SSS Cornerstone

Student of the Month… Kaitlyn Stephens

May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire. This is the Irish Blessing, which illustrates our current Student of the Month, Kaitlyn Stephens. How does this represent Ms. Stephens? Well besides traveling to Ireland for a Study Abroad trip, she exudes the sentiment of the Blessing itself. She loves to laugh, makes one feel at home here at SSS, and seeks to help our students to have a “home” while here at UK.

Some may be asking “what does it take to be a SOM?” Well to be SOM for SSS one has to have gone the extra mile to demonstrate leadership, perseverance, & dedication to themselves and his/her goals.

Ms. Stephens came to SSS in her freshmen year, which for those of you doing the math was 3.5 years ago. She is currently preparing for graduation & graduate school in the area of Psychology. Her goal is to obtain her Masters degree in Psychology & begin working as a therapist, & ultimately get my PhD. She chose the degree because, like many of you, she had experiences in her life that led her to believe she could make a difference in her community. She has diligently worked towards these goals, which is reflected in her solid 3.5 GPA & an outstanding GRE score.

In addition to her role as a student at UK, Ms. Stephens has also been a mentor for 2.5 years, which only confirmed her desire for the degree of Psychology. It was asked of Ms. Stephens as to what programming she liked most through SSS. Her reply was an astounding Horseback Riding and not having workshops and someone who listens to her and roots for her when she is not as confident.

Believe it or not this busy woman does have down time, she likes to read, socialize, & watch the TV. I hope that when you see Ms. Stephens you will socialize with her & get a sense of home.

Stress: Are You Feeling It Lately?

You're feeling anxious, simple things irritate you, you've got yet another headache coming on and you're tired but there's no time to stop and rest. You're suffering from mood swings, feel tense, are worrying endlessly and can't concentrate on simple tasks. If this sounds like a familiar scenario, you could well be suffering from stress. Stress can strike at any time during our lives and can be a debilitating condition. Many factors can cause it, but common triggers tend to be pressures of work, relationships, money, family problems or merely the fact that life suddenly seems to be a constant tough battle. Once stress starts it can impact on all areas of our health — physical, mental and emotional.

Continued stress that isn't dealt with can lead to increased feelings of insecurity and can cause other conditions such as depression, high blood pressure, peptic ulcers or a lowered immune system.

Are You Stressed?

One of the important aids to combating and dealing with stress is to first recognize that you are indeed suffering from it. Sadly, this isn't always as simple as it may seem. Despite the fact that other people notice something's wrong, sufferers are often the very last to realize and admit that they actually are stressed. Some physical symptoms of stress are: shortness of breath, frequent colds, aching back, migraines, sudden allergies, neck aches, nausea, weight loss or gain, tiredness, sweating, and indigestion, to name a few. Along with physical symptoms psychological symptoms exist too. These can range from anxiety, guilt, depression, exhaustion, paranoia, to anger, fear, jealousy, and withdrawal. Stress is high in college students, and should not be seen as what is required when in college. Come see a SSS Counselor on the ways to cope with stress.
Career Assistance for the Time Deficient Individual

Time, which seems to fly by, not have enough of, and scarce, is not a reason or excuse not to get some individual assistance in the areas of career development. It is understandable that with all that you have to do that it may seem too much to try and put time into developing your career outlook, but it may be an important aspect since you will be graduating at some point.

This semester Career Center is providing the following programs to assist you, the soon to be graduate, in developing your career.

**Career Decision Making**
Every Thursday 3:30-5:30
You need to register at least 2 days prior to the workshop.

**Career Fairs**
Kentucky Teachers Network 3:30 – 6:pm EKU March 29th

**Professional Image**
Professional Image in the Workplace:

Study Tips: Learning Styles

You have probably noticed that when you try to learn something new that you prefer to learn by listening to someone talk to you about the information. Some people prefer to read about a concept to learn it; others need to see a demonstration of the concept. Learning Style Theory proposes that different people learn in different ways and that it is good to know what your own preference is. Some links have been provided below for you to follow to learn more about learning styles.

