FRIENDS of the First-Year
Friends of the First-Year

First-Year Five

Wave Leaders

Residential Faculty Mentors

Therapists

Academic Advisors

Supplemental Instructors and Writing Coaches

First-Year Seminar Peer Mentors

First-Year Seminar Faculty

Success Coaches

Pre-Law & Pre-Health Advisors

Case Managers

Faculty Conversation Partners

Resident Directors

Resident Advisors
Welcome to Tulane, and welcome to Newcomb-Tulane College! Newcomb-Tulane College is the academic home of your undergraduate experience. As the undergraduate degree granting body of Tulane University, we provide a comprehensive, flexible education that gives you the freedom to explore our curriculum, develop your critical thinking skills, and cultivate a spirit of intellectual inquiry. Whatever major you choose or school you study in, you’re always a Newcomb-Tulane College student.

At Tulane, you get to chart your own academic pathway – but you don’t do that all by yourself. The college oversees a challenging, rewarding academic experience with its faculty, staff, and peer leaders at the center. These people and offices are what enrich your time at Tulane, equipping you with the resources you need to make good decisions and set a plan for a rewarding experience. The most important thing you can do to get connected with the Tulane community during your first semester is to reach out, and this guide introduces you to some of the many people in your corner. Connect with your faculty by going to their office hours; attend a tutoring session before you think you need it (pro tip: we all need it!); meet with your academic advisor and a career counselor to start talking about how your interests, enthusiasms, and strengths align and how you can direct your passions to a course of study that allows you to learn new skills and ways of understanding the world – and of changing it for the better.

We are ready and eager to help you get started on your journey. We can’t wait to see where you’ll go.

Dr. Lee Skinner
Dean, Newcomb-Tulane College
Tulane University
Justin Thompson (he/him) is one of five second-year students sharing their experiences in the First-Year Five.

What They Do
The First-Year Five share their real life Tulanian experiences and advice for new first-year students. These five sophomores document the adventures, experiences, triumphs, and challenges of their first-year.

When to Connect With Them
Follow along with their stories on our website, firstyear.tulane.edu, and on Instagram and TikTok, @firstyear.tulane.

Fun Fact
Justin is from Baton Rouge, LA and is majoring in Finance and minoring in Legal Studies. He is the fundraising chair for the Tulane Rotaract Club, a member of the Alliance of Black Business Students, RUF Tulane, Black Student Union, and many other organizations on campus.

First-Year Five

Find my stories online at firstyear.tulane.edu/five
DM me on Instagram: @firstyear.tulane
Stay hydrated & get a good night’s rest
When dehydrated, you may feel hungry and tired. Drink water to save yourself the stress. Also, sleep is so important for keeping up a busy schedule. 7-9 hours of sleep may save you from feeling like a zombie the next day.

Get a working schedule
Get a schedule and stick to it. You may use online or hard copy planners. This helps to keep procrastination in check.

Participate in class
I bet you’ve heard “Go to class!” a lot, but this point deserves its own point. Being present physically is of little benefit if you aren’t attentive. Taking notes, answering questions, and sitting in the front of the classroom help ensure that you are paying attention.

Get to know your professors
Build relationships with your professors by attending office hours. They are brilliant and you can learn so much from them. Plus, sooner or later, you’ll lean on them for a recommendation or internship.

Get involved
There are so many organizations on campus. Don’t just join one (or four); be an active member.

Stay focused
It is easy to get lost in the hustle and bustle of college life. Remember why you are in college and prioritize that.
Wave Leaders are some of the first people you will meet on campus. Their main role is to support you during your first days at Tulane.

93% of first-year students said connecting with their Wave Leader helped them feel more comfortable and included on campus.
Wave Leaders guide students through New Student Orientation and help them transition into the fall semester. As returning students, Wave Leaders are great resources for all things Tulane!

When to Connect With Them
Through Orientation and beyond, you can go to your Wave Leader for advice about campus life, academics, and anything else on your mind.

