

Welcome to CALS!



Congratulations!

Choosing NC State and CALS was a big decision. We're glad you did! Your journey to a great education and beginning a career starts today. Here's some tips on making the most of it. Check them out, and let us know how we can help.

*Dr. John Dole
Interim Associate Dean
Director of Academic Programs*

Learn From Every Experience

CALS is famous for teaching and research. You'll be working with faculty who are leaders in their fields. We're passionate about sharing the scientific fundamentals and practical skills you'll need to start your career. But your education isn't limited to what you'll learn in our classrooms and labs.

Take Time For Fun

- > Join clubs and do extracurricular activities. Studies show that students who meet different people and experience new things have higher GPAs and more interesting job interviews.
- > Get in some exercise at the gym or rec center.
- > Think about studying and traveling abroad.
- > Be part of a service learning project.
- > Do research projects in the lab or field.

But Remember Why You're Here

Extracurricular activities are great. But start slow. The difference between high school to college can be a bit overwhelming at first. You're smart – hey, you got into NC State! – but the amount of work is different and expectations higher. Getting good grades should be your top priority.

If you think you're struggling, reach out. Your instructors, advisors, friends and family all care. The CALS Academic Programs office is here for you too. Remember, the sooner you get support, the better.

CALS Academic Programs

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What makes NC State's College of Agriculture and Life Sciences so great?

North Carolina has one of the largest, most diverse agricultural industries in the nation. We develop, grow and market hundreds of different crops. Add in the state's life sciences industry – which creates the plants, animals and products that improve our world – and you have an unbeatable combination. No matter what career you're thinking about, you'll have great opportunities. We'll make sure you'll be prepared to take advantage of them.

Advice from CALS students and grads

- > **Work backwards.** Choose the job that you want to have one day, then do what you need to do to get there.
- > **Get involved.** Expand your network by connecting with peers and faculty around campus. It's fun, and it may pay off down the road.
- > **Think big.** An agriculture degree can take you a lot of places. Keep your mind open to possibilities.
- > **Get out of your comfort zone!**
- > **Don't give up.** You're going to make it, promise!
- > **Take summer classes.** You can get ahead – and take a harder class without being stressed out about a full semester load.
- > **You're not alone!** Don't be afraid to ask for help!
- > **Take advantage.** It's not every day you get to work with some of the best minds in their field. Make the most of your time in CALS!
- > **Take things one semester at a time.**
- > **Meet with your advisor.** Get to know them, and let them get to know you.
- > **It's your money!** Use the resources NC State provides. After all, you're paying for them!

NC State has a resource office for parents too! Contact Parent and Family Services at 877.568.5733 or ncsупarents@ncsu.edu

WE ARE HERE TO HELP YOU

We want you to get off to a great start. Here's a few thing we offer:

- > Special first-year experiences to transition into college life
- > Personal attention from faculty and staff research mentors and academic advisors
- > Undergrad research, hands-on training and internship advice
- > Networking with CALS alumni
- > Professional development workshops and events
- > Specialized veterinary and health profession advising

CAREERS HERE

Did you know CALS has its own Career Services office? Meet our career coach and get help with:

- > Individual Career Coaching
- > Major and Career Exploration
- > Resume Reviews
- > On-Campus Interviewing

Learn more and sign up at

cals.ncsu.edu/career

Meet employers in your field at the STEAM² Career Expo Oct 18 10am-3pm, Talley Student Union

Use your CALS Advising Team!

Your team, left to right: Joanna, Kimber and Tricia

Every CALS student is paired with a personal academic advisor (listed on your Degree Audit). You also have us – the CALS Advising Team.

We're here to explain the programs and opportunities at CALS – and offer unbiased opinions and advice to help you get off to a great start at NC State.

We're teaching your ALS 103 orientation course, so we'll see you weekly in class. Now that you know who we are, make sure you connect with us – we are here for you!

cals_advising@ncsu.edu or 919.515.2614





One big credit: ALS 103

Daniel graduated in 2015 and landed a job as a Sales Representative with Elanco Animal Health, after intern stints with Bayer CropScience, FFA National and Elanco.

Like every CALS student, he had to take ALS 103. Was it worth it?

“One of the best pieces of advice I can give you is to pay as much attention in ALS 103 as you can. The tactics, tips and strategies they teach absolutely help you succeed when you graduate.”

