March 16, 2012

It’s March. The promise of spring-summer is in the air. I hope you are enjoying the wonderful sunshine. I’ve been experiencing a lot more smiling faces on campus. One more week and then you can truly enjoy a spring break. UW-Whitewater Spring Break is March 26 – March 30th.

Upcoming Fall Class Registration
Priority registration for fall 2012 classes will begin on Monday, April 2, 2012. Please check your WINS account to determine the date that you can begin registering for classes. Each student is assigned a date and time to begin the registration process. Your registration date is based on the number of credits you have earned. Students with the most credits are given the earliest registration date and time - Seniors to Freshmen status.

Please review Your WINS account for an advising hold. Advisors require that students meet with them prior to registering. The hold would be listed in the top right hand corner of your account. It is always best to touch base with your advisor even if you know what courses you need to take. You don’t want to overlook any requirements. It is advisable to review your advising report prior to meeting with your advisor. If this is your first time searching for classes on your own or reviewing the Advising Report, the following tutorials will be helpful.

2012 Summer School Financial Aid
If you are taking summer school classes, the application to determine financial aid eligibility is now listed on the Financial Aid webpage. It is listed under Forms, or can be picked up in their office, Hyer Hall – 135.
http://www.uww.edu/financialaid/forms/documents/2012_Summer_Application.pdf

Need Your Input:
Nontraditional students start their educational journeys on different paths. Some are seasoned veterans that started at UW-W; there are also re-admitted students, transfer students, second degree seeking students, and special students. I would welcome hearing from you on ways we could improve on how we welcome and acclimate you to campus. What type of information would have been helpful? Is there a process that needs improving? An orientation offered? Please email me with any and all your suggestions: smithlm11@uww.edu.
The Non Trad Pad – A Lounge for All Nontraditional Students
The Non Trad Pad is located in the University Center – 133. It is a little hidden, but well worth the hunt. If you come up the ramp near the Career and Leadership Center, go pass the bay of computers and Bailey Interview Center. You will see an open area with tables and chairs, proceed toward the fireplace, and back in the left hand corner is the Non Trad Pad. This lounge is specifically for you. It is now equipped with a new microwave, coffee pot (free coffee and tea), refrigerator, computer, printer, and large lockers that fit a rolling backpack. It is your area to use to study and meet other nontraditional students. You are welcome to use it any time of the day. Several of us gather on Wednesdays to have lunch together from 11-1p.m. During that time, it is a lot of socializing with very little studying happening. Please join us – you are more than welcome. The atmosphere is like the T.V. show, Cheers. Am I dating myself?

Lockers:
If you would like to have one of the lockers in the lounge, I am issuing locks for the remainder of the semester. We will leave two lockers, unlocked for general use. I still have 5 locks available, first come, first served. If you would like one, please stop in, Roseman – 2017.

Exciting Offering - Resume Workshop:
Dr. Lajuan Davis, a well-respected Business Communications professor is willing to offer a short workshop for nontraditional students on how to update your resume. She is exceptional at helping nontraditional students market themselves to re-enter the workforce. You may be a student that is transitioning from one career to a completely new career, a dislocated worker with years of experience, or a stay at home parent re-entering the workforce. Dr. Davis thrives on finding your strengths and highlighting them in your resume. Please email Rochelle Day with your interest in taking part in this workshop. Rochelle’s email is: DayRE25@uww.edu. Rochelle will coordinate a date and time for Dr. Davis to host the workshop.

Spring Pot Luck Luncheon – Wednesday, March 21, 2012 – Non Trad Pad - 11-1p.m.
We will have a pot luck luncheon on Wednesday. It will be a smorgasbord with no assigned food items. Please bring a dish to pass that would feed 15 people. Plates, napkins, silverware, and lemonade will be provided.

Wishing you all a wonderful St. Patrick’s Day and Spring Break!

Lynn Smith
In case you need some ideas for your spring break... let me help you out with a few suggestions I learned from a seasoned nontraditional student:

#1 Idea: Get a garden started or work in the yard. Are you going to have a raised bed garden? How about a container garden or just a few fresh herbs inside the house? Being outside is healthy and fun.

