



Dual Digest

NEWSLETTER

DUAL ADMISSION

Winter 2021 Volume 3, Issue 6

WELCOME

Dear Dual Admission Students,



I hope that you are having an excellent Winter semester! As we get closer to the end of the academic year, some of our dual admission students are finishing up their undergraduate programs and are getting ready to transition to their graduate/professional schools. While we will not be able to hold an in-person dual admission pin ceremony this year, we will be reaching out to our successfully transitioning students to set up arrangements for them to pick up their pins, which they will be able to display at our commencement ceremony in May. We wish you a strong finish and a great start, and much success moving forward!

Our returning students are working hard to maintain or improve their strong academic performance, while engaging in many other exciting and productive activities. Our first-year students are hopefully adjusting to college life and building the foundation of their profiles as successful college students.

I would like to take this opportunity to thank our Graduate Assistant, Kristin Hawthorne, who is also serving as co-editor of this edition of the newsletter. She has been our GA for two years and is graduating from the master's program at the end of this semester. Many of you have had the opportunity to work with her and we hope you join us in thanking her for her support of the dual admission program and wishing her the best in her future professional roles.

I wish you all a strong finish to the semester! Stay healthy and safe!

Saul Sztam, Ed.D.
Assistant Dean, College of Undergraduate Studies

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A LETTER FROM THE EDITOR

Hello Dual Admission Students!

As we return to campus from a challenging year, we continue to push through and overcome any obstacles that come our way. I am so proud of all of you for your continued hard work, perseverance and ability to adapt. Thank you to our Dual Admission Ambassadors for being engaged and having the dual admission community in mind throughout this 2020-2021 academic year. You've been committed to making this year one of continued opportunities for our Dual students. A special shout out to our Graduate Assistant, Kristin Hawthorne, who is spending her final term of her last year with us. You've been a wonderful addition to our team and the dual admission student community. I have no doubt you will go far! To my Dual students, I wish you a great rest of the semester and good health!



Go Sharks, Fins Up!

Desiree Rivera, M.A.
Dual Admission Newsletter Editor and Dual Admission Ambassador Advisor

A MESSAGE FROM THE DUAL ADMISSION GA

Hi everyone!

I hope you are doing well and staying safe this semester. I know that you have a lot going on and are working hard to do well in all your courses. Make sure to take advantage of the resources available on campus to help you succeed. Professor office hours, SI sessions, and the Tutoring & Testing Center are all great resources that are free to you as an NSU student. Additionally, with all the stress of school and life that you may be carrying right now, try to take some time for self-care and destressing. Try to make time to fit in whatever kind of self-care you enjoy into your busy schedule. As always, I am always here for you so do not hesitate to reach out if you need anything. Good luck this semester!



Best,

Kristin Hawthorne
Graduate Assistant for the Dual Admission Program

DUAL ADMISSION AMBASSADORS 2020-2021

Are you are interested in becoming a Dual Admission Ambassador?? All dual admission students will be sent an email in the Fall with the application and more details.

Pictured are some of our 2020-2021 Dual Admission Ambassadors from our first meeting!



EVENTS

Look back at the Fall 2020 Speed Meet and Greet

Hosted by the Dual Admission Student Ambassadors

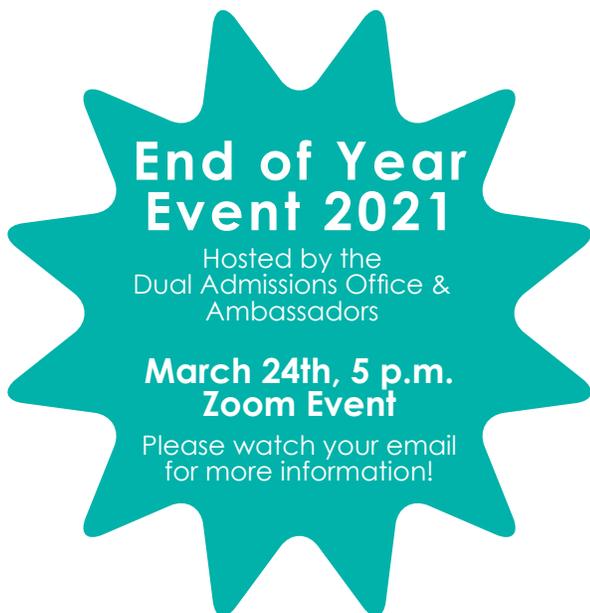
In the year 2020, the value of community spiked as individuals were forced away from normalcy and into quarantine. Transitioning into college is challenging enough as it is, let alone when it is done remotely during a pandemic; the Dual Admission Ambassadors recognize the importance of unity during such emotional turmoil, so we worked diligently to organize an event promoting cross-disciplinary socialization.

Catered to freshmen, the Speed Meet and Greet was hosted in November entirely on Zoom with over sixty participants spread across North America. Sommer Sandler, a Dual Admission Law student, and Ambassador, spoke of the function, "This was an event that welcomed all of the new students and gave them a chance to connect personally." Attendees were split into new breakout rooms every six minutes for icebreaker questions that allowed students from various programs to interact. From passion projects to family traditions, we were able to connect through interests other than academics and exchange contact information or social media accounts to stay in touch.