How to Make an Appointment
You will meet your Wave Leader once you get to campus for New Student Orientation!

Ellie Greenspon (she/her) is one of over 180 student staff members who support New Student Orientation.
What They Do
Residential Faculty Mentors support your transition to the academic and social communities of the university through programs and office hours held right in your residence hall.

When to Connect With Them
Whenever you have a question about a major, are looking for an academic resource, or want to chat about life in New Orleans.

How to Make an Appointment
Stop by their office hours in your hall or look out for emails from one of your RFMs inviting you to chat over coffee or lunch.

Mollye Demosthenidy, Associate Professor, Public Health (she/her) is one of 16 RFMs in the first-year residence halls.

Residential Faculty Mentor

While it was a small part of my day, I loved when the RFMs were in the lobby in the morning. They lifted my spirits when I was stressed, and I actually got to spend time getting to know them and their professions.
Dr. Jinaki Flint (she/her) is one of 14 professional therapists and psychologists.

What They Do
Their interdisciplinary team fosters personal, emotional, and academic growth by offering comprehensive therapeutic services, outreach and prevention programs, and consultative relationships throughout Tulane.

When to Connect With Them
The Counseling Center offers both individual and group therapy opportunities to all undergraduate students.

How to Make an Appointment
All first appointments are same-day initial consultation appointments. Schedule by calling 504-314-2277.
Advising is one of the most important resources available to you at Tulane. The team of advisors is here to help you plan your undergraduate career as well as plan for post-graduation. Make an appointment to plan your schedule, declare a major, or learn more about pre-professional pathways.

Heather Cooper
Assistant Director,
NTC Academic Advising

Advising
What They Do
From helping you with your first semester registration to filing your graduation application, an NTC advisor will be with you on every step of your journey. They can assist with exploring academic and career opportunities for your time at Tulane and post-grad plans!

When to Connect With Them
Connect with your advisor if you want to explore different academic programs, have academic concerns, wish to transfer credit, want to plan or review your course registration, or confirm your graduation requirements. Your academic advisor is instrumental in keeping you on track towards your intended graduating semester.

How to Make an Appointment
Visit advising.tulane.edu or call 504-865-5798 to make an appointment.

Emily Bevolo (she/her) is one of over 25 Academic and Career Advisors working with full-time undergraduate students in Newcomb-Tulane College.

“After completing my last final exam of the semester, it is still hard to grasp that I am done with my academic experience at Tulane. Looking back, I wanted to thank Emily so incredibly much for her time and support throughout the last few years. Her constant encouragement and personal connection made even the most stressful times manageable, and her reminders to recognize my achievements and to be proud of myself were essential to my well-being over my college experience.”

– Student from Class of 2020
What They Do
The Academic Learning & Tutoring Center is your partner for academic success. Whether you are looking for a place to study between classes, a tutor for organic chemistry, or a writing coach who understands APA formatting, we can help.

When to Connect With Them
When you want to get ahead on your courses, review with your classmates, or ask questions of a peer who excelled in the class when they were enrolled.

How to Make an Appointment
Make an appointment with the ALTC through Accudemia by following success.tulane.edu/support/altc.

Maria Willhoit (she/her) supervises 35 supplemental instructors, 35 tutors, and 15 writing coaches.

Supplemental Instructor and Writing Coach

Students benefit from SI because they tend to get a peer’s perspective of preparing for the exams.

– Professor Meenakshi Vijayaraghavan, CELL1010 Intro to Cell & Molecular Bio
The Academic Learning and Tutoring Center offers a wide range of services. Following are the highlights, so you can choose the one right for you.

The **Academic Writing Center** connects students with trained peer tutors who specialize in writing skills. Writing tutors collaborate with you on content, organization, grammar, and idea generation.

The **Math Center** is a space designed for students enrolled in difficult calculus and statistics courses. Study independently or with a group of friends, work out problems, and get helpful advice from math department teaching assistants.