#2. Idea: Do a bit of spring cleaning and perhaps donate some of the clothes to charity. You will have more room then! Clean off that kitchen table or desk and organize it. It will be easier to keep everything organized. Need help with organizing or getting rid of your stuff? Try FlyLady.

#3. Idea: Work ahead on a school project, scholarship, or graduate school application, as PART of your Spring Break, then, reward yourself.

#4. Idea: Do some bike riding or walking every day or every other day. You just might find more personal energy available at the end of the week.

#5. Idea: Have a "me" day. Go on a picnic, see a museum exhibit, go out for lunch or dinner, go "regular" or thrift shop shopping. For events in your town, grab the local newspaper or check out your local chamber of commerce website.

#6. Idea: Catch up on your sleep. When is the last time you slept ALL you wanted to? If you can, let yourself sleep in at least every other day. In fact, why not just sleep in EVERY day?

#7. Idea: Have a Family Day! What about a favorite meal and movie night?

#8. Idea: Volunteer. Is there a group you would like to help? Try volunteering at least one day this week, and see how good you feel.
#9. **Idea:** Pick up a book you would like to read for fun, sit outside, and enjoy the robins chirping in the background.

#10. **Idea:** Take a trip! You don't have to go far to have a good time. What about a favorite family member or friend that would welcome you for free?

**Exam-ingly Exhausted?** It is that time in the semester where quizzes, exams, and projects are all on tap. Your first graded exams and papers of the semester should serve as a guide for future assessment. You should be more prepared for exams now that you know what the professor expects. I encourage you to exercise your professor’s office hours if you need extra help or clarification. The Academic Support Center in McCutchan Hall has tutors for all subjects, so don’t hesitate to use all the campus resources that are available to you.

http://www.uww.edu/acadsupport/tutorial/

**Did you know?** Contrary to popular belief, research proves that studying several subjects in one sitting, studying them in different settings, and frequent testing helps students improve memory. Benedict Carey wrote about the research for the New York Times on September 6, 2010: “psychologists have discovered that some of the most hallowed advice on study habits is flat wrong,” Carey writes.

1. **Vary Your Study Space**
   Carey cites a study in which students who studied a list of words in a windowless room and again in a room with a view did far better on a test than students who studied only in the viewless room. Surprisingly, that study was conducted in 1978, and still we haven’t learned. “The brain makes subtle associations between what it is studying and the background sensations it has at the time, the authors say, regardless of whether those perceptions are conscious,” writes Carey.

2. **Vary What You Study**
   The same principal may apply to what you study. Carey suggests that musicians and athletes have known this for years. They practice cross-training.
   “Varying the type of material studied in a single sitting — alternating, for example, among vocabulary, reading and speaking in a new language — seems to leave a deeper impression on the brain than does concentrating on just one skill at a time,” Carey writes.

3. **Test Yourself Often**
It also turns out that when a student is required to retrieve information, say for a test, that information is re-stored in the brain in a more accessible way for future use. Carey reports that researchers don’t know why this is true, just that it is. “It may be that the brain, when it revisits material at a later time, has to relearn some of what it has absorbed before adding new stuff — and that that process is itself self-reinforcing,” he writes. “The idea is that forgetting is the friend of learning.” Carey quotes Dr. Nate Kornell, a psychologist at Williams College, as saying. “When you forget something, it allows you to relearn, and do so effectively, the next time you see it.” Practice tests, then, are powerful learning tools.

Reminder: If you transferred into UW-Whitewater, be certain that you have submitted your final official transcripts from your previous college so the credits can be posted to your UW-W Advising Report.

Office Hours: Beginning Wednesday, March 7th, I will have office hours until 6:00p.m. each Wednesday until the end of the semester.

Adult Student Connections now has a Facebook presence. Check out what is happening with nontraditional students on Facebook: UWW-Adult-Student-Connections

A potluck is being planned for Wednesday, March 21st in the Non Trad Pad-UC – 133 Stay Tuned for more details!

Did you know that the city of Whitewater Parks and Recreation Department offers many activities for you and your family to participate in? Check it out: http://www.whitewater-wi.gov/

Grant yourself the permission to do something fun this weekend. It will take your mind off school and refresh you as we head into mid-terms next week. Have a great weekend!

Lynn Smith
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