

# Academic Advising UPDATES

Fall 2024 Semester



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Meet Your Student Navigator

Meet with a Counselor



## Be One of the First 50 Students to Answer These Questions

**Respond by 11/3/24**

What are your top time wasters?  
What's your average screen time?  
Share two things you could do to  
decrease this number.

Submit your answers to the three questions below, along with your Name & Student ID# & then email [wgray@atlanticcape.edu](mailto:wgray@atlanticcape.edu) for a chance to win one of two \$50 Follett Bookstore gift cards.

# Top Time Wasters that Detour College Student Progress

**Don't Let them Stop your Progress!**

Binge watching shows  
Social media  
Video games  
Procrastinating  
Socializing  
Sleeping

What are your time wasters? The first three on the list can all be done just by using your phone. Do you know how much time you spend on your phone? What would you guess is the number? Check your phone's settings and look for your screen time. Was the time spent more or less than you guessed?

It is important to know that the higher the average phone screen time is, it takes away time you could be studying. For example: *An average of six (6) hours of phone time translates into four months per year of just looking at the phone!*

What can you do to decrease the number? If your screen time is high, then we suggest implementing effective time management strategies, such as identifying dedicated study time and limiting your screen time. Take regular breaks and create a technology free study zone. Set goals and boundaries. **We want you to be successful.**

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## Fall Advising Events

Join the Fun & Learn Some New Things!

Join your Advising team and get ready to ace your next test or quiz! Plan to meet with Tutoring & Student Success staff who can help you design an effective study session, learn about different learning styles, and how to care for yourself so you can be the best student you can be. Learn to use your Study Style effectively & grab some brain-friendly snacks to fuel your study session.

[Find Advising Events](#)

A graphic for a 'Brain Food Study Session'. It features a woman looking up and to the right, a speech bubble containing the text 'Brain Food STUDY SESSION' and illustrations of various fruits and vegetables, and a stack of books. Below the graphic are two event details boxes.

Mays Landing Campus - Library	Mays Landing Campus - Stem Lobby
December 3	December 4
11 a.m. to 1 p.m.	4:30 p.m. to 6:30 p.m.

# What Do Your Classmates Say You Need To Be Successful in College?



Join or start a study group	Set limits	Stay healthy: healthy life, healthy brain
Stay positive bounce back	Ask for help	Make a list for each week's work
Plan your homework	Ask questions	Get all the books & supplies needed for class
Break tasks into smaller steps	Prioritize tasks	Find a quiet place to work without distractions
Don't wait until the last minute	Avoid cramming	Do your classwork first before getting distracted
Take short breaks in between classes	Set realistic goals	Turn off your phone so you can concentrate
Use a planner/Reminder App/Note		



## Learn Another Language

**Atlantic Cape Connect:** Students now use Atlantic Cape Connect portal to get to your college accounts. It is based on cards, which provide information or links to other web pages including Self Service, Blackboard Learn, your schedule, and other important information. You are able to interact with these cards and click through on the cards to open the web pages. Enter your username with your Atlantic Cape Self Service username followed by [student.atlanticcape.edu](mailto:student.atlanticcape.edu) e.g. [johnrsmith@student.atlanticcape.edu](mailto:johnrsmith@student.atlanticcape.edu)

**Buccaneer Email:** Your college-assigned email account. Your email login was provided in your acceptance letter from the college. If you are not sure of your email address, check your Self Service account to review your email addresses under Academic Profile>My Profile. You are always required to use your buccaneer email for registration questions, advising, or any other requests.

**Financial Aid:** FAFSA (Federal) and HESAA (State) applications must be completed once year. Financial aid is for a school year (fall/spring/summer). Once you file, wait about 7-10 days and check your *Self Service* Financial Aid Account information for required documents. Complete, hand-sign and upload these so your eligibility can be determined. Your financial aid is not complete until this is done, reviewed and posted on your account, under awards. It is the student's responsibility to confirm any aid is ready to use and applied.

