On UNLV’s campus you can find a variety of 200 organizations that suits your personality and interests. You can choose anything from Greek Life, intramural sports, religion, leadership, advocate groups, movie clubs, CSUN, ROTC, game club, and many more. One exciting aspect is that if you do not see a club you like you can start your very own club! Getting involved off UNLV campus is also another option for staying active. Volunteering and helping out the community is a great way to also give back and make a difference.

Many college departments have organizations based on a specific major that help students with classes they prepare to take or are already enrolled in. They are structured to help students better themselves and gain more knowledge on their subjects. Getting involved with these types of clubs help students further their interests in their major and help lead them to a better understanding of what the subject is all about.

Community service and service learning are great ways to get involved and give back to the community. Many student service projects consist of charities (like the Salvation Army), food banks, animal rescue, hospitals, schools, and many more! One community service event coming up in October is Boo Bash, which takes place on campus in the Tonopah Residence Complex. It gives local children and their families a safe and fun place to trick-or-treat and enjoy Halloween. Anyone can participate and help decorate and pass out candy on the day of the event. Also, October is Breast Cancer Education and Awareness month. A simple way to help out an organization on campus would be to collect Yoplait pink lids and give it to the Zeta Tau Alpha Sorority. For every pink lid, Yoplait will donate ten cents to a local Susan G. Komen affiliate and it is a great way to support a good cause.

The best way to find more information about getting involved here at UNLV is to go onto www.unlv.edu/getinvolved and find a listing of student organizations. When you reach the website, the list will give a small description on what each club is about and provide the club’s contact information. UNLV student clubs, organizations, and service projects are hosted by the Office of Civic Engagement and Diversity.

Balancing a Busy Schedule and Staying Healthy

By: Warren Woo, Hixson-Lied Scholar

The coming of a new semester brings with it many changes and, also, many challenges. Every class is like navigating through unmarked territory; you do not always know what to expect. Nonetheless, students can be sure that these courses will indeed challenge them. College is no walk in the park and it is certainly not the only thing students have to worry about. There are students who work, conduct research, and have internships and personal activities in addition to pursuing their degree. Balancing obligations, personal and professional, is a major concern that is common among all UNLV students. A large amount of work may seem like a brick wall blocking the road to success, but it is not impossible to get over.

The key is to dedicate every second to achieving success. Organize all tasks based on urgency and importance and eliminate any distracting activities that are simply unnecessary.

“Organize all tasks based on urgency and importance”
Continued: Balancing a Busy Schedule and Staying Healthy

Understanding that some tasks take precedence over others will organize a busy schedule into a well-balanced one. Having a plan is a necessary start. Without one, you are like a ship with no destination. Thus, set a course before sailing full speed ahead.

Most importantly, make the right choices. McDonalds is not a substitute for a healthy meal and Adderall is not a replacement for sleep. Food, rest, and meditation are all necessary. However, watching another episode of your favorite drama can wait until after the big test. Likewise, if you are debating having leisurely time over your studies, simply ask yourself “Do I have time for this?”

Academic Success Coaching – It’s for You!

By: Unique Payton-Madsen, Hixson-Lied Scholar

Starting college as a freshman can be really intimidating. Juggling the course load for school and managing to keep your cool all at the same time can seem like an impossible task. However, there are some really great tools on campus for students who need a little extra guidance. The Academic Success Coaches provide just that for students wanting to succeed in their academic endeavors. According to the statistics, it is seen that 75% of students who have an Academic Success Coach and see them at least three or more times a semester, do not fall into Academic Probation. This is especially important if you are one of the lucky students who have received Nevada’s Millennium scholarship.