**Peer Tutors** meet one-on-one with you in the ALTC to review class concepts, work practice problems, and answer questions. All tutors excelled in the courses in which they provide support.

**Supplemental Instruction** sessions are regularly scheduled, out-of-class, review sessions where students work collaboratively with a peer instructor in reading discussions, solving practice problems, and preparing for exams.

Students see the best GPA outcomes when they attend five or more SI sessions.
Arriving on your first day of school, halfway across the country, can never be easy. I only knew two other kids here that came from my high school. There was a whole new world in front of me and an opportunity to form the relationships I wanted. I spent the majority of my first few weeks on campus exploring the surrounding buildings of my dorm. Gradually, the vicinity of the location of buildings spanned out until I explored every building on campus. By familiarizing myself with the campus, I was able to be a little bit more knowledgeable about my surroundings and what they had to offer. From campus, my explorations spanned out to the surrounding areas of Uptown and eventually the city of New Orleans itself. Additionally, that's how I made a few of my first friends. I was thrilled to spend time with anyone eager to get out and explore the location we were now set to live in.

During the start of school, I attended the virtual club fair in order to get involved. I rushed the pre-professional business fraternity, Alpha Kappa Psi, and was offered a pledging experience. Through Alpha Kappa Psi, I met a multitude of students on- and off-campus with similar goals and interests. I also joined the Tulane Mock Trial team after trying out. Operating under the restrictions of the global pandemic, the organizations I joined were doing the most of what they could. I ended up making most of my friends from the organizations I joined.

Another aspect that played an essential role in my social life was my dorm. I was fortunate enough to live on the 11th floor of Monroe Hall. The restrictions the school was placed under caused many people to congregate in the dorms. Because of this, students who lived on the same floors became very close to each other. My floor, thankfully, was no exception. Both the guys and the girls on both sides of the floor became instantaneously close. Being in such a social environment would have overwhelmed me in any other situation, but somehow it didn’t in this instance. It was more comforting to know that there was an accepting and kind community that surrounded me.

Being able to get involved and be active in the community I am a part of allowed me to branch out and make many friends. Thankfully, Tulane University fosters many ways to get involved. The fear of not being able to make friends in such a new environment engulfed me during the summer leading up to the start of school but quickly dispersed after being able to spend some time in New Orleans.
McKenzie Jackson (she/her) is one of 128 peer mentors, placed in every TIDE and COLQ seminar course.

What They Do
During your first semester on campus, Peer Mentors provide a foundation of support by helping students connect with different campus resources and opportunities for academic exploration.

When to Connect With Them
Anytime you need to connect to a campus resource, find your people, or want a lunch partner.

How to Make an Appointment
Catch them in your TIDES or Honors Colloquium – your peer mentor will attend every class!

91% of first-year students agree or strongly agree that their peer mentor was someone who cared about them.
Dr. Ray Proctor, Assistant Professor, Theatre & Dance (he/him) is one of 140 First-Year Seminar Faculty.

What They Do
TIDES and Honors Colloquia faculty are more than just classroom instructors. Through engaging course content, they provide an introduction to the academic rigor and interdisciplinary education of Tulane and give guidance on how to excel as a student. They also introduce you to the New Orleans community with field trips, classroom speakers, and class conversations.

When to Connect With Them
All faculty, not just first-year seminar faculty, are a great resource for when you have a question about the course material or assignments, need help academically, or are interested in exploring opportunities in your major of interest.

How to Make an Appointment
Stay after your seminar class to ask them a question or visit them during their office hours, which can be found on your TIDES or COLQ syllabus.

I absolutely loved this class. Dr. Proctor is a wonderful instructor, and he made me happier to be here every time I saw him.
Beyond the engaging faculty and supportive peer mentors, First-Year Seminars familiarize you with the city and culture of New Orleans through guest lectures, performances, and field trips. There is so much to love about this city, and your seminar will begin the introduction.

