

SEPTEMBER 2022



Welcome Back, Cardinals!

At the Center for Academic and Career Success we provide the guidance, resources and support that lead you to academic and career success. Whether you need help forming an academic plan or choosing a career pathway, our integrated approach provides individual support that helps you flourish in your studies while helping you prepare for a career that will bring you joy and satisfaction.

What's In The News



7 Ways to Start Strong in College

Whether it's been five, ten or fifteen years since you've been in school, you can still start your classes off strong. Laying a good foundation will be vital to reducing stress throughout the program. These seven steps will help create good habits that will follow you throughout your program and give you the space and time to figure out what works best for you.

[Read more on the blog](#)

5 Things To Do If You Don't Have An Internship This Semester

It may seem like everyone around you has an internship and is therefore an infinite number of steps ahead of you. That isn't necessarily true and does not make you a failure. Don't let yourself stress about it all semester or worry that you're falling behind. Instead of focusing on what everyone else is doing, take this semester as an opportunity to pay more attention to yourself.

[Read more on the blog](#)



★ Reminders

9/06
Study Skills/
Tutoring
Opportunities

9/7
Last Day to
Register or
Add/Drop

9/23
Fall 2022
Hybrid
Career Fair

9/26-27
How to
manage
Social Media

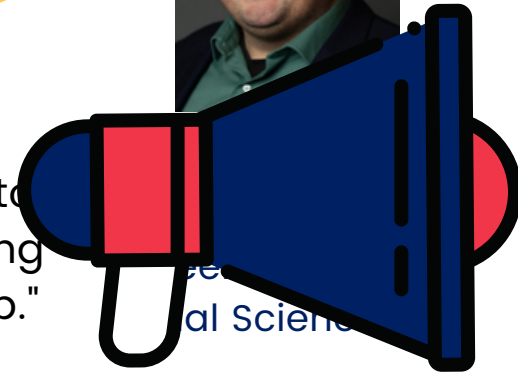
[Click here for more
upcoming events](#)

Meet The Staff

Who should I talk to
about planning for
next semester's
classes?

"Feel free to set up an
appointment with your ACA to
talk about what you're thinking
about! We would love to help."

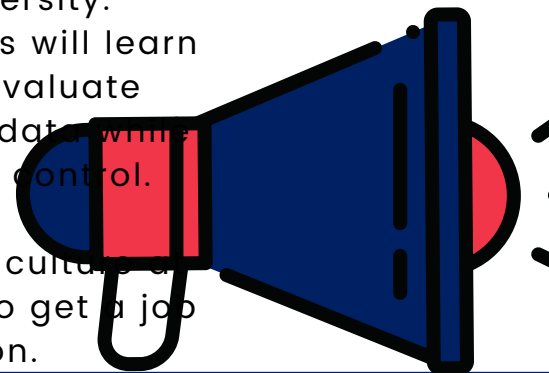
[Read more on the blog](#)



Student Spotlight: Nicholas

Rooted in his love of Math, he is
pursuing a Bachelor's in Mechanical
Engineering and is in the Accelerated
program at Catholic University.
During his internship, Nicholas will learn
how to test systems and evaluate
qualitative and quantitative data while
providing important quality control.

Nicholas loves the company culture at
Lockheed Martin and hopes to get a job
there after graduation.



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