How Are You Doing?
How have things been going? What does your world look like right now? Take a few minutes to fill out this quick ‘temperature check’ survey. The information collected will help us to improve the services and resources we offer to help meet your needs. We want to support your success however possible.
We are here for you!
TAKE OUR SURVEY

More Zzzs for More A's!
The Benefits of a Good Night's Sleep - Shai Marcu

Online Tutoring Services
The Coles College Tutoring Center is now online by appointment only. In order to allow for all students to receive help:
- Sessions will be limited to 30 minutes per tutor per day.
- Back to back sessions are not permitted.
- No Information Systems courses will be offered.

Don't forget our tutors are still here to help you!
Visit our website for more information or email colestutoring@kennesaw.edu.

Virtual Reception Desk
The Coles College Advising Center will be opening up our reception desk virtually. Students can now hop on a Microsoft Teams call to ask our student assistants general advising questions.

Hours for our Virtual Reception Desk are:
- Monday: 9am - 3:30pm
- Tuesday: 9am - 3:30pm
- Wednesday: 9am - 5pm
- Thursday: 9am - 3:30pm
- Friday: 9am - 5pm

Visit our website for more information and the link to the virtual reception desk!

Flight Academy FAQ
Are You Enrolled in a BUSA Class This Summer?
If you have questions about navigating the Flight Academy, please drop onto Microsoft Teams (click here) from 12:30 PM- 1:30 PM on Tuesdays and Wednesdays for Flight Academy office hours. Answers to frequently asked questions are below!

Career Planning and Development Workshop
We would like to hear from you!
Have you attended any Career Planning and Development workshops? Are there any relevant topics that you think we should cover during these workshops? Send us your suggestions through this quick survey.
We are here to serve you!

Bouncing Back From a Cancelled Internship or Rescinded Offer
Your hard work and effort paid off, and you received an offer for an amazing internship experience. However, due to the COVID-19 pandemic, your employer was forced to cancel your internship and rescind their offer. What should you do next?
This document from the Department of Career Planning and Development has some great and answers and tips for bouncing back during these uncertain times.
We are here for you!

Tips From a Career Advisor:
Taking on a New Project
Consider one project you can start in the next 24 hours that will benefit your professional life one month from now. Your first step in this project could look like:
- Ordering a career centric book off Amazon such as Designing Your Life by Bill Burnett and Dave Evans.
- Logging in to your LinkedIn Profile and reaching out to 10 Kennesaw State University Alumni currently working in your intended field.
- Taking a quick glance at your resume and cover letter.
- Organizing your at-home work space.
- Starting a project you've been procrastinating with one small step today.

Use today to reflect on one thing you'd like to accomplish in the next month and start the first step as soon as possible, even if that first step means simply writing out the process in your planner.
By breaking down bigger projects into bite size pieces, you will surprise yourself with how well you've done without feeling much stress at all.
Make things easier for yourself this month, by beginning something important today!

Take a Break Brain Teasers
Stroop Test
Quick — say aloud what color you see in every word, NOT the word you read.
Go from left to right, from top to down. Ready. Set. Go!

"Let go of the thoughts that don't make you strong."
-Karen Salmansohn

Connect for Success
Resources at Your Fingertips
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