Dr. Michael White and the Original Liberty Jazz Band
Success Coaching also includes Peer Success Leaders, a group of highly motivated students who assist their peers through the different stages of a college career. Whether navigating the academic and social challenges of college or pursuing leadership and involvement opportunities on campus, PSLs collaborate with you to build a success plan for your time at Tulane.

86% of first-year students in coaching received a 3.0 or higher in their first semester.

83% of students in coaching increased or maintained their GPA.

73% of students in coaching achieved a 3.0 or higher.
What They Do

Coaches work with students through a strengths-based approach and a belief that every student learns and processes information differently. Coaches offer support in social, academic, and professional success. Coaches help students explore habits, strategies, or beliefs they want to refine to create their desired results.

When to Connect With Them

Students can be in contact with a coach at any point in their TU journey. You may want a coach to help you start the semester and set up routines/structure that help you be successful. You may want to finish strong and meet with a coach to prepare for your finals. Some students find themselves utilizing coaching throughout the academic year to help develop a truer sense of self and connect to their passions and purpose.

How to Make an Appointment

Schedule with us at our calendly link: https://calendly.com/success-coaching-1.

Logan Chapman (he/him) is one of six professional success coaches and ten peer success leaders.

Success Coach

I loved meeting with Logan. He taught me how to make time for myself among a busy schedule, and it helped me enjoy the organizations I was involved in so much more, instead of resent the work I had to do for them.

Logan Chapman (he/him) is one of six professional success coaches and ten peer success leaders.
What They Do
Whether you’re pursuing a life-long passion or just starting to explore career options, Tulane’s pre-law and pre-health advisors can talk with you about skills, activities, and achievements that will prepare you to be a competitive applicant to law school, medical school, or other health professions schools.

When to Connect With Them
Planning for pre-law and pre-health career paths starts early, so students should meet with advisors during their first semester at Tulane.

How to Make an Appointment
To make an appointment with your pre-law or pre-health advisor, visit advising.tulane.edu and click “Make an Appointment.”

Duc Huynh (he/him) is one of three pre-professional advisors.

I am incredibly appreciative of Duc’s support and assurance throughout this application cycle. I feel fortunate to have had him as my pre-health advisor. I am excited and look forward to this next chapter in becoming an occupational therapist! My words don’t do justice when I say Tulane and the student body are lucky to have such a caring, compassionate, thoughtful career advisor on their team.

Mussafer Hall • advising.tulane.edu
Call me at 504-865-5798 or
Email me at advising@tulane.edu
What They Do

Many students experience difficult times during college, due to either academic or personal reasons. Common stressors include medical, mental health, personal or family crisis, illness, or injury. Case Management and Victim Support Services (CMVSS) is a one-stop resource for any Tulane student in need of support.

When to Connect With Them

You can connect with CMVSS for a variety of reasons including, but not limited to, navigating a personal or academic barrier or crisis, if you have been the victim of a crime or an incident of bias or harassment, resource connection and coordination, and support and follow-up related to an illness, injury, and/or hospitalization. CMVSS is also a great resource to turn to if you aren’t sure where else to go.

How to Make an Appointment

To connect with a case manager: call 504-314-2160, email srss@tulane.edu, complete a concern report at www.tulane.edu/concerns, or stop by our office Monday-Friday 8:30 am-5:00 pm.

Deanna Robertson (she/her) is one of five case managers.

Lavin-Bernick Center, Garden Level, Suite G02

cmvss.tulane.edu

Call me at 504-314-2160 or
Email me at srss@tulane.edu

Case Manager

“Working with Deanna has made me so fortunate and grateful. I am a student that requires a lot of assistance to get through my semesters based on complex mental health issues and, quite honestly, I would not be entering my senior year if it had not been for the genuine care and hard work that Deanna has put into me and my academic career. She is an absolute joy to work with and I very much owe some of my success to her.”
To be perfectly honest, I had been a little nervous about taking business accounting... I had been a bit anxious about diving head-first into business courses my first semester, your accounting class among them. However, your enthusiasm for the subject, even in that brief zoom call, was infectious. I especially appreciated the way you framed accounting as simply another language to learn, the kind of language businesses speak. As a writer, I warmed to the idea of learning to understand the “story” of business. Thank you for giving me yet another thing to be excited about (which is much better than anxious) during my first semester in college!