**Prerequisite:** A course(s) students must successfully complete before being allowed to register for a more advanced course in the same or related subject area. Typically, grades of "C" or better are required to move on to other courses.

**Program Requirements:** Courses that form the basis for your academic major (program/degree) and are essential to completing that program for meeting license or certification requirements. These are the courses shown on *Self Service* when you view your Progress. Typically, students taking about 15 college credits/semester may be able to graduate in two years (not including developmental coursework). Meet with an Advisor to plan your degree straight through to graduation.

**Registration:** Selecting course(s) & section(s) and adding it to your schedule. This is different than pre-planning. *Registering is official & incurs tuition & fee charges & means you have "saved" your seat in the class.*



## ACADEMIC CALENDAR

### Fall Semester

Last Day to **Withdraw (No Refund):** 11/8

### 2nd 8-week Class Session

50% Refund by 11/1

Withdraw by 11/22

### 13-Week Cape May Seasonal Semester

Last Day to Drop with Withdraw Grade: 11/15

### Winter & Spring Registration

Returning Students: 11/13

Open Spring Registration: 11/14

Thanksgiving Break College Closed: 11/28-12/1

Finals Week-Full Semester: 12/16-12/21

Winter Break - College Closed: 12/24/24-1/1/25

Winter Session Runs 11 Days (No Weekends): 1/2/25-1/16/25

**Always** check with Financial Aid Office before dropping or withdrawing from class.

## Important Reminders Regarding VA Education Benefits



A VA transmittal form must be completed for EACH semester that you wish to use VA educational benefits. *All remedial classes must be taken in person.* Remedial courses taken online will not be certified and must be paid out of pocket or with financial aid (if eligible). Any changes in enrollment (add, drop, withdraw) must be reported to the email below or by submitting an updated VA Transmittal form. *All courses must be required in your degree program.* Students must maintain satisfactory academic progress. If you fail or withdraw from too many classes your benefits may be terminated and/or you may have to do a financial aid appeal in order to regain your VA educational benefits.

[Find VA Education Benefits](#)

Need more information?  
Contact: [finaid@atlanticcape.edu](mailto:finaid@atlanticcape.edu) or  
609-343-5082

## Work-Study What to Know

### What is Work-Study?

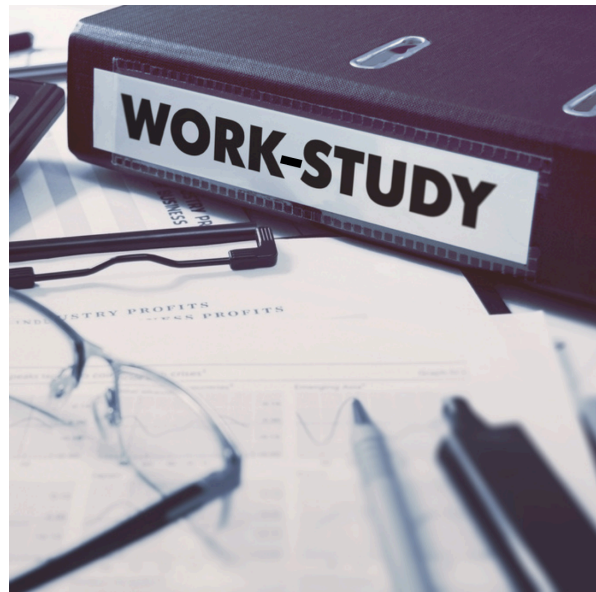
A federal program that provides students with an opportunity for on and off campus part-time employment, arranged around class schedules. This is designed to also provide students with real-world job skills. Employment is not guaranteed and is based on positions available and may require an interview with position supervisor.

### How Do I Qualify for Work-Study?

Are you ENROLLED in at least **six credits**?

Have you APPLIED for **FAFSA**  
(Federal Application for Financial Aid)?

Stop into a Financial Aid Office and see if you are eligible.



[More Work-Study Info](#)