

## March Madness Transcript

**Isabella (00:00)**

Hey guys! Welcome back to another episode of *Campus Compass*. Today we're going to be focusing a lot on March Madness—both the exam side and the sports side.

**Julie (00:09)**

Yes, which is so exciting! So Isabella, do you ever go to different sports games? I know UA has a ton of options.

**Isabella (00:16)**

Yeah, I'm a big football fan, so in the fall I'm at every football game. But I'm really not a big basketball fan, so I think I've only been to one basketball game my entire time here at UA.

But I do love a good gymnastics meet or a baseball game. I'm basically down for everything else. What about you, Julie?

**Julie (00:35)**

Honestly, I try to dabble here and there. I will say, though, that the most slept-on team is definitely our wheelchair basketball team.

They're so good to watch. Our women's wheelchair basketball team's starting five are literally all Olympians.

**Isabella (00:50)**

That's so cool!

**Julie (00:53)**

It really is. And if you're a first-year student looking to get more involved socially and in campus life, I definitely recommend going to different sports games. It's easiest to do when you're living on campus.

Take advantage of the bus stops—you don't have to walk all the way to the Rec. The bus will take you and drop you off nearby. It's just a great way to support UA teams and also step away from homework for a bit and give yourself a break.

**Isabella (01:24)**

Yeah, and a lot of those sporting events have Tide Loyalty Points tied to them. If you don't know what those are, it's an app you can download on your phone. Those points can help you next season with things like football tickets and special deals.

**Julie (01:39)**

Yes! I really love the Tide Loyalty Point system. Some of the more niche sports or games that are harder to attend because of the time will actually offer double or triple points. On average, a game might be around 100 points, but if it's something like a swim meet at noon on a Friday, it might be triple points. They also offer fun giveaways sometimes, but the biggest benefit is access to high-demand events.

For example, tickets for the SEC Championship or the National Championship are really hard to get. There's a tier system, so the students with the most points are more likely to get tickets.

**Isabella (02:37)**

Am I right in saying you're chasing some Tide Loyalty Points?

**Julie (02:41)**

Yes! I'm definitely a Tide Loyalty chaser—especially at the beginning of the school year. For something like Iron Bowl tickets when the game is away, you might need around 15,000 points. So there's definitely some inner competition going on because I want those amazing opportunities for super cheap.

**Isabella (03:01)**

Yeah, absolutely. So getting into the other side of the University of Alabama—the academic side. Roll Tide! We obviously have amazing academics, but along with that comes a lot of exams, schoolwork, and stress. That's something I really want to focus on today: how we can take that stress and turn it into something more positive by using the resources available to students.

**Julie (03:33)**

Yes, exactly. During stressful times, especially as a freshman, it can feel isolating. You might think, "I have so much to do—I just need to lock in and stay in my room until it's done."

But it's important to remember that there are so many resources here to help you—not just Isabella and I in the Navigator's Office, but also the Counseling Center, tutoring programs, and advising services.

**Isabella (03:57)**

If you walk around places like Shelby Hall, you'll see tutoring posters on bulletin boards everywhere. Even if you think you might need extra help—maybe one-on-one tutoring—there are options available, both paid and free, in addition to what's offered through the Center for Student Success.

**Julie (04:17)**

Yes, and UA actually offers free peer tutoring. The students leading those sessions are students who took the same class and earned an A. So they've gone through the class themselves and understand what you need to know and how to help you succeed. It's completely free and offered multiple times a week. If you're interested, just search "UA Peer Tutoring," and you'll see the list of classes available.

**Isabella (04:46)**

I went to peer tutoring a lot my freshman year, and it was fabulous. I loved the people I worked with, and it really helped me get the A I needed in that class.

**Julie (04:55)**

Yes, it's such an awesome resource—and definitely underused.

**Isabella (04:59)**

Another great resource is the Counseling Center. If you're feeling overwhelmed and need to talk to someone licensed, they have resources available to support you.

**Julie (05:12)**

Yes. The Counseling Center is slightly off campus near East Edge, but if you take the East Edge bus route it will drop you off right there. Sessions are about \$15, which is incredibly affordable compared to off-campus counseling, where sessions can cost hundreds of dollars. And if \$15 is still too much, they offer additional options as well.