—Student from Class of 2024
What They Do
Conversation Partners are a prestigious group of faculty who are interested in talking with you about any questions you have regarding decisions on academic majors, research and engagement opportunities, and internship pursuits. With representation from across all five undergraduate academic colleges, these faculty are a wealth of knowledge and support in your transition to the academic experience at Tulane.

How to Make an Appointment
Head to firstyear.tulane.edu/programs/conversation-partners to find this year’s list of Fellows. Reach out to them individually by email to start a conversation or make an appointment.
Francesca Simmons (she/her) is one of 10 professional Resident Directors who live on-campus and work with each residential community.

**What They Do**
RDs lead and oversee residential communities, supervise the Resident Advisors, advise the Community Government, and support residents individually and collectively.

**When to Connect With Them**
If you live on-campus and need help with your living situation, want to get involved, or need support from a staff member who’s just next door.

**How to Make an Appointment**
Find your RD at housing.tulane.edu/about-us/meet-our-staff and email them to make an appointment.
Zach Fitzgerald (he/him) is one of 123 student Resident Advisors who live in the halls with fellow students.

What They Do
RAs guide and support residents who live around them through regular individual and group engagement to build positive relationships and community.

When to Connect With Them
If you have questions, concerns, or want to talk with a fellow student about something that’s on your mind; they are here to help!

How to Make an Appointment
Just stop by their room! An RA is available on every floor.
RESOURCES FOR SPECIFIC FIRST-YEAR COMMUNITIES

BIPOC Students

The Center for Academic Equity supports students from historically underrepresented groups through unique learning opportunities, mentorship, and support. Find them in the Richardson Building, First Floor, and learn more at academic-equity.tulane.edu or on Instagram @TulaneCAE.

The Office of Multicultural Affairs uses a trauma-informed lens to counter the effects of oppression and empower students to thrive. Find them in the Richardson Building, First Floor, and learn more at intercultural.tulane.edu/oma or on Instagram @TulaneOMA.

First Generation College Students

The Center for Academic Equity supports students from historically underrepresented groups through unique learning opportunities, mentorship, and support. Find them in the Richardson Building, First Floor, and learn more at academic-equity.tulane.edu or on Instagram @TulaneCAE.

First-Year Honors Scholars

The Honors Experience is supported by the Office of First-Year Experience and provides academically gifted and intellectually curious students unique opportunities for exploration and immersion. Find them on the third floor of Mussafer Hall, and learn more at honors.tulane.edu or by emailing honorsscholars@tulane.edu.
**International Students**

The Office of International Students and Scholars is the designated office for immigration advising and support services for Tulane’s international community. Learn more at global.tulane.edu/oiss or on Instagram @OISS_Tulane.

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**Spring Scholars**

Spring Scholars begin their time at Tulane in the spring after engaging in exploratory experiences during the fall semester. This cohort is supported by the Office of First-Year Experience. Find them on the third floor of Mussafer Hall and learn more at first.tulane.edu/cohorts/springscholars.

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**LGBTQ+ Students**

The Office of Gender and Sexual Diversity strives for Queer & Trans Liberation rooted in anti-racism, accessibility, and decolonization. Find them in the Richardson Building, First Floor, and learn more at intercultural.tulane.edu/ogsd or on Instagram @OGSDTulane.

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**Students with Accessibility Needs**

The Goldman Center for Student Accessibility seeks to eliminate barriers, advocate for inclusion, and ensure access for every member of the Tulane Community, acknowledging that great minds think differently. Find them in the basement of the Howard-Tilton Memorial Library, and learn more at accessibility.tulane.edu or by emailing goldman@tulane.edu.