A Make Mizzou 3-D campus map prototype was displayed during a Make Mizzou meeting a year ago in Columbia. The prototype features all campus buildings, even the columns, designed to scale. The miniatures are made out of ABS plastic, the same material used to create Legos.
Campus resources help ensure academic success

BY ELIZABETH LOUTFI
news@columbiamissourian.com

Throughout the MU campus are a multitude of academic centers and campus resources that can cure all academic ailments, including major-choosing woes, writer’s block and resume-induced stress.

Disability Center, S5 Memorial Union
Phone: (573) 882-4696
Email: disabilitycenter@mizzou.edu
The Disability Center offers services to MU students with a documented disability. You can also sign up to be a class note-taker through the center.

Mizzou Office for Financial Success, 162 Stanley Hall
Phone: (573) 882-2175
Email: financialsuccess@mizzou.edu
This office is an affordable counseling and education service through the Personal Financial Planning Department and the College of Human Environmental Sciences.

Student Success Center, 909 Lowry Mall
Phone: (573) 882-2496
Email: writingcenter@mizzou.edu
At the Writing Center, you can have a tutor look over your creative short stories, scholarship essays or cover letters at any point during the writing process. Call to make an appointment or schedule one online at writing-center.mizzou.edu.

• Writing Center Phone: (573) 882-2496
Email: writingcenter@mizzou.edu

• Academic Exploration and Advising Services Phone: (573) 884-9700
Email: muasadvising@mizzou.edu
AEAS provides services to students to help them set and accomplish goals in life and in academics. They offer advising for students who are undecided or switching majors or referrals to help students develop goals and an action plan for academic success.

• Career Center Phone: (573) 882-2493
Email: career@mizzou.edu
Have someone take a look at your resume, critique your LinkedIn profile or assist in your job search. The center also has free career services, called eResources, available online.

• Learning Center Phone: (573) 882-9208
Email: learningcenter@mizzou.edu
The Learning Center provides confidential, no-cost programs for all students, including walk-in sessions, the writing center and access to NetTutor and a study plan consultant.

• Center for Academic Success and Excellence Phone: (573) 882-9208
Email: mucasen@mizzou.edu
CASE has individualized coaching and success planning to help students develop goals and an action plan for academic success.

Jessica Philbrook, left, tutors Aashish Jagini as he works on a draft of a paper at the Student Success Center. At the time, Philbrook, a graduate student in the Department of English, was doing three jobs on campus. Jagini was a graduate student in business administration.

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Hidden gems at Ellis Library

BY ELIZABETH LOUVFI
news@columbiamissourian.com

Finding the perfect book or resource for your paper can sometimes feel like finding a needle in a haystack. Grace Atkins, the user engagement librarian with MU Libraries, explains the varied resources at Ellis Library, as well as many of the hidden gems throughout the building that can be extremely helpful for students.

Q: What are the most important things incoming students need to know about the libraries?

A: Navigating the website is No. 1. Then, obviously, knowing where the libraries are and knowing about e-books in addition to the physical books, because we have so many e-books now. Also, knowing what study spaces are offered and what kind of research services are offered at each branch, including Ellis.

Q: Where are the hidden gems that students may not know about?

A: One thing that comes to mind is our special collections. That’s where we have rare materials and really old texts. The library does such a good job of bringing them into the digital age so students can get creative with them for projects. Even if you’re not doing a course that’s specifically using special collections, there’s still some really fantastic stuff. There’s currently an exhibit for “Hamilton,” the Broadway musical. There’s also a surprisingly awesome comic book collection. Another thing I should mention is our research assistants program, or RAP for short. You can schedule a small group or individual to meet with an expert, and depending on what you’re researching, you can meet with the library’s specialist on that topic.

Q: What should incoming students be prepared to know about recent budget cuts?