Lindsay LaCroix, a freshman Dual Admission Speech-Language Pathology student, expressed her appreciation for the event, "By being able to connect with others who are in the Dual Admission program, I was able to feel more a part of the community here at NSU. This event was amazing because it allowed everybody to come together from all of the different fields of study within the program and just get to know each other better."

The Ambassadors hope this experience helped participants feel more at home in the Dual Admission community, and we are looking forward to future opportunities to get to know each of you!

Alexandra Lueck
2020-2021 Dual Admission Ambassador



Pre-Health Winter 2021 Events

Hosted by Career and Professional Services (CAPS)

Resiliency Workshop
Thursday, February 25, 12:30 p.m.

Dealing with a Difficult Patient in the Virtual Space
Thursday, March 4, 12:30 p.m.

How to Navigate a Virtual Career Fair
Thursday, March 11, 5:00 p.m.

Wake Up Pre-Health Sharks: Applying to Professional School
Thursday, March 18, 1:00 p.m.

Marine Science and Environmental Science Fair
Monday, March 22, 10:00 a.m.

Psychology, Neurology, & Non-Profits Fair
Monday, March 22, 2:00 p.m.

Pre-Health, Exercise Science, & Research Fair
Tuesday, March 23rd, 11:00 a.m.

Wake Up Pre-Health Shark: Interview Skills
Thursday, April 1st 1:00pm

What's Next... After NSU? Job and Graduate School Planning
Tuesday, April 6th 5:00pm

Pre-Health Mock Interviews
Wednesday, April 7th 5:00pm

DID YOU KNOW?!

NEW PROCESS COMING SOON

There will be a process change for requesting a dual change request as early as this Winter 2021 review period.

Examples of dual change requests include, but are not limited to requesting a gap term or a change in transition year.

Up to date details on how to submit a dual request will be available in early April on our website at nova.edu/undergraduatestudies/dual-admit/current_students



Tips for Success

Make A Schedule

Having to take all of your courses online can be a lot more challenging than in person classes. Make sure you are sticking to a schedule just like you normally would if you were taking your classes in person. Keeping a schedule can help you stay on track and be more productive. Make sure to schedule time to study for each of your classes during the week. This can help ensure you are giving each course enough attention. Lastly, schedule in study breaks. Study breaks can help break up long hours of studying and help you be more productive in the long run. Timers can be a great way to keep track of time.

Use Your Resources

Don't be afraid to ask for help! The Tutoring and Testing Center is a great resource to use for one on one tutoring. As a student you have access to free tutoring in the center. If your classes have SI instructors, make sure to go to the SI sessions to get help and extra practice before exams and quizzes. Last but not least, go to office hours! These are great opportunities for you to ask specific questions to your professors and get that extra help you need to succeed.

Take Care Of Yourself

College is a very stressful time between classes, work, personal life, etc. Being in the middle of a global pandemic and having other outside stressors added on top of the normal stress of college can be a lot to handle. It is important that you are taking care of your physical and mental health. Take time to destress. Whether that is taking a walk, watching a movie, or whatever works best for you. Taking time to destress and rest can help ensure you are staying in the best shape to do well in your classes. If you aren't doing well mentally or physically, that can begin to impact your classes and grades. Make sure you are doing things to take care of yourself each day. Don't be afraid to ask for help if you need it.

Reminders:

No
Spring Break

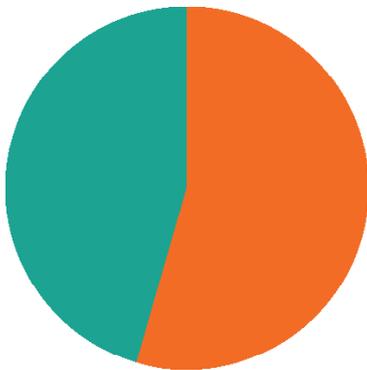
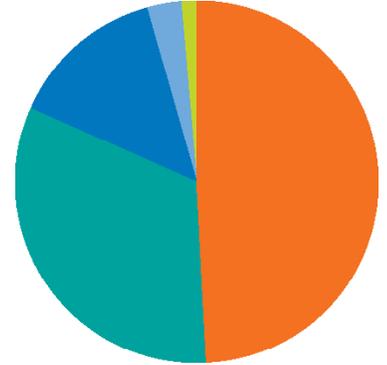
No Classes
Friday, March 5

Turn Your
Clocks Forward
on March 14

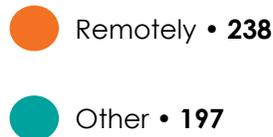
DUAL ADMISSION STUDENT POLLS

Thank you to the 435 students who took the time to participate in the short poll we sent in February! View the results below to see how your answer compares to the rest of the Dual Admission student community.

Where is your favorite place to study on campus?



Are you taking class remotely or using the Blend Flex model?



What is your favorite way to destress after midterms?