**Isabella (05:44)**

It really is a great resource on campus. One of the biggest pieces of advice I'd give during exam season is to take what you learned from your first semester and use it to your advantage. Think about what worked for you. Did peer tutoring help? Are you continuing to use it? Also think about what didn't work and how you can adjust your approach this semester.

**Julie (06:16)**

I completely agree. It's so important to reflect on the progress you've made. Whether things went exactly how you wanted or not, you still completed your first semester—which is a huge achievement. From there, think about how you can move forward academically and socially to set yourself up for success.

**Isabella (06:41)**

Speaking of moving forward academically, it's also time to start scheduling classes for Fall 2026.

**Julie (06:49)**

Yes! You might be thinking, "Julie, I just scheduled classes—what do you mean fall already?" But the earlier you start planning, the better. It helps you stay organized and ensures you're following your academic plan.

**Isabella (07:11)**

The registrar has already sent out registration dates. If you're wondering when you can register, you can check your MyBama account under the registrar section.

**Julie (07:22)**

And if you want more guidance—or if you need to get your PIN cleared—you'll need to meet with your advisor. Advising works differently depending on your college, whether it's Arts & Sciences, Human Environmental Sciences, or Education. Check your college's website to see how advising appointments work.

**Isabella (07:51)**

Exactly. Some colleges require scheduled appointments, some offer drop-ins, and some assign advisors automatically. It's important to know what your college requires.

**Julie (08:08)**

And if you're not sure what classes you want to take—maybe you're thinking about an elective—I'd recommend looking through the UA course catalog.

**Isabella (08:21)**

That's also helpful before meeting with your advisor. If you already have ideas or have entered them into Schedule Builder, you'll be much more prepared.

**Julie (08:44)**

Schedule Builder is amazing. You can block out times when you're unavailable—like work hours—or even just times you don't want classes. Personally, I block out early mornings because I do not wake up early! You can also see which professors are teaching each class, and when registration opens, it works almost like an online shopping cart—you just add the classes and enroll.

**Isabella (09:27)**

It makes registration so quick. Instead of searching for every class individually, Schedule Builder lets you register in seconds—assuming the classes aren't full.

**Julie (09:39)**

That was literally me freshman year. I scheduled everything individually because I didn't know about Schedule Builder, and it was chaos. Once you learn how the system works and start using the resources, everything becomes much easier.

**Isabella (10:01)**

Another great tool is DegreeWorks.

**Julie (10:09)**

Yes—shout out to DegreeWorks! It's basically a to-do list for your academic career.

It shows all your requirements—major, minor, and general education—and lists the classes you need to graduate.

**Isabella (10:33)**

They also have a “Plans” feature where you can map out your semesters.

**Julie (10:39)**

Yes! In DegreeWorks, click the “Plans” tab at the top. You can map out your entire time at UA and schedule future semesters.

**Isabella (10:59)**

I love that you can add semesters all the way to your graduation date and drag-and-drop requirements to make sure you're meeting all your requirements.

**Julie (11:14)**

There's also an audit feature. It checks your plan and tells you if you're missing credits or requirements.

**Isabella (11:34)**

And if you need help with any of this, the Navigators are always here. We have drop-in hours and scheduled appointments, and we're happy to help with scheduling or academic planning.

**Julie (11:47)**

Now that we've talked about the academic March Madness, let's talk about the actual March Madness.

**Isabella (11:55)**

Oh my goodness.

**Julie (11:56)**

I'm so excited! At my house, one of my roommates puts a giant bracket on the wall with painter's tape, and we all fill it out. It's so much fun.

**Isabella (12:10)**

That's awesome.

**Julie (12:13)**

There's definitely a lot of tape involved, but it's worth it.

It's looking like both our men's and women's teams will be heading into March Madness. Our women's team has been doing amazing this season, and our men's team has been killing it too.

**Isabella (12:39)**

I hope we make it to the Final Four again. That happened our freshman year, and I actually went.

**Julie (12:47)**

Wait, really? I went too! Tickets were like \$40—I couldn't pass that up.

**Isabella (12:54)**

UA really offers amazing opportunities. When our teams succeed, students get to be part of that excitement too.

**Isabella (13:02)**

Thank you guys so much for listening today. We hope you learned more about navigating March Madness both academically and athletically.

**Julie (13:14)**

Thanks for listening! Bye!