The Academic Success Coaches provide great tips for studying and they’re even at your dispense to just have a causal conversation with, if needed. Almost like a guidance counselor but at the same time they’re there as a friend and an extra helping hand. So, what do the meetings look like? Typically, the meetings with the success coaches last for about a half hour. The first meeting, however, goes on for an hour and during this time the coaches try to get to know the students better. They also talk about themself a little bit to make the student feel comfortable and to just get to know each other. The coaches explain the differences between advisors, coaches and tutors. They give the student a UNLV resource sheet with contact information for various departments on campus and are also informed about time management, planners, semester calendars, etc. Various tips are gone over such as study habits, study cycle, study skills such as note taking, concept mapping, associations, and concentration are addressed as well. Often times the student’s schedule is gone over for each class and the course syllabus is looked at in order to give small tips and suggestions for balancing study time for exams as well as due dates for homework and projects.

All of the Academic Success Coaches enjoy getting involved and helping the students out with study skills and time management. One of the Success Coaches, Suruchi Berry, states “I really like working with students and keeping in touch with the younger generation. I’ve always felt that one thing that I have done well in life is studying, and this job meant teaching students to do just that. I was also new to the U.S. and I did not know a lot about the education system here or the students, so Coaching provided me with the opportunity to learn about all of that.” Suruchi later stated that she loved working with students and the best part of her job was hearing of her students’ success in academia. Suruchi currently has her Bachelor’s in Engineering in Electronics and Telecommunications, a Master’s in Business Administration, and is currently pursuing a Master’s in Science in Management Information Systems. If there is anyone qualified to teach students about study skills, it is definitely Suruchi. For all students looking to succeed, be sure to stop by the Academic Success Center and sign up for an Academic Success Coach!
Are You Not Entertained? Explore the Entertainment on Campus!

By: Ashley Garrido, Hixson-Lied Scholar

Student life at UNLV can seem stressful and time-consuming at times, but being a Rebel also has its pleasant side. UNLV offers a variety of entertainment that can help alleviate all worries and give students a so-called “break” from their studies. There is nothing better than catching that break while cheering on your fellow Rebels in 17 intercollegiate NCAA Division-I sports. Show some Rebel Pride within the most awaited season: The “UNLV Runnin’ Rebels” season. Home to the Thomas & Mack Center, UNLV’s famous basketball team has the fourth-highest winning percentage (.712) in Division-I history.

If watching sports is just not your thing, then The Performing Arts Center might offer something more compelling. This Center is composed of UNLV’s one and only Wind Orchestra, Symphony Orchestra, Jazz Ensembles, and Dance Department. Why not take a night off and enjoy the finest theatrical, musical, and dance performances in all of Vegas? Fine art museums and galleries which exhibit the best works of UNLV students and faculty are also available on the UNLV campus. Tickets for UNLV athletics, performing arts and special events can be conveniently purchased online through unlvtickets.com and printed instantly.

Now, why not keep entertained while boosting your social life? With a variety of student organizations, in addition to 19 fraternities and 17 sororities, UNLV can surely give you a social calendar to be envied. Upon membership to student organizations, you are able to participate in many social events such as: fellowship events, community service, philanthropic projects, and much more.

Tips on Balancing School and Work

By: Natalie Costa, Hixson-Lied Scholar

● Being Organized: This is key to a stress free schedule and being able to keep up with deadlines, school, work, and any activities this will greatly help.
● Flexible Schedule: College students don’t just go to classes then off to work, they also have homework and studying so, make sure that you pencil in time for those other important things. Make it a routine and stick to it.
● Communication: Let employers know when you need to take off ahead of time for events or time to focus on school.
● Manage Stress: College is a stressful place! Make time to relax and get away from everything, then resume once you feel better.
● Priorities: Students go to college for an education. This means that it should be a priority and you need to be realistic with yourself and not overload with other obligations.
● Stay Positive: College can be overwhelming. Get out when you can and make the best of your college career. Work and school get very busy and then it gets difficult to enjoy anything, but staying positive and getting everything done will help a lot!

*All photos used are original or can be found at unlv.edu unless otherwise noted.

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