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

GO OWLS!

A Message From the Coles College Undergraduate Programs

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. Starting on May 11th, students will be able to hop on a Microsoft Teams call to ask our student assistants general advising questions.

Hours for our Virtual Reception Desk are:

• Monday: 9am - 5pm
• Tuesday: 9am - 5pm
• Wednesday: 9am - 5pm
• Thursday: 9am - 5pm
• Friday: 9am - 5pm

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

Creating a Productive Workspace

1. Find a quiet and clean area
2. Have good lighting
3. Turn phone notifications off
4. Make a to-do list
5. Add calming items such as a plant, scented candle or a favorite drink

Graduating During COVID-19

If you are feeling confused or overwhelmed about graduating in the era of COVID-19, The Washington Center has a guide with some helpful tips for you.

This guide introduces a variety of resources, ideas and mindsets you can utilize to manage launching a career in times of uncertainty.

Find your wings!

Bouncing Back From a Cancelled Internship or Rescinded Offer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:

How to Stay Motivated During This Time of Social Isolation

Remember your why:

Think about why you are in school and how pursuing your degree will progress you towards your future career goals. Ask yourself about what values and skills you possess and how they will help you stay motivated during this time. Reflect on how staying motivated academically and professionally will positively impact your future self 3 months from now.

Set small daily goals:

Write out things you would like to accomplish this week. What assignments need to be completed for your classes? What professional development tasks can you accomplish (e.g. create a LinkedIn account, attend a virtual workshop)? What self-care practice can you focus on this week?

Stay connected:

Schedule times to talk with friends and family. Find creative ways to interact with others like creating a gratitude tree or find a friend or group to set daily challenges! Attend virtual workshops hosted by KSU’s Counseling and Psychological Services. Remember, we are all in this together!

Take a Break Brain Teasers

Find the answer to this and many more brain teasers here!

"Accept the challenges so that you can feel the exhilaration of victory."

-George S. Patton