After Kelsey finishes her undergraduate degree this spring, she will continue her education at The George Washington University Milken Institute of Public Health where she will study Child and Maternal Health. Further in the future, she would be happiest working for a food-related agency in foreign aid that deals with working on distribution hubs, public nutrition, and health support. Kelsey would also enjoy working for a Food Think Tank related to nutrition and health.

As she approaches the end of her time at UMBC, Kelsey finds herself reflecting on her growth. One of her most challenging experiences has been, perhaps surprisingly, the application process for the Truman Scholar Program. This highly prestigious program is intended for undergraduate students who have desire to enter public service. One person from each state wins per year. For the year of 2014, UMBC nominated Kelsey.

During the application process, Kelsey challenged and questioned herself. “Everything I’m doing now has come out of the Truman,” commented Kelsey. “I have realized that my boundaries are far beyond what I thought they would be. I’ve pushed myself. I really think that just the process of applying for that shaped my career and my life at UMBC and beyond. I would encourage readers to just take a stab, because sometimes it’s the application that’s worth more than anything else.”

Kelsey will certainly be missed when she graduates this spring. The INDS community can take solace in knowing that they have taken part in the development of such an inspiring and promising student and scholar. Keep your eye on Kelsey as she continues her studies, as she will undoubtedly go on to do great things.

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**Carrie’s Advising Tips**

**Before Meeting with your Advisor for Registration Advising**

- Check your degree audit.
- Make sure you are aware of how many credits you have toward graduation and your degree requirements.
- Look for where you need to complete your GEPs.
- Take some time to look through the course schedule and have an idea of what you’re interested taking.
- Be prepared to talk about internships, study abroad, your INDS degree plan.

**If you are a Transfer Students**

- Make sure you review you transferred course list.
- This will help ensure you don’t retake a class that you may already have credit for. Consider looking up your courses in ARTSYS if you’re unsure.
- Double count your upper-level credits.
- Make sure there are no holds on your myumbc account such as: health form, overdue library books, unpaid parking tickets, etc.

**When meeting with your Advisor**

- Be honest with your advisor about how your current classes are going.
- This allows your advisor to help you figure out your best options. Maybe it’s time to drop the course or consider retaking the course at a later time.
- Be prepared with questions to ask.
- Discuss plans to add another major, minor or certificate.
- Plan enough time to meet. Using your 10-minute break between classes is not enough.
- Make appointments with other advisors you may have a second major, scholar program, athletic advisor, pre-med advisor, honors college, etc.

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**Did you know…**

*Carrie Sauter has raced over 200 miles in 72 hours...twice?*

Information compiled

*By Ebene Gary*