Council for Opportunity in Education Invites You...I'm First Project

**COE** wants to call students' attention to an exciting new initiative led by the Center for Student Opportunity. The “I'm First Project” is inviting first-generation college graduates, and students who will be, to take a pledge and share their stories to help inspire and encourage the next generation of students who will be first. This is a great opportunity to not only share personal stories from our programs but to showcase how TRIO is making a difference in the college futures of our students! **In the current political climate, programs like Student Support Services, Upward Bound, Educational Talent Search and McNair among others are being targeted as not necessary programs by either eliminating them or reducing funding to so little monies that programs cannot stay afloat.** Knowing how many of our students, past and present have taken advantage of the program and others like it throughout their academic career, here is an opportunity for you to tell just how beneficial programs like SSS really are. We need your voice now more than ever, please follow the directions below and tell us and others your story!

Here's how to participate:


**Career Assessments**
Want to Find Out What You Want to Your Major to Be?

Interested in finding out your strengths and weaknesses in specific areas? Still searching for the ever elusive major and future career? If you are struggling with choosing a career path or even getting started, you should register for one the career assessment by going to the Stuckert Career Center on any Monday –Thursday from 11-3 and take the SII assessment. After that you can attend with SSS, the workshop on February 7 at 3:30-4:20 at the Career Center. If interested please, rsvp by emailing Val Rister at valerie.rister@uky.edu or signing up by the front desk.

**Have you made your First Appointment with your SSS Advisor?**

Student Support Services  
6 Alumni Gym  
850-257-9797 or  
http://www.uky.edu/Diversity/SSS
My Future? How do I Choose a Major?

There are two reasons to choose a major: to prepare for a specific field or job, or to immerse yourself in a subject that fascinates you.

Some students choose a major because it will prepare them for a specific career path. Career–focused majors include engineering, business, education or nursing. If you are committed to a vocation, majoring in it will give you specific, practical skills that will be directly applicable to your post-graduation career.

Other students choose a major simply because they love the subject matter. If you choose this path, you may pursue a career that has little to do with what you studied in college. That doesn't mean you'll graduate without skills, however. For example, most history majors don't become historians, but they do graduate with critical thinking and writing abilities that are highly valued by employers.

Here are some ideas on how to start your search for the right major:

1. Forget high school. College is a whole new ball game. Subjects you hated as a high school student might turn out to be completely different in a new educational setting. In other words, don't automatically rule anything out, even if you don't think it's for you. Give everything at least a small chance.

2. You never know. Make the most of the general education courses you're required to take. Don't just pick whatever's easiest; choose those that appeal to you, even if they are upper–level courses. You have your radar on for clues that might be pointing you in new directions.

3. Talk to your advisors. They know what it takes to tackle certain academic disciplines. Tell them your strengths and your interests. They'll be able to highlight courses that might excite you as well as classes that are popular with other students. A great class on nihilism may be the thing that gets you to declare a philosophy major. (continued on page 3: Choosing a Major)

I'm First Project con’t.

2. Take the pledge to show your commitment to support first-generation college students. You can also take the pledge on behalf of your TRIO program to become an I'm First Partner.

3. If you're a first-generation college graduate, share your personal story & offer some advice for aspiring first-generation college students by submitting a short YouTube video or written testimonial. (Tips and instructions for creating videos can be found on the Share Your Story tab after clicking the Pledge button on http://beta.imfirst.org.)

4. Help spread the word about I'm First to your community & encourage current first-generation college students, graduates, staff and supporters to take the pledge and share their stories. Even aspiring first-generation college students now can take the pledge & share your stories to say why going to college is important to you & that you will be first!

5. Connect with us on Facebook and Twitter for the latest news and updates from I'm First.

Coming soon to I'm First: aspiring first-generation college students, & those who advise them, will be able to create a student profile, research & connect with colleges committed to serving first- students, get answers to all your questions about college, attend live Google+ Hangouts, follow our blog where 34 current first-generation college students are chronicling their college experiences and offering advice, and apply for the I'm First Scholarship for a chance to become a future blogger. Stay tuned!

Major Talk Series Workshop Thursday March 21 @ 12:30 Room 206
Student Center RSVP: email valerie.rister@uky.edu

“Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one.”
— C.S. Lewis
Choosing a Major (con’t)

Check the syllabus. What are the assignments? The books? The requirements? Does the material seem compelling to you? If you start nodding off while reading the course catalogue, perhaps it’s best to cross that field off your list.