There are a variety of instruments that help you identify your learning style and you may prefer to do them on line, or you may want to stop in the SSS office to talk to a real person and use a real pencil to fill out a Learning Style Inventory! But first, check out the resources below.

**What is Learning Style** (Move through the article abstracts to the explanation of learning style and a discussion of learning style models)

**Learning Theories** (database of 50 major theories of learning and instruction). Theory Into Practice (TIP), Greg Kearsley

**New Students-New Learning Styles** (a rather academic discussion of learning styles with a faculty perspective)

Good luck learning about Learning Styles! You can use AltaVista to expand your search for materials on Learning Styles.

College of Communications: Public Relations

The merger of the College of Communications with the College of Library & Information Science, the College of Communications & Information Studies includes the Department of Communication, the School of Journalism & Telecommunications, the School of Library & Information Science & the Graduate Program in Communication. In 2003, CCIS graduated more than 350 undergraduate & graduate students and is one of the fastest growing colleges at the University of Kentucky. UK’s department of communication is one of the highest funded departments in the nation & ranks high in terms of productivity.

Our mission is to teach our students how to create, produce & disseminate effective communication messages; how to obtain, assess & verify information; & how they can make strategic use of information. We strive to create an environment in which teaching & learning complement discovery & research. CCIS offers baccalaureate, masters & doctoral degrees designed to provide students with the knowledge & skills to become communication professionals in the 21st century.

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Interested in Money You DO NOT Pay Back?

For those of you looking for ways to afford college without taking too many loans, you may want to read a little further. Scholarships, like grants, are money that you do not repay. The difference between a scholarship and a grant is that you have to apply for a scholarship. Usually a scholarship requires a certain GPA, an essay answering a question either about you or about the area the scholarship concerns. The amounts of the scholarships can be as little as $200 for writing an essay or as much as $1000's for multiple pieces to the application.

Some scholarships that are coming up are the BUCKS for BRAINS: This exciting program provides undergraduates at the University of Kentucky with hands-on experience in academic research, working alongside “Bucks for Brains” faculty. Students are placed in research settings ranging from plant biochemistry to computer science to American history. Participation in the program requires a minimum of eight weeks (actual dates will be determined by faculty placement). Students participating in this program receive a $3,500 stipend & are permitted to take one class concurrent with this experience. Those who elect to take an academic course must accept responsibility for paying all tuition and fees. Contact information for this opportunity is Bessie Guerrant, Director located at 352 Bowman Hall, Lexington, KY 40506-0059. Her email is bguer00@email.uky.edu. The deadline is April 15.

The Benjamin A. Gilman International Scholarship Program is open to all U.S. citizen undergraduates, in good academic standing, who meet the criteria listed below:

- The applicant must be receiving a Federal Pell Grant or provide proof that he/she will be receiving a Pell Grant at the time of application or during the term of his/her study abroad.
- The applicant is applying to or has been accepted into a study abroad program eligible for credit by the student's accredited institution of higher education in the U.S.
- The applicant is studying abroad for at least four weeks in one country. Programs going to more than one country are eligible if the student will be studying in one country for at least four consecutive weeks.
- The applicant is studying abroad in any country except Cuba or a country on the U.S. Department of State's current Travel Warning list.

March 1, 2011 Student Online Application for other deadlines and requirements please go to the following website: http://www.iie.org/en/

Graduate School? THE Biographical Statements

Well, it is time to prepare for the journey after college graduation. Although it may be unnerving, even a little frightening, you will have a much better chance at success with a few tools at your disposal.

Most graduate schools require a personal statement as a part of the application. This statement is centered on your personal background, the reasons you are applying to a particular graduate program, & your career & personal objectives. You will need to plan & produce your personal statement as carefully as you would a crucial term paper. The following tips will help you produce an effective personal statement.

Tip1: Read as much as possible about their program so that your statement matches the program & convinces the admissions committee that you will fit well there.

Tip2: Use quotes, anecdotes, etc that are important to you and can add to your explanation

Tip3: Do not include too much personal information that may not add to your explanation but detract from the committee viewing you as a good candidate.

Tip4: Have more than one person read your essay to insure that the grammar & content is accurate.

