**Advising:**

[Andrea Stedman](https://artsci.utk.edu/people/andrea-stedman/) is the dedicated professional Advisor for the Interdisciplinary Middle East studies (MEST) program. To [prepare for your appointment](https://artsci.utk.edu/advising/advising-appointment/), please review your [DARS report](https://advising.utk.edu/resources/dars-report/accessing/)/[catalog](https://catalog.utk.edu/) and have a list of courses you are interested in, as well as questions for your appointment.

MEST studies (primary majors): required advising (every semester until you reach 30 credit hours, then every other semester; if your ID number ends in an odd digit, your advising is in the spring; for even numbers, it is in the fall).

MEST studies (minors, second majors, third majors etc.): Please use this [link](https://tiny.utk.edu/schedulewithme) to schedule and discuss course availability, studying abroad, and future goals with Middle East Studies.

**For study abroad advising:**

Start with this [link](http://artsci.utk.edu/wp-content/uploads/2015/09/STUDY-ABROAD-TIPS-AND-INFO-FOR-ARTS.pdf) to see our process. You can make a preliminary appointment with Andrea [here](https://tiny.utk.edu/schedulewithme). For specific course approvals for the MEST studies major/minor, you will need to make an appointment with your Faculty mentor. You can find their contact information on [Vol Academic Connect](https://utk.campus.eab.com/) under "My Success Team" towards the bottom right side of the page. If you do not have a Faculty Mentor, or have not yet declared the major/minor, you can contact Andrea via email (andmsted@utk.edu).