Ask upperclassmen. They are the real experts at your college, and they have faced the daunting task of declaring a major themselves. Older students can tell you the questions they considered and how they went about finding the answers.

Engage professionals in fields you find interesting. Ask them exactly what their jobs entail and how their careers do (or don't) relate to their majors. Learning about the paths others took to get where they are is often valuable and enlightening, and even more often, surprising.

The bottom line is that your major does not determine your life. You should choose a subject that interests you and that has some connection to the post-collegiate life you want to build for yourself. But keep the decision in perspective; you can always change careers or go back to school.

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BECOMING A LEADER

Many students do not realize that being a leader does not require a title. It does require initiative, self-sacrifice, & humility. A leader by definition is one who via a process influences others to accomplish an objective. Sounds simple, well leaders are not born, but the experiences we have shape the type of leader we can become. Through projects like community service, you can develop those skills needed to be a good leader, which does come in handy in ANY career choice. Community services projects allow you to meet other students, faculty & staff that share similar interests & values. You build your resume too. Many employers are looking for employees that have participated in Community Services programs for it shows initiative & concern, which are important values to companies. If you are interested in participating you should contact the Community Outreach Center in the Student Center Room 106. You can also check with programs such as Robinson Scholars, First Scholars & SSS who coordinate CS programs all semester.

I NEED MOTIVATION:

5 Tips for College Students

Do you need motivation for doing your homework? Sometimes we all need a little prodding when it comes to getting our work done. If you ever feel like homework is pointless, you may find inspiration in the following tips.

Motivation Tip 1: Get Perspective! Have you said, “I’ll never use this knowledge in the real world.” It’s time to set the record straight once & for all—that saying is completely false! When you feel homework is mundane, it might help to start thinking about the reason you’re doing homework in the first place. The work you do now really is important, even though it’s probably hard to see sometimes.

(continued on following page)
In truth, nightly homework is really work to form the foundation for your future. Right now you are probably being forced to study topics that don’t interest you at all. Algebra skills set the stage for understanding principles of science, economics, & business

**Motivation Tip 2: Get an Attitude!** Most students have a special talent in one particular area, so they enjoy doing homework in that topic. The problem comes when they avoid other projects. Good news: You don’t need to love everything. Just pick one area you love & become a self-appointed expert. Get a serious attitude!

**Motivation Tip 3: Get Competitive!** If you have a competitive spirit, you can have a lot of fun with this one. If you think you’re at a disadvantage to other students, turn things around by getting a competitive attitude. Think of every project as a challenge and set out to do your assignment better than anybody else

**Motivation Tip 4: Get Your Eye on the Prize!** If you get bored just thinking about homework, then you need to set and reach goals. For instance, if you are having trouble getting started on a project, then divide your project into steps. Then, reward yourself each time you finish a step successfully. Your first step could be library research. Think of a good way to reward yourself, then focus on the prize and make it happen!

**Motivation Tip 5: Get Support** It’s unfortunate but true that some students don’t receive much encouragement or support when it comes to school work. Some students don’t have any encouragement from family or don’t even have any family at all. But that doesn’t mean nobody cares. There are lots of people who care very much that you succeed in school Programs like SSS, CARES, Robinson Scholars, First Scholars and First Generation Community are places to find support.

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**WHAT YOU DO NOT WANT TO MISS!**

- **Chili Luncheon**, Wednesday January 30, 11:30-2:00 SSS Conference Room
- **Life After College**  Saturday February 2, 9:00-5:00pm Student Center
- **Career Assessments**  Monday – Thursday 11-3:00 Stuckert Career Center
- **Career Workshop**  Thursday February 7 at 3:30-4:20 Stuckert Career Center
- **TAC (Taking Academic Control)**  Every Monday at 3:00 SSS Conference Room
- **ME INC**  Every Wednesday at 11:00am SSS Conference Room
- **Habits of Mind (HOM)**  Every Thursday at 3:30 SSS Conference Room

**EA Program News:**

- Students who apply to a [Kentucky Institute for International Studies (KIIS) summer program](#) by January 20 receive $100 off his or her program price

**Upcoming Scholarship Deadlines**

- [DAAD](#): January 31  (applicable to various Germany programs; AY 13-14)

**Fullbright Summer Institutes**, Thursday, January 17 5:00pm 213 Funkhouser Building

**RSVP:** Interested in participating in the activities, please call 859-257-9797 or email [valerie.rister@uky.edu](mailto:valerie.rister@uky.edu).

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*A lot of people get impatient with the pace of change. ~James Levine*

*Always remember that the future comes one day at a time. ~Dean Acheson*