A: How we’re handling the budget cuts, especially how we’re handling the collection cuts. Usually, that’s something faculty and grad students pay a little more attention to because they’re doing comprehensive research. If they don’t have access to a certain journal, it can compromise their ability to do that research. What it’s going to mean for incoming students doing lower-level research is that it’s going to take longer to get material. If we already don’t have access to a journal, they will have to request it through our system and it could take 24 to 48 hours, or up to a week if it’s a print resource.

Q: Any other obvious ways the budget cuts are affecting the library?

A: The hours. We went from 24/5 to closing at 2 a.m. on weeknights. It’s important to know when services are available. One thing we’ve done to try to make up for that is our virtual services will be practically 24/7. That’s huge, because if you’re in a crunch and you can’t find something, we can help you that way. Our IM service is underused, but it’s just so handy.
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There’s a resource for everyone to build a community at MU

BY JAY BURY
news@columbiamissourian.com

MU has a variety of resources for students and faculty of all backgrounds to solve problems and help build communities.

Most of these resources are conveniently located near the center of campus, so they are easily accessible. Many have helpful campus groups and programs, as well as being a resource.

RSVP Center
Details: The Relationship and Sexual Violence Prevention Center, usually shortened to RSVP, is committed to creating a campus culture that does not tolerate violence.

Professional staff members provide crisis intervention and advocacy services for survivors of violence. Student organizations and staff hold several events throughout the year aimed at raising awareness of power-based personal violence.

A student-run organization, Stronger Together Against Relationship and Sexual Violence, is dedicated to raising awareness about issues of sexual and relationship violence. STARS meets weekly in the basement of the Student Center and organizes events such as "Take Back the Night." More Info: rsvp.missouri.edu

Women’s Center
Details: The Women’s Center in the basement of the Student Center is a space open to everyone, regardless of gender. The center has a large lounge with pillows and blankets, games, music and a TV. It also offers free coffee and tea, menstrual products and safe sex products. Umbrellas are available for checkout.

There is a library of over 2,500 books, magazines and DVDs about social justice issues, especially gender-based discrimination and oppression. The Women’s Center also has a family room, lactation station and a quiet room.

The Women’s Center hosts programs such as "Ain't I A Black Woman," "The Vagina Monologues," Stitch n Bitch and the Women’s Leadership Conference.

More Info: womenscenter.missouri.edu

LGBTQ Resource Center
Details: The LGBTQ Resource Center is a space for anyone under the LGBTQ+ umbrella — those questioning their identity, allies and those just looking to learn more. The center holds events throughout the year and a variety of programs every day during MU Pride Month in April.

Organizations run through the center include Aces & Aros, a group for people on the asexual and aromantic spectrums; Queer Trans People of Color; Oasis, a group for transgender students; and Triangle Coalition.

Contact: lgbtq.missouri.edu

Multicultural Center
Details: The Multicultural Center supports a variety of organizations serving underrepresented populations, such as the Association of Latin@ American Students, Asian American Association, and all organizations within the Four Front Council, which unites the concerns of minority students on campus.

The council holds the Peer Diversity Educators, an organization started in 1997 that aims to promote greater cultural awareness, competency, and understanding on campus and in the local community.

Contact: multiculturalcenter.missouri.edu

Other resources
■ Disability Center, disability.missouri.edu
■ Gaines/Oldham Black Culture Center, gobcc.missouri.edu
■ Wellness Resource Center, wellness.missouri.edu
■ International Center, international.missouri.edu
How to withdraw from a class, with or without a penalty

BY ALLISON COLLINS
news@columbiamissourian.com

Sometimes things don’t go as planned.
You’re not as good at chemistry as you thought. You took on more responsibilities than you could handle. You didn’t study or show up for class as much as you should have.

Whatever the reason might be, sometimes you just need to withdraw from a course.

Withdrawing from a course before a deadline set by the university allows students to remove a course from their schedule without a grade.

It happens to the best of students. Whether it’s mid-semester and you just hate the class or late in the semester and you aren’t sure if you can pass, withdrawing often is the best option.

The first step is to meet with an academic adviser. The adviser will talk about the implications that can come from withdrawing — the impact on graduation, meeting degree requirements and maintaining enough hours to be considered a full-time student.

