February 3, 2012

Now that you have the first few weeks under your belt, how are you feeling about your semester? Have you gone from 0 to 60 in .005 seconds? If you need help addressing any concerns, my door is always open. It is a time of transition so take a few deep breaths, stay close to family and friends and don’t sweat the small stuff. When studying competes with everything else in your life, practice good study skills and make it easier to balance school, life, and work.

**Study Skills:**
1. Create a study space that helps you make the most of the time you have to study.
2. Ask Questions – Asking and answering questions is one of the most effective ways of learning.
3. Take it step by step; break your task into manageable steps.
4. Take notes during class using your laptop.
5. Listen Actively – Be engaged in the topic.
6. Know your options for researching papers. Paper research is much easier now with the use of the internet. The reference librarians at Andersen Library are phenomenal, and always willing to help you find resources.
7. Teach what you’ve learned to someone else. It is the best way to make sure you understand the material.
8. Write your own practice tests.
9. Avoid Stress - Do you know you have a choice?
10. Meditate/Exercise – It will relieve stress and help you study better.

Unless you’ve won the lottery, money is a concern for almost every student attending classes. Remember that scholarships aren’t just for young students. Many are available to older students, working moms, non-traditional students of all kinds. Attached you find a scholarship application offered by the Jaycees of Wisconsin specifically for deserving nontraditional students. You can find scholarships for the 2012-2013 academic school year posted on the UW-Whitewater Financial Aid webpage [https://scholarships.uww.edu/](https://scholarships.uww.edu/). Applications are due on **Monday, February 13th** – Good Luck!

If you will be attending classes in the fall of 2012, now is the time to complete your Financial Aid forms for next year. The **2012-2013 FAFSA** is now available. Go to [www.fafsa.gov](http://www.fafsa.gov) to complete your application by the priority date of **March 1st**. As of February 1st, students can use the IRS Data Retrieval Tool to import data directly from the IRS.

**Topic of Interest:** “Love My Rifle More Than You: Young and Female in the U.S. Army”

Kayla Williams will be a guest lecturer on **Monday, February 6th** in the **Young Auditorium** at **7 p.m.** The lecture is **free** and open to the public. Kayla Williams is a former sergeant and Arabic linguist in a military intelligence unit of the U.S Army’s 101st Airborne Division. She is a member of the Board of Directors of Grace after Fire, a senior adviser of VoteVets.org and she regularly blogs at *The Huffington Post* and VetVoice.com. Williams has appeared on numerous media outlets including CNN, Fox, NPR and HBO’s "Real Time with Bill Maher," to discuss the challenges faced by women serving in the armed forces and the additional challenges they face re-adjusting to civilian life as veterans. She recently
earned a Master’s degree in International Affairs with a focus on the Middle East from American University, and continues to work on issues related to U.S. policy and the treatment of veterans.

Thanks to all our veterans who serve/d our country!

Being a few weeks into the semester, and if you are finding that you are not doing well in your classes, you need to ask for help. I hope that you don’t allow being a nontrad to keep you from asking for help when you need it – from finding a tutor, or using the services offered at the Academic Support Center in McCutchan, to asking questions of your professors and classmates. It’s better to ask questions as soon as you realize you don’t get it, than to wait the entire semester to say, “I don’t get it” because you were embarrassed to ask. As a student, your fees pay for all sorts of resources on campus. Some of the resources available to students are the tutors in McCutchan, computer labs, student counseling services and lecture series. If you find yourself needing help, don’t be afraid to darken the door of your professors during their office hours. Take advantage of every service you can – they are there for you.

Weekly Happenings:

Chat over Coffee 8-9:30 a.m. on Mondays and Lunches on Wednesdays 11-1p.m.

Both events held in the Non Trad Pad – University Center 133

The Non Trad Pad is located near the Career and Leadership Offices, past the bay of computers and Bailey Interview Center. It is tucked in the corner near the fireplace. Stop in for as little or as long as your busy schedule allows. It is casual and a fun way to meet other nontraditional students on campus.

Each day is a new day to experience life. And life is an adventure. Be open to classmates; to opportunities that present themselves, and challenge yourself... give it your all.

Lynn Smith