UNPLUG FOR ACADEMIC SUCCESS

Smartphones, tablets, laptops, they’re a normal part of everyday life and the apps they contain are extensions of who you are and how you connect and communicate with others. However, games, videos, social media apps and others are also among the worst distractors when trying to study. What begins as a quick break to watch the hottest trending YouTube video can easily turn into hours of wasted time. Set boundaries for yourself to avoid the time vacuum; for example, no social media while in class or while studying.

EDUCATION ADVOCACY ORGANIZATION KICK-OFF MEETING

Tuesday, October 9 | 6:00 p.m. | 012 Willard Hall

This new organization of undergraduate and graduate students works to advocate for education and educators in Oklahoma. Free pizza will be provided on a first-come, first-serve basis.

OSU PAC INTERVIEW AND EVALUATION

Deadline: Friday, December 7th

Attention students applying to medical or dental professional school in summer 2019. The committee evaluates your readiness for professional school through a mock interview and provides you with an evaluation letter to admissions committees at the time of your summer application.

**OSU PAC Workshops**

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<th>Date</th>
<th>Time</th>
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<tr>
<td>October 15</td>
<td>5:30-7:30pm</td>
<td>417 Student Union</td>
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<tr>
<td>October 30</td>
<td>5:30-7:30pm</td>
<td>040 Student Union</td>
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For more information visit: [preprofessional.okstate.edu](http://preprofessional.okstate.edu)
Walk-In Wednesdays
8 a.m. – 4:30 p.m. | 360 Student Union
No appointment? No problem on Wednesdays. We will get you in on a first-come, first-served basis for help on discussing majors, resumes, interview prep, internship search, job search, etc.

Business Etiquette Dinner
Wednesday, October 3 | 6 p.m. – 8 p.m. | ConocoPhillips Alumni Center
It’s more than just a meal...it’s business. Knowing how to handle one's self with poise and confidence can go a long way in making a good impression. Formal dinner provided. A limited number of seats are available. Register here.

A complete listing of career events can be found online here.

EHA has a career consultant (Michelle Crew) who works one-on-one with students to assist with career related issues. Use the STAR System, call 405.744.6350 or email michelle.crew@okstate.edu to make an appointment.

Academic Advising

Need to schedule an appointment with your advisor? Log in here to access your advisor’s calendar and schedule an appointment.

Click the blue "Get Advising" button after logging into the STAR system to get started!

Follow us on social media!
**Seniors of Significance Award**
Seniors: Put an exclamation point on your OSU career! Applications are now being accepted for the Seniors of Significance Award presented by the OSU Alumni Association. **Apply before Oct. 1 at 5 p.m. here.**

**The Submission I Portfolio Deadline**
Deadline: Thursday, October 4
Attention Teacher Education Majors (Juniors)! Class-specific sessions or small group/individual assistance may be arranged by contacting Dr. Kathy Thomas at 405.744.1088 or kathy.thomas@okstate.edu.

**The Recreational Therapy Major's Club**
Thursday, October 4 | 6:30 p.m. | Colvin (room TBA)
The Recreational Therapy Major's Club sent students to a national conference for the American Therapeutic Recreational Association. The students who attended present what they learned at the next club meeting.

**Kappa Kappa Iota Meeting Dates**
- October 11 at 7 p.m.
- November 8 at 7 p.m.
- November 27 at 7 p.m.

For more information or questions, please contact secretary Jessica Werhun at jessica.werhun@okstate.edu

**3MT Competition**
Wednesday, October 24 | 3 p.m. | Willard Living Room
Graduate students will present a compelling spoken presentation on their research topic and its significance in just three minutes.
**Announcements**

**EHA AMBASSADORS**

The College of Education, Health and Aviation Ambassadors are a group of students who help recruitment prospective students at campus recruitment events, college fairs and individual meetings with prospective students. Ambassadors are expected to be knowledgeable about all EHA undergraduate majors and the OSU application process.

Apply here by **Wednesday, October 17 at 5 p.m.**

For more information, please contact Meredith Shepard at meredith.shepard@okstate.edu.

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**DID YOU KNOW?**

**Willard Hall** was named for **Frances E. Willard**, an educator who fought for social justice in the nineteenth century. Willard (1839-1898) fought for women's rights, women's suffrage, education reform and labor rights. Willard Hall opened in 1939 as a women's residence hall. In 1996, Willard Hall was rededicated. It now home to the **College of Education, Health and Aviation** where we are **powering a better education, healthier and more accessible world.**

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**POPCORN FRIDAYS**

11:30 a.m. - 1:30 p.m. | Willard Lobby

Come grab a bag of FREE popcorn, courtesy of EHA Student Council, every Friday!