Overall, writing your biographical statement is like writing any paper, so you insure that your essay gives the right impression.
College of Communications: Public Relations

There are also many advisors and professors found in the college that are very well informed about not only aspects of the individual college but about careers in the field as well. One such career found in the area of communications is Public Relations, a degree that is also on many students’ minds this semester. For those interested here is a general description of what is involved:

Manage direct publicity programs to target audiences. They often specialize in a specific area, such as crisis management, or in a specific industry, such as health care.

Use every available communication medium to maintain the support of the specific group upon whom their organization’s success depends, such as consumers, stockholders, or the general public.

Keen competition is expected for these highly coveted jobs.

College graduates with related experience, a high level of creativity, strong communication skills, and computer skills should have the best job opportunities.

High earnings, substantial travel, and long hours, including evenings and weekends, are common. For more information on this career, you can go to Occupational Outlook Handbook.

2011 UK Summer Institutes:

First & Second Year Students! All Majors!!

The US-UK Fulbright Commission is pleased to announce the opening of its competition for the 2011 UK Summer Institutes. Participants in these programs will get the opportunity to experience an exciting academic program at a highly regarded UK University, explore the culture, heritage and history of the UK and develop their academic ability by improving presentation, research and communication skills.

There are three Summer Programs available for US students in 2011 (each is a little different; please see each program):

- Fulbright Commission Newcastle University Summer Institute
- Fulbright Commission Roehampton University London Summer Institute
- Fulbright Commission Wales Summer Institute

The Summer Institute will cover the majority of the participant costs. This includes round-trip airfare from the US to the UK, tuition and fees at the University, accommodation and social program, subsistence (e.g. food and drink) and visa processing. Minimum eligibility for this program; applicants need to:

US citizen and possess a US passport; at least 18 years old; a high level of academic achievement with a minimum GPA of 3.5; completed no more than two years of university study; be mature, responsible, independent, and open-minded; be willing and able to fully participate in an academically intensive program that includes attending all sessions, completing all assignments, contributing to classroom discussions and supporting student ambassador style work as required; have had little or no study or travel experience in the UK or elsewhere outside of the US; able to participate in the program in its entirety, & expect to return to the US and continue their undergraduate education. For more information and application forms, please visit:

http://www.fulbright.co.uk/fulbright-awards/for-us-citizens/summer-institutes

The application deadline is April 15, 2011.

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.” ~FDR
Events You Do Not Want To Miss

All activities have an RSVP by calling 859-257-9797 or emailing either Val Rister at valerie.rister@uky.edu or Cassandra Johnson at cjjohn5@uky.edu.

**Academic Development Opportunities**

- **TAC Meetings** every Tuesday @ 2:00 & Wednesdays @ 5:00 SSS Conference Room
- **Individual Study Skills Enhancement**, email valerie.rister@uky.edu

**Personal Development Opportunities**

- **Major Talk Series:**
  - **Social Work** Tuesday March 8 12:30 - 1:30 Student Center Room 106
  - **Money 101: Budgeting** Thursday March 10 at 12:30 - 1:30 SSS Conference Room
  - **Money 101: Topic TBA** Thursday March 31 at 12:30 - 1:30 SSS Conference Room
- **Test Taking,**
  - Wednesday, March 9, 2:00 Frazee Hall Room 203
  - Tuesday, March 22, 2:00 Frazee Hall Room 203
  - Wednesday, March 30, 2:00 Frazee Hall Room 203
- **Let’s Talk About Sex Workshops.** UKCC, Student Center room 251 Tuesdays 12:30-1:30
  - Birth Control?, March 8

**Career Development Opportunities**

*Career Decision Making* Every Thursday 3:30 - 5:30
You need to register at least 2 days prior to the workshop.

*Career Fairs* Kentucky Teachers Network 3:30 – 6pm EKU March 29th

*Professional Image in the Workplace: The Cultural Impact*, Student Center Room 230 March 2
3:00 - 4:00

*Etiquette Dinner* Student Center Grand Ballroom March 3rd 5:30 - 9:00 Register via WildcatCareerLink. Fee Required

*Employability Skills*
Effective Resumes & Cover Letters Student Center Room 230 March 23 12:00
Extreme Interviewing April 14 1-6