

UPAC Agenda – Notes

Wednesday, February 10th, 2020

Zoom Link: <https://arizona.zoom.us/j/87825743204>

8:45-10:00 AM

Welcome: UPAC Co-Chairs

8:45 am to 8:55 am: **New Minor in Climate Change and Society:** Katie Hughes and Don Falk

- Minor Website: <https://snre.arizona.edu/now-offering-climate-change-and-society-minor-undergraduates>
- Minor Requirements (PDF): <https://snre.arizona.edu/sites/snre.arizona.edu/files/CCS%20Minor%20requirements%20spring%202021.pdf>
 - Minor requires 21 units, minimum 12 UD units
- Contact Katie Hughes, khughes@arizona.edu, or Shannon Scott, sms8@arizona.edu, to apply for the minor.

8:55 am to 9:15 am: **UA Think Tank, Online Support:** Marco Ortiz and Caitlin Kerrigan

- Online Tutoring: <https://thinktank.arizona.edu/online-services>
 - Drop-In and Appt Tutoring for Variety of Subjects (Math, Writing, Language, Business, Science, etc.)
 - **Newest topic of Statistics (SBS 200, MATH 107, 163, and ISTA 116) tutoring now available:** <https://thinktank.arizona.edu/online-services#statistics>
- Academic Skills Resources Page: <https://thinktank.arizona.edu/academic-skills/resources>
 - Self-paced modules for students focused on topics including Time Management, Reading Strategies, Learning Strategies, Exam Strategies, Online Strategies, and Well-Being
- Academic Skills Tutoring and Workshops (<https://thinktank.arizona.edu/academic-skills/academic-skills-tutoring> and)
 - Student led Peer Mentoring and Tutoring for helping UA students develop study skills to learn how to be successful UA students.
 - **Meet 1:1 with an Academic Skills Tutor:** students can attend drop-in hours or make an appointment to meet with an AST.
 - **Academic Skills Workshops:** FREE workshops on strategies for success in online classes, time management, test preparation and more! Often held in the evenings!
- **Think Tank is currently Hiring UA students eligible for Federal Work Study!**
 - Students can apply via Handshake by following this link: <https://arizona.joinhandshake.com/jobs/4350015>

9:15 am to 9:30 am: **Wildcat R.I.S.E.:** Dr. Amy Athey and Cassandra Hirdes

- Website: <https://wellbeing.arizona.edu/wildcats-rise>
- R.I.S.E. Resilience in Stressful Events – Goal to provide Psychological First Aid for folks in need, developed out of Covid-19 Pandemic.
- Researching psychological impacts of stressful events, we see that some people bounce back, but others struggle.
- Goal to help people mitigate distress. Maintaining physical health, sleep, nutrition, and rest. Practicing Active Listening.
- Wildcats R.I.S.E. has peer leaders offering weekly virtual support to UA undergrad and grad students.
- Questions contact: wellness@arizona.edu , athey@arizona.edu , chirdes@arizona.edu

9:30 am to 9:40 am: **Virtual Pre-Health Expo:** Josephine Gin Morgan

- 2021 Virtual Health Professions Expo: <https://theacenter.arizona.edu/events/signature-events>
- Date and Time: Thursday February 25th from 9am-6pm held on Zoom. Held on Reading Day! Won't interfere with classes.
- Led by Pre-Health Advisors and Student Ambassadors
- This event helps students engage with health professional schools around the country and in Arizona. Virtual panels help prepare students for their health professional applications. This event is strongly recommended for all pre-health Juniors and Seniors. Juniors and Seniors can RSVP for a chance to win an MCAT exam preparation course scholarship!
- Current UArizona Students: Register/RSVP via eSMS at: <https://student.acenter.arizona.edu/>
Once you log into eSMS, select the "Events" tab and then select the "2021 Virtual Health Professions Expo" to RSVP. After you register/RSVP, you will receive a confirmation email with the Zoom link for the event.
- Non-UArizona students: Please register/RSVP here: <https://events.acenter.arizona.edu/>
After you register/RSVP, you will receive a confirmation email with the Zoom link for the event
- Pre-Health Ambassador Application opens on Friday, February 12, 2021

9:40 am to 9:45 am: **MyMajors Assessment in The A Center,** Jackie Rindone

- Need help with your major choice? The A Center is here to help!
- Website: <https://theacenter.mymajors.com/quiz/>

- Spend 15 minutes taking the MyMajors assessment to receive a list of recommended University of Arizona majors and then make an appointment with an advisor from The A Center to discuss your major options further!
- Major Exploration: <https://theacenter.arizona.edu/major-exploration/beginning-process-your-own>
- Major Exploration course, SERP 197 (2 units) available for 7 week 2nd session in Spring 2021

9:45 am to 9:50 am: **Wrap Up Announcements and UPAC Co-Chair Elections:**
Nicole Gonzalez

- Make sure your department's major and minor information are updated on the ARC websites: <https://advising.arizona.edu/advisors/major> and <https://advising.arizona.edu/advisors/minor>
 - If you need to make changes email: advising@arizona.edu
- The Target GPA Calculator on ARC website is down currently, but the ARC team is working on getting it back up soon!

Adjourn

Link to join via ZOOM: <https://arizona.zoom.us/j/87825743204>

- Please virtually log in with your first and last name so we can track your attendance :)

UPAC Co-Chairs for 2020-2021 school year

- Christopher Cruz - cbcruz75@arizona.edu
- Megan Cunningham - mac990@arizona.edu
- Sean Kramer-Lazar - sikrame@arizona.edu
- Jackie Rindone - jrindone@arizona.edu

*To request to present at a future UPAC meeting, please email the UPAC Co-Chairs

**To get added to the UPAC listserv and receive UPAC emails, email the [Advising Resource Center](#) (ARC) at advising@arizona.edu

***UA Advisors can send relevant emails to the UPAC listserv by emailing: UPAC@list.arizona.edu