

# CASA First-Year Family Newsletter

October/November 2023 Issue

**MINES** | Center for Academic  
Services and Advising

Welcome to the CASA First-Year Family Newsletter! This opt-in newsletter will be sent out three times per semester to help keep parents, families, and guardians up-to-date on academic advising for the first-year student. We will feature different advisor profiles, academic services, tips to support your student, programs, and important dates each month.

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## Important Dates

- Fall Break (no classes, campus open) - October 16th-17th
  - Last day to WITHDRAW from individual courses - November 17th
  - Priority Registration for Spring 2024 - November 13th-17th
  - Thanksgiving Holiday (no classes, campus open) - November 22nd
  - Thanksgiving Holiday (campus closed) - November 23rd-24th
  - Click [HERE](#) to see the full academic calendar online
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## Advisor Highlight:

### Sadie Downs

**Sadie advises first-year students with last names E-J**



**About Sadie:** Moved around a lot as a kid, but went to high school and college in Colorado. Roller Derby, Star Wars, and fun facts/trivia enthusiast. Favorite thing about Golden is hanging out by the creek.

**Advice from Sadie:** There's a phrase in long trail hiking: "hike your own hike." Everyone brings their own skills, experiences, and struggles to Mines. Your journey is yours, and you can choose which paths to take, but you are not alone! Use people along the "trail" as support (including us - that's what we are here for!), but be cautious of comparing yourself to them. More likely than not, they have their own obstacles.

# Student Staff Highlight:

## Matthew Brahler - CASA Peer Advisor



**About Matthew:** I am a sophomore following my passion pursuing Electrical Engineering with a minor in Computer Science. My hometown is beautiful Highlands Ranch, CO and I enjoy spending time with friends playing Dungeons and Dragons, video games, or just busting through some homework. Nothing beats the feeling of finishing a long assignment, making yourself some tea, and playing games with your friends! Don't be afraid to say hello if you see me around campus!

**Advice from Matthew:** Successful students proactively complete assignments and utilize their resources to the fullest. Mines is hard and that's a fact! Preparation is key. Making sure you don't fall behind, ensuring you are always working to understand the content, and pushing yourself to study with others can greatly increase your success. Remember that you are never alone, there are always people in the same situation. Reaching out to assemble a study group or prepare for an exam are brilliant ways to help make yourself successful. If you ever get stuck, don't hesitate to use CASA's many support systems, all of which are free. My most important advice is the simplest, enjoy yourself! College can be stressful, but making sure you are putting yourself out there will help you feel better and help you perform better in class. Laugh often, study hard, and have fun!

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## Tips and Tricks to Help Your Student

- Studying for exams can look very different in college than it did in high school or at a previous institution. Some helpful study tips are:
  - Start studying a week in advance of the exam. Spreading information out over several days helps with memory retention.
  - Create a study schedule of items to cover each day. A little planning up front will keep study time organized and efficient.
  - Use the [Pomodoro Method](#) to help manage breaks and maintain focus.
  - Get a good night's sleep.
- Asking for help can be difficult and sometimes daunting for many of our students. Here are some tips on asking for help:
  - Encourage students to go through the homework or material before going to faculty office hours or visiting a tutor and pick out specific questions or material they want help with. This can help with anxiety about not knowing what to ask.
  - Think of the best way to communicate for you student. If approaching faculty or staff in person makes your student nervous, encourage them to send an email first to break the ice. Click [HERE](#) for some great tips on how to email a professor.
  - Remember, the faculty and staff are people too and we don't expect students to know it all. We are here to help, ask us questions anytime.
- CASA offers great online resources for time management, study skills, and academic wellness. Click [HERE](#) for the full list of resources.
- All first-year students are enrolled in our advising Canvas course. Canvas will have information on degree plans, registration, academic policies, minors, and more.

# Academic Support: Core Review Sessions

Core Review sessions are led by proven student facilitators with guidance from a respective faculty before exams and during key times of the semester. Additional, facilitators are available during office hours for additional one-on-one help. Sessions provide a fresh set of practice problems created and refined by each facilitator and faculty and is a great place to ask questions.