ALS 103 teaches you basics:

- > NC State's academic policies
- > Your responsibilities as a student
- > Tips for academic success
- > Creating good study habits

And practical things too:

- > Who's who at CALS and NC State
- > Where buildings are
- > How to add or drop a class
- > Resume tactics that work

ALS 103 may be the most important credit you earn. Don't skip it. Pay attention and it will pay you back!

Take time to manage your time

There'll be a lot going on when you get to State. If you feel overwhelmed, you're not alone. Here are some tips on how to balance your studies with the rest of your life.

Plan Your Work. Work Your Plan.

In high school, you may have been able to keep a mental 'to-do' list. In college, you probably need a more formal approach. Write things down!

Use a calendar app or planner. Assignments, quizzes or exams may fall on the same day – so record all your tasks and due dates.

Short-term isn't long-term. Separate the two. Both are important – so is being able to recognize each one's priorities.

One day at a time. This is the best way to keep from feeling overwhelmed. Finish what you 'have to' finish today – then worry about tomorrow.

Morning person or night owl? We're all different. Use your most productive times for your most important tasks.

Make time for you. Dinner with friends? Out of soap? Don't let personal stuff distract you when you should be studying. Put those dates and errands on your calendar too.

The Environment Matters.

Myspace is not old-school. Find a place to study that makes you comfortable and allows you to focus. There's the libraries of course, but there's also quiet nooks all over campus – or around town.

Focus and finish. Concentrate on one project at a time. Minimize distractions. Do those two things and you'll be amazed at how fast you can finish your work.

Not Working? Try Something Else.

New interests, passions, challenges, goals. It's a lot to juggle. Think about how you're spending your time and energy. Are you balancing all the balls?

A plan that works for you is a matter of trial and error. Don't be afraid to try something different.

Recognize when you are trying to do too much. That's the first step towards fixing the problem.

Ask for tips and suggestions. Ask your friends, professors or mentors. We've all been there – and are happy to share what works for us.

Relationships are the biggest cause of stress for college students. Are yours helping or hurting?



Hit the clubs

There are literally hundreds of clubs at NC State – and over 40 in CALS.

Our CALS Ambassadors (left) and the Agri-Life Council can help you find the right one – or check out getinvolved.ncsu.edu



Country music star – and NC State alum – Scotty McCreery with Wolfpack head coach Dave Doeren and Chancellor Randy Woodson at 2014’s Packapalooza.

IMPORTANT DATES

- Aug 12-14** Move-in weekend
- Aug 16** Wolfpack Welcome Week
CALs College Connections
- Aug 17** First day of fall classes
- Aug 23** Last day to add a course without permission
- Sept 5** Labor Day Holiday
- Oct 6-7** Fall Break
- Oct 14** Last day to drop a course with a “W”
- Nov 23-25** Thanksgiving Break
- Dec 2** Last day of classes
- Dec 7** Reading day
- Dec 5-14** Final Exams
- Dec 15** Winter Break begins
- Jan 9** First day of spring classes

CONNECT@CALs

Check the Academic Programs sites for all of the latest announcements, deadlines and events.



Howl yeah it’s Wolfpack Welcome Week!

Wolfpack Welcome Week (WWW) is our time to welcome you to the Wolfpack community. Learn about your new home, make new friends and build your own community at NC State. There’s about 100 events scheduled from bands to lighting the belltower red. Make sure you attend and create a solid base for your first year!

See how we roll August 12-20

Download the app: go.ncsu.edu/NCStateWWW



CALs College Connections Event

Tuesday, August 16th, 1-3pm
Scott Courtyard (grassy area behind Fox Labs)

New on campus? Come break the ice! Head to the courtyard to

- Enjoy free samples of CALs’ own Howling Cow ice cream.
- Get a free t-shirt and check out the CALs clubs exhibits.
- Show off your mad skills playing Bingo with the Dean.

Our College Connections Event is a great way to meet your new CALs classmates, the CALs Ambassadors and our faculty and staff.



ARE YOU READY FOR SOME FOOTBALL?

Parents & Family Day
October 1st vs Wake Forest

Homecoming
October 29th vs Boston College

CALs Annual Tailgate
November 19th vs Miami

For more information on Wolfpack Athletics visit gopack.com