October 11, 2012

Are you finding yourself parked in the library studying for mid-terms lately? It is that time in the semester when you are juggling many tests. Your mind must be appropriately prepared for the challenge. You may need to take a nap to study more effectively. Napping can be a great way to catch up on sleep, increase productivity, and become more creative. Naps are really rather powerful study techniques. Did you know if you take a 20-minute nap, you access your Alpha brain waves, which can be as refreshing as several hours of sleep? If you sleep longer than 20 minutes, and reach a deep sleep, you’re a goner. You will rise groggy and tired. So take cat naps when you need to stay up to study. A 20 minute nap is all it takes. When you return to your studies, you'll feel refreshed and your mind will again be prepared to absorb important information. Read more about napping techniques listed below:

**Nap Time:** Prime nap time is from 1:00p.m. – 3:00p.m. when your energy level dips due to a rise in the hormone melatonin at that time of day.

**Darkness:** Use a face mask or eye pillow to provide daytime darkness.

**Not Too Late:** Avoid napping within three hours of bedtime it may interfere with your nighttime sleep.

**Quiet Place:** Choose a location that you won’t be disturbed for the duration of the nap.

**Set An Alarm:** Set an alarm for 20 minutes or ask someone to wake you up.

**The Caffeine Nap:** Some people claim that drinking coffee and then taking an immediate nap works well. The caffeine kicks in somewhere between 10 and 20 minutes, waking them up. They feel extra energy from both the nap and the coffee. Bonus!

Are you having difficulty learning the material presented in your classes? It could be that you are studying in an inappropriate way for your personal learning style. By learning your personal learning style, you will be able to adjust your study habits to be more productive and helpful to meet your learning goals. Do you know your learning style? The North Carolina State University has a free online learning styles test you can take. You need to enter a name in the first textbox, answer the questions, then go to the results. Your results will be processed and displayed. Print these out, so that you can refer to them when you go to the page that explains what the results mean. To discover your own learning style, visit [http://www engr ncsu edu/learningstyles/ilsweb html](http://www.engr.ncsu.edu/learningstyles/ilsweb.html)
Once you have determined your learning style, check out this link to learn effective strategies for your learning style:
http://www.northgeorgia.edu/ASK/default.aspx?id=4294974781

Spring Priority Registration will be from November 12 – November 30, 2012. Spring “registration appointments” are available to students through your WINS Student Center. Advisors typically have a sign-up sheet posted on their office door for appointment times for students to come in and discuss course selections for next semester. In the next newsletter, I will address how to prepare for your advising appointment.

Credit for Prior Learning: For those of you interested in Credit for Prior Learning, I’ve attached a Next Steps document to help with completing your application.

Next week will kick off Homecoming Week. Congratulations to Marian vanDalen-Anderson who is representing Adult Student Connections on the ballot for Homecoming Court. The candidates for Homecoming are: Hilary Hancy, Megan Lynch, Sydney Nelson, Megan Theune, Cameron Barker, Kevin Dusenberry, Ross Shillinglaw, Adam Sykes, Sara Hoffmann Na’imah Muhammad, Jodi Straka, Marian vanDalen-Anderson, Glenn Carson, Loussaint Minett, Alex Steeno, and Justin Whitehouse. Please take time to vote for the candidate of your choice today.

Vote Thursday, October 11th - Homecoming Court – UC Concourse 11a.m. – 6p.m. or online @www.uww.edu/join from 11a.m. – 9:30p.m. Log in and scroll down to the poll on the right side of the page. *Each student may submit one ballot.

Saturday, October 13th – Skelly’s Cornmaze Outing – Carpoolers will meet at 2p.m. @ UW-W Visitor Center Parking Lot, Starin Road – Non-Commuters 3p.m. at Skelly’s in Janesville, 2713 Hayner Road. See flyer attached for more details.

Tuesday, October 16th
How to Read your Advising Report Seminar
Noon - 1:15p.m. and @ 4p.m. - 5p.m. (Same Information Presented @ each session) 
UC 133 - Non Trad Pad

Know this, you CAN do this if you want it badly enough. There will be frustrations, fears, accomplishments, successes, and failures, but it is possible to get through them all to the completion of your degree. I know you can do it, but do remember to walk away from school at times and have some “ME, MYSELF, AND I” time. You deserve it. Let me know if you have any concerns I can help address. My office door in Roseman 2017 is always open. Lynn