<https://www.mines.edu/casa/academic-support/csi/>



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## Registration for Spring 2024 Classes

Priority Registration for Spring 2024 classes is November 13th-17th. Here are some helpful things to know about registration:

- Your student will receive an email from the Registrar's Office in late October with registration information as well as the day and time their registration window opens. For most first-year students this will be Thursday or Friday of registration week.
- CASA will be offering registration workshops to help students learn how to register for classes and how to navigate finding and using their degree plan. The CASA Advising Canvas page will also offer a recorded workshop option for students to reference. Click here to learn more about First-Year Advising Workshops:

<https://www.mines.edu/casa/spring-2024-advisement/>

- Students will be using Trailhead and the Geode Schedule Planner to plan and register for spring classes:

<https://www.mines.edu/registrar/geode-schedule-planner/> and

<https://www.mines.edu/registrar/ssb9/>.

- The best place to find degree plans is in the Catalog:

<https://catalog.mines.edu/>

- For more information on registration visit:

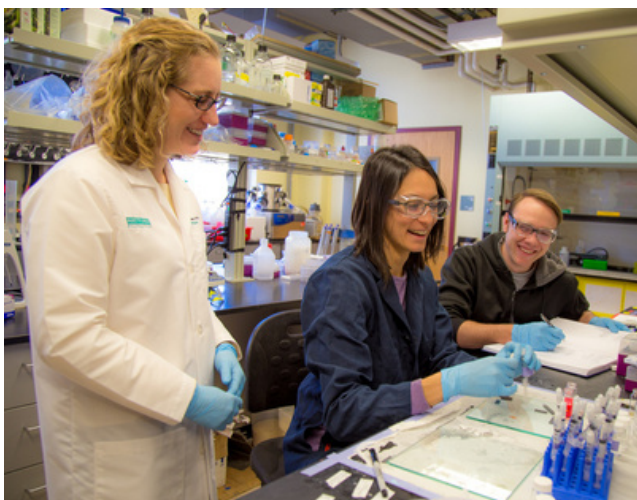
<https://www.mines.edu/registrar/registration/>

# Check out these programs!

## Chemical & Biological Engineering

Chemical Engineering is a broad field encompassing everything from design to large-scale manufacturing of a wide variety of products through chemical and biochemical processes. These products include pharmaceuticals, pulp and paper, petrochemicals, fine chemicals, specialty chemicals, microelectronic devices, polymers, and products used in food processing and biotechnology.

<https://chemeng.mines.edu/>



## Quantitative Biosciences & Engineering

The QBE interdisciplinary program provides rigorous training with an interface between biology and math, computer science, and chemistry. Some of the most transformative science and engineering happens at the interfaces between topics; thus, this is the QBE program's primary goal. This interdisciplinary program will produce the next generation of quantitatively trained scientists needed for innovation in the biological sciences and other disciplines.

<https://qbe.mines.edu/>

## Chemistry

Chemistry is the field of science associated with atoms and molecules. It focuses on the behavior and properties of matter, the relationship of energy with the bond-forming and bond-breaking reactions that dictate chemical processes, and the creation of nanoscience and nanotechnology. It is often considered the central science, linking the physical sciences with engineering, medicine, and life sciences.

<https://chemistry.mines.edu/undergraduate-program/>



## Biochemistry

Biochemistry is the field of science concerned with the chemical and physiochemical processes that occur within living organisms. It focuses on molecular genetics, protein science, and metabolism. Almost all areas of life sciences are being uncovered and developed by biochemical methodology and research.



<https://chemistry.mines.edu/biochemistry-degree/>

## Engineering Physics

The Engineering Physics degree combines a deep understanding of science fundamentals with the practical knowledge and skills of engineering practice and design. In addition to core courses required of every student at Mines, physics majors tackle advanced topics in mechanics, electromagnetism, thermodynamics, electronics, and modern physics.

<https://physics.mines.edu/>



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## FERPA - Family Educational Rights to Privacy Act of 1974

The Family Educational Rights to Privacy Act of 1974 (FERPA) is a federal law that protects the privacy of student educational records, affording them certain rights with respect to those records. FERPA gives students who attend Mines the right to inspect and review their own education records. Furthermore, students have other rights, including the right to request amendment of records and to control the disclosure of personally identifiable information from those records.

<https://www.mines.edu/compliance/ferpa/>

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## Contact CASA

[casa@mines.edu](mailto:casa@mines.edu) | 303-384-2600

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