

# NONTRAD NEWS

*February 6, 2015*

## **WELCOME TO A NEW SEMESTER**

Welcome back to those of you returning from semester break, and a warm welcome to all new nontraditional students just beginning this spring semester. The campus is alive and well. I hope at this point in the semester you have worked out all of the bugs with your class schedule and are falling into a steady rhythm both at home and school.

### **Who are your biggest supporters?**

As a nontraditional student, you should surround yourself with people who are encouragers. It is helpful to have the support of other nontrads, whether they are "newbies" or veterans, online, or on campus students. Encouragement is the lifeblood for a nontraditional student's success. You will find that the encouragement of others – family, friends, and other nontrads – will enable you to reach the goal of finishing the race strong. I am grateful for my husband who was my greatest cheerleader when I went back for my Master's Degree in 2007.

## **SCHOLARSHIP APPLICATION PERIOD OPEN**

As the spring semester begins, morale is higher and to-do lists are shorter! The start of the New Year and the new semester is the perfect time to focus on applying for scholarships. UW-Whitewater's online scholarship application period is open until February 15. There are more than 200 scholarships available—do yourself a favor and take the time to look! Browse the scholarships [here](#)!

### **Need Money for College?**

Now is the time to complete the Free Application for Federal Student Aid (FAFSA) for the 2015-16 academic school year. Applying early maximizes your financial aid opportunities. If you haven't completed your 2014 income taxes yet, don't worry. Complete the FAFSA with your estimated income now and update your application later. UW-Whitewater has a **priority** application date of **March 1<sup>st</sup>**.

## **HAPPENING THIS MONTH**

### **Rapid Learning Drop-In**

**Where:** Non Trad Pad. University Center 133

**When:** Wednesday, February 18<sup>th</sup>

Join our UW-W Financial Aid Counselor as she discusses scholarship tips and strategies. The **How** and **Where** to look for scholarships! Stop by anytime between 11:00-1:00 PM to catch one of her three fifteen minute presentations! The topic will be repeated three times each hour. Come and go as your schedule allows.

### **Adult Student Connections Meeting**

Please join the officers of the Adult Student Connections (Recognized Student Organization) to help plan educational seminars and social gatherings for all nontrads.

**Next Meeting: Thursday, February 12<sup>th</sup> - 4:00 p.m. – Non Trad Pad – UC 133**

# NONTRAD NEWS

If you can't attend the meeting, but have ideas you would like to share, please email us at

[ASC@uww.edu](mailto:ASC@uww.edu).



Follow UW-W adult/nontrad students on Facebook by clicking [here](#)

## A Taste of Winter

Our first few weeks of the semester have been snowy so I would like to bring this information to your attention. If an instructor is canceling class, they will try to inform you 24 hours in advance (if possible). Be sure to check your campus email, and D2l site for notifications prior to starting out for campus. If the **University** is cancelling classes, you will find the cancellation of classes and/or campus closing on the following radio stations WSUW-FM, WFAW-AM, WSLD-FM, WTMJ-AM and WIBA-AM. Television stations are WTMJ, WISN, WITI, WVTM, WISC, WKOW, and WMTV. Just in case a winter snow storm prohibits you to drive home on a snowy night...The Office of Residence Life is pleased to offer reduced-rate housing for commuter students, faculty, families, and others associated with the University. The facility is located on the 4th floor of Goodhue Hall and offers a convenient, centrally-located place to stay. [http://reslife.uww.edu/svc\\_housing.php](http://reslife.uww.edu/svc_housing.php)

## NEW YEAR'S RESOLUTIONS

There's still plenty of time to pick a resolution for the New Year! It's easy to feel like we have to make a big change to make a difference, but smaller resolutions are often much more manageable and can help you on your way to completing a large goal. There are so many resolutions out there, and choosing a resolution can be overwhelming. Start here to get some ideas or find yours! Here are some manageable goals to shoot for in 2015, curtesy of *Health.com*:

- *Stay in touch.* Whether it's reconnecting with an old friend, strengthening a relationship you have, or even trying out a new social media platform to keep up with friends, this goal could be fun!
- *Save money.* It's not always possible to save money even if you you'd like to. Make this goal more manageable by setting a monthly saving goal that works for you or start tracking spending more carefully—you'll be in the habit of being mindful the next time you can save.
- *Cut your stress.* Easier said than done, but use the tips in the last *NonTrad News* to help you start. Try making time for relaxation, speak kind words to yourself, and deal with what stresses you.
- *Get more sleep.* Start prioritizing sleep like any other item on your to-do list.

Here's to a New Year and a new semester! Good luck to you all!

*Lynn Smith*

2017 Roseman Hall  
Student Services Coordinator  
Adult/Nontraditional Students