

September 2025

AOE Advising Office

Advisors:

- [Emily Metzgar](#): Last names A-G, Rm. 3303
- [Chelsea Nowak](#): Last names H-Q, Rm 3304
- [Brian Kastner](#): Last names R-Z, Rm 3302

In-Person Walk-In Hours:

- Come to any advisor's walk-in hours
- Emily: Mondays 9:00 AM - 12:00 PM
- Chelsea: Wednesdays 9:00 AM - 12:00 PM
- Brian: Thursdays 9:00 AM - 12:00 PM

Appointments:

- In-person and virtual appointments available
- Schedule an appointment through [Navigate!](#)
- Include comment with appointment reason.



Career Corner

Do you need professional clothing for career fairs and interviews? Schedule an appointment with [Career Outfitters](#) to shop for free professional clothing.

Are you wondering what to wear to a career fair or interview? The Office of Career & Professional Development has a [guide to professional dress codes](#). Check it out!

Need a professional photo? You can get free photos using the Iris booth at the Smith Career Center. Learn more [here](#) and schedule an appointment!

Upcoming Dates/Deadlines

September:

- 15: Deadline to apply for SP 2026 [HAW study abroad](#) in Hamburg, Germany; [Northrop Grumman info session, 5-6:30 PM in Squires](#)
- 16: [Aerospace, Defense & Intelligence Career Fair](#)
- 22: Census date

October:

- 7: Course drop deadline, last day to change grade mode from A-F to P/F
- 17-19: Fall Break weekend (no classes)
- 21: SP 2025 Course Request opens
- 27: Last day to [resign](#) from FA 2025 term, deadline to change grade mode from P/F to A-F

More important dates: [VT Academic Calendar](#)

Featured Wellness Resource

• September is National Recovery Month!

- VT has an active [Recovery Community](#) that hosts a variety of meetings and events for students.
- Contact them: rc@vt.edu or 540-231-2233
- Become a [Recovery Ally](#) to support your fellow Hokies in recovery.
- Celebrate Recovery Month with FREE Hokie Wellness events:

9/12 9:30 - 11 AM - [Coffee Bike](#) at Prairie Quad

9/18 @ 10 AM - [Cycling Class](#)

9/19 1-3 PM - [Hang out and get Narcon training](#)

9/23 @ 3:30 PM - [Yoga Class](#)

9/26 9:30-11 AM - [Coffee Bike](#) outside of Owens

9/29 @ 3:30 PM - [Pilates Class](#)

FAQs of the Month

How should I prepare for the Aerospace, Defense & Intelligence Career Fair?

- **Register!**

- The Aerospace, Defense & Intelligence Career Fair will be held Tuesday 9/16/2025, 10 AM - 4 PM in the Commonwealth Ballroom in Squires Student Center. [Register now.](#)



On 9/16, career advisors will be at the "Pitch Pit" right outside the ballroom. Stop by to practice your elevator pitch, shake off your nerves, or ask last minute questions before talking with employers.

- **Do your research and have a game plan:**

- Read about employers ahead of time. See the [list of employers](#).
- Make a list of both large and small companies you are interested in. Prepare short talking points for these companies that highlight your experiences/skills. Details make you more memorable to recruiters!
- Craft a concise "[elevator pitch](#)" that you can use to introduce yourself to employers. Include a little bit about you, what you're looking for, and why the company is a good fit.
- Update your resume ([resume tips](#)) and have it [reviewed](#). Be sure that your updated resume is uploaded to the career fair system so that employers can review it.

- **On the day of the career fair:**

- Dress professionally.
- Carry a padfolio with your notes and plenty of copies of your resume.
- Be aware that you may need to check your bags at the door.

- **Interviews:**

- Some companies may invite students to interview on Wednesday 9/17 in the Career & Professional Development Office.
- Review the [Prepare for an Interview](#) guide for tips!

There is a lot going on! Any suggestions for time management?

- Plan ahead for how you will use your time in between classes, where you will go to study, etc.
- Add office hours and regular tutoring times to whatever calendar you use.
- Start homework far enough ahead to be able to attend office hours if you have questions.
- Attend office hours early in the semester (i.e. NOW), before challenges arise. This makes it easier to go back if you find yourself struggling later.
- The SSC offers a [seminar series](#) on academic success strategies. Check out "Overcoming Procrastination" and "Time Management Bootcamp".
- Sometimes there really is not enough time for everything you are trying to do. Talk to your advisor - we are happy to help discuss ways to lighten your load!

Academic Resources

- [AOE Advising Website](#)
- [COE Resources/Support](#)
- [Dean of Students](#)

Follow AOE on Social Media

