

CASA Intro to Students - Subtitled.mp4

[00:00:01,290]Hi, my name is Ian Michel and I'm an Academic Success Coach at CASA, the Center for Academic and Student Achievement. On behalf of CASA, I'd like to welcome you to USF and tell you a little bit about what CASA does. From orientation to graduation, your CASA coach is here to coach you on how to be successful in your classes and at USF. Connect you to various resources on campus, provide a supportive environment, and help you develop important academic and life skills. Your success team is made up of your CASA academic success coach, that's us, and a major faculty advisor for each major or minor that you've declared. Your CASA coach is here to provide registration assistance, such as how to add or drop classes, help you with exploring majors and minors discuss academic options and university policies and procedures and provide personal support and advocate for you when life gets complicated

[00:01:00,290]Your major or faculty advisors, on the other hand, advise you about which specific classes to take and help you map out a four-year graduation plan. They can also be helpful in discussing internship opportunities, graduate programs, and career options specific to your field of study. When should you contact your success coach? You should reach out if you're struggling or have a low grade in one of your courses. You received an early alert email from one of your professors about a class you're taking. You're thinking about dropping a course or taking some time away from school. You're feeling unsure about your major or just want to explore other options? You want to get more involved on campus, such as by joining a club or finding activities. Or you just want a supportive person to cheer you on.

[00:01:50,190]Here are some things we recommend you do in your first year at USF. Schedule a meeting with your assigned CASA coach early on so they can get to know you and understand your goals, strengths, and potential challenges. Visit your instructors during office hours or meet with a tutor to get help in your classes. Check your USF email frequently. We send a lot of important messages about upcoming deadlines and other important information. And don't be afraid to ask questions or ask for help. Your success team and all the faculty and staff at USF are here to help you succeed. We hope you'll meet with us soon. To do so, you can call CASA or visit us on University Center, third floor, or go to our website. On our website, you can click a link to book an appointment with your assigned CASA coach, or, if you're in a rush and your coach isn't available, you can visit our drop-in hours, which happen every Monday through Friday on Zoom. And you can meet with any coach during drop-in hours, not just your assigned coach. We look forward to seeing you around campus and hope you'll come meet with us soon. Here are all the various ways you can connect with us.