All students majoring in music must complete their placement examinations on Monday, August 17, 2009 in Childers Hall. Professor Royal, former chair of the Music Department provides the following schedule:

2 p.m. Theory Placement Examination Dr. Randolph Room 3001
3 p.m. Piano Placement Examination Dr. Timbrell Room 3025
**PERSONAL WORKSHOPS**

**Beating the “Freshman 15”**
According to a Cornell study, freshmen gain up to 9 pounds in their first three months on campus. In this workshop, participants will learn the basics of life style changes that promote healthy living.

“During their initial 12 weeks on campus, freshmen gain weight at a rate 20 times that of the average adult.”

Michael O’Shea, Ph.D.

**Parents Only: How to Be Supportive and Let Go**
We know it is difficult leaving your son or daughter for the first time in an unfamiliar setting. What is the difference between being supportive and creating a dependent relationship with your son or daughter? How do you draw the line?

**Development**

**Healthy Relationships**
Are you concerned about your relationship with your future roommate? Are you looking for love in the wrong places? Will you establish a rapport with your instructors? Building healthy relationships without compromising your beliefs is addressed in this workshop.

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**CAREER DEVELOPMENT WORKSHOPS**

These workshops are for students planning to pursue degrees in professional schools.

- Law
- Pharmacy
- Allied Health Sciences
- Pre-Health Professions
- Medicine
- Dentistry
- Podiatry
- Optometry
- Veterinary Medicine
- Public Health
- Chiropractic

The Center for Pre-professional Education and faculty from departments throughout the College of Arts and Sciences will discuss curricula, programs and organizations that prepare you for national tests and entry into the professional schools.

**How to Become a Commissioned Officer**
There are opportunities for scholarships, room and board and a monthly stipend while you are a student as well as a rewarding career upon graduation and commissioning. You can have a career in the armed services that is comparable to one in the private sector—attorney, medical doctor, dentist, physicist, chemist, mathematician, human resource manager, historian, statistician, etc. Get your questions answered in this workshop. Howard University has an Army and an Air Force ROTC detachment.

**Certification in Non-Profit Management and Community Development**
Are you the type of person who likes to give back to the community? Is your ultimate goal to be associated with non-profit organizations that work with youth, the aging, community development, homeless, etc.? There are many opportunities to serve, and for those who are ready for the challenge, we can prepare you. Learn about the College’s interdisciplinary minors in community development and certification in non-profit management.

**Preparing for a Career in Teaching**
Are you interested in the University’s four and five-year certificate programs in education. In the five-year program, you can earn a bachelor’s degree in the College of Arts and Sciences, Master’s degree in the School of Education and a teaching certificate. Find out about the Rand scholarship for students pursuing a career in teaching. Visit the School of Education in Academic Support Building A.

**SPECIAL NOTE**
BS/MD, pre-med, pre-dent, pre-health professional, and pre-law students are advised through the Center for Preprofessional Education, Room 518, Howard University Center, 202-238-2363, preprofessional@howard.edu.
Professional Development

Domestic and International Exchange Programs

Students in the College of Arts and Sciences also participate in international and domestic exchange. This workshop provides information on the application process, academic requirements as well as the types of experiences one may expect in these programs.

Howard University Science and Mathematics Program

This workshop, designed for Biology, Chemistry, Physics and Mathematics majors, provides information on the resources available for academic success through tutoring, research opportunities, internships and so forth. Students will tour the Beltsville Science Facility to meet researchers in the area of climatology and atmospheric science.

The “How to” in Applying for Scholarships and “Where are the Scholarships”

Jessica Johnson, CEO of Minority Scholarship Quest and HU alumnae, raised over $200,000 worth of scholarships while attending Howard University. How did she do it? She is willing to share those tips with you. Make sure you bring pen and paper because she is a wealth of information. Once you hear the tips, where should you apply? Paulette Johnson, Regional Development Director of the United Negro College Fund, Inc. will guide you to the opportunities. September 2009

Prestigious Scholarships and Research

Three 2009 graduates are recipients of Fulbright Scholarships: Florence Maher, a double major in political science and economics; Justin P. Dunnavant, a double major in history and anthropology; and Kelly McCray, a double major in English and Greek. Hamilton Cunningham, a major in economics, is a recipient of a coveted Truman Scholarship for 2009. The College has also produced two Rhodes scholars from History and Classics. How do students prepare for these highly competitive scholarships? Find out at the research/fellowship fair on September 22, 2009 in the Blackburn Center Ballroom.

Workshops for Academic Success

Study Skills/Time Management

Classes, studying, socializing, student activities, community service, etc. Does this overwhelm you? Effective time management and study skills are key to academic success when trying to experience all that Howard has to offer. Tips on note-taking, listening and test-taking techniques are highlights of this workshop.

Advising: Your Role to Academic Success

Academic advising in the College of Arts and Sciences is a serious undertaking involving the faculty and the Educational Advisory Center. Your advisors should assist you in matching an academic program with your life objectives and personal interests. To achieve these goals, you must establish a rapport with both your academic and College advisor and make appropriate decisions.

Time management and good study habits will free you to enjoy other activities.

“Effective time management and study skills are key to academic success when trying to experience all that Howard has to offer.”

Immunization Reminder

Have you sent your records to the Student Health Center?

********IMPORTANT********
Established in 1868, the College of Arts and Sciences is Howard’s oldest and, with an enrollment of approximately three thousand students, its largest academic unit. In addition to having nineteen-degree conferring departments, the College provides instruction in core courses to all undergraduate students in the University.

As Howard’s Flagship, the College of Arts and Sciences embraces the institution’s mission, providing among other things, a first-class educational experience to all undergraduate students.