The next step is to talk with the course instructor, who does have the ability to assign either an F (fail) or a W (withdraw). It depends on the timing of withdrawal and the grade status at the time.

If the instructor assigns a failing grade for the course, that will impact the GPA, whereas a W will not.

Pat Sternberg, a former journalism academic adviser, said a grade of W can help a student keep a GPA-based scholarship.

Another important step in the withdrawal process is to consult with the Office of Student Financial Aid to determine whether withdrawing from a class will impact current or future financial aid.

If a student withdraws and falls below full-time status, some financial aid must be “paid back,” or a scholarship could be lost.

“Withdrawing requires completion of a form found on the MU Registrar’s website or within a department.”

The completed form must be taken to the Office of the University Registrar in 125 Jesse Hall to be processed. The registrar will notify a student when the withdrawal is complete.

Any withdrawal can be accomplished before the 10th day of classes. Withdrawing can be done on MyZou without any permission or forms.

Deadlines to withdraw vary year to year, so be sure to consult the registrar’s website for the current dates.

More questions? Call 573-882-7881, email umcunivregistrarwr@missouri.edu, or stop by from 8 a.m. to 5 p.m. Monday through Friday in 125 Jesse Hall.

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OLIVIA LIU • Missouri

ABOVE: Blake Sellers, left, a volunteer, talks with Lai Yicheng during MU’s International Student Welcome lunch Jan. 8 in Memorial Union. Lai had just arrived in Missouri from Guangzhou, China, three days before.

BELOW: Food from Noodles & Company are served at MU’s International Student Welcome event on Jan. 8 in Memorial Union. The event consisted of a campus tour, lunch, a shopping trip to Walmart, an English exam and a bowling party.

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MU IS HOME TO STUDENTS FROM AROUND THE GLOBE

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OLIVIA LIU • Missouri

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No major yet? Absolutely no problem at all

BY TAYLOR BLATCHFORD
Missourian

If you’re coming to MU without knowing what you want to study, that’s quite common. About 400 students arrive at MU with an undeclared major, said Rachael Orr, the director of MU’s Academic Exploration and Advising Services. MU offers more than 300 degree options in 13 schools and colleges, and it can be hard to choose the right one. More than 60 percent of students change their major from their initial selection, Orr said.

Freshman advisers know a little about all of the majors at MU and can help students select the right courses to explore their options, Orr said.

Advisers also work closely with the MU Career Center to help students discover programs that fit their career interests. If students don’t know which programs are best for them, Orr advises them to talk with faculty or students to see what the required courses are, what careers graduates typically go into and what extracurricular opportunities are available for students.

Orr suggests that undecided students take courses that interest them that also meet general education requirements. She also encourages students to try something new that they might not have been able to explore before.

“Choosing a major can feel like an overwhelming decision, but many students are unsure of their direction and are exploring different areas to find a good fit,” Orr said in an email. “Take an active role in exploring options, reflecting on skills and interests, and talking with friends, family, faculty and staff to explore all of the possibilities.”

Advisers work with students to help them explore their interests and use that as the basis for the best fit at the university. The Student Success Center also offers a class specifically for undeclared students: SSC 2100 Career Explorations. It is a one-to-three-credit-hour class to help students learn about various careers and majors.

Academic Exploration and Advising Services is located in M110 Student Success Center. More information is available at aeas.missouri.edu.

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BY TAYLOR BLATCHFORD
Missourian

Liz Mouton, left, takes a photo of Travis Smoot and his sister, Kelsey Smoot, during match Day at Acuff Gallery at MU. During Match Day, students from the School of Medicine discover the locations of their residencies.

PHOTO BY MEIYING WU
Missourian

MATCH DAY FOR MEDICAL STUDENTS
Nearly half of all MU students took an online class during the 2016-17 school year, according to the university’s website. They are popular for a variety of reasons. Some students like to free up their daily schedule for work or other activities, while others like the convenience of pacing their work around other deadlines and busy times during the semester. Online classes can even help students graduate faster.

There are multiple options when it comes to online classes. Self-paced classes allow students to finish the class within a time period between six weeks and six months. They might also have group work and discussion boards with all students enrolled in the class.

Online classes can be a great resource to a busy college student, but misperceptions about them can cause confusion. Successfully completing an online class demands strong study habits and good time management skills.

**Myth 1: Online classes are easier**
Not necessarily. Most of the time, the material covered in the online class is the same as the material covered in the on-campus class. Online classes require self-discipline to keep up with the deadlines and keep pace to finish the class.

**Myth 2: You can finish an online class faster**
Yes, but most self-paced online classes require at least six weeks to learn the material and take any required exams. Other classes are semester-based and cannot be taken any quicker.

**Myth 3: Online classes have no exams**
Not true. There are exams with online classes, and most of them require a proctor. Exams can be taken at the Mizzou Online offices or at home with an approved proctor.

**Myth 4: Online classes are cheaper**
Tuition and course fees are exactly the same as for on-campus classes.

**Myth 5: You don’t have to buy textbooks**
The instructor decides whether textbooks are required for an online class. For more information about online classes, contact Mizzou Online in 136 Clark Hall at 573-882-2494 or at mizzouonline@missouri.edu.
Mizzou's undergraduate program in Human Physiology & Translational Sciences is part of three MU colleges — the School of Medicine, the College of Human Environmental Sciences, and the College of Agriculture, Food and Natural Resources — and features a high faculty-to-student ratio.

“I had deep relationships with my professors. We discussed topics that directly related to my getting into medical school and residency and that I apply to my patients today.”

— Dr. Brad Harr, DO, class of 2008

Want to learn more about how Human Physiology and Translational Science can further your clinical career goals?

Attend the pre-med/pre-dental/pre-vet “speed-dating” event, 5:30–7 p.m., Thursday, Sept. 6, in Room 2206A–C of the MU Student Center.

How to make a schedule that fits your needs and situation

It will take 120 credit hours to graduate, which averages out to 15 credits per semester

BY CARSEN SIKYTA
news@columbiamissourian.com

Most students are told that they should take 15 credit hours a semester, but is that really the best idea?

Most students will need to accumulate 120 credit hours in four years to graduate, which divides into 15 credit hours a semester.

Still, for some students, 15 credit hours a semester may be a catch for others. It’s up to every student to decide how many hours to handle each semester, factoring in work and other commitments.

“Students need to weigh individual classes, balancing coursework between courses that are strong in and courses that they are weaker in,” said Michael Banks, an admissions representative.

These course credit hours are based on the amount of time spent in the classroom each week. So, if a lecture meets three times per week and each class is one hour, that means that class is three credit hours. If a class meets twice a week for an hour and 15 minutes, that’s also a three-credit-hour class.

Online classes operate under a similar system, even if there is no physical classroom. If a three-credit class demands you to spend 12 hours each week to accomplish the learning outcomes, it would be the same for an online course.

There are factors to consider and questions to ask when deciding how many hours to take each semester:

1. Mental health: How good are you at handling stress? Do you get anxious or overwhelmed easily? Are you dealing with other issues outside of school that will make course work harder?

2. Personal care: Do you have enough time to have fun? Do you have time to eat and sleep without rushing? Can you have lunch or coffee with friends regularly without stressing over not working on homework?

3. Amount of homework: How much work is required of you outside of class?

4. Course cost: Are you paying for your own education? For residents, each credit hour costs $282; for out-of-state students, the cost per credit hour is $557.30, according to the Office of Cashiers.

5. Other obligations: Do you have a job? Do you have to take care of an ailing family member? Do you have pets?

Remember that you can drop classes if you are feeling overwhelmed (the deadline to drop classes without a grade next semester is Sept. 24), and there are lots of resources on campus to help you. Your advisor can help you work through these questions and help develop a plan that will lead to success.