Student of the Month

Millie Reed

Every month SSS looks at the students and selects one to be the student of the month. This student represents to the staff one that has overcome great obstacles and persevered. This month we nominated and unanimously selected Millie Reed as the student of the month.

Millie is from Powell County, Kentucky (Red River Gorge) and is a Pharmacy major with a 3.89 GPA. She has participated in SSS for the last three years, where we have seen her go from self-questioning freshmen to confident soon to be Pharmacist. Through the last three years she has mastered the art of balancing school and family. She has found what it takes to be a successful person as well as college student. The areas she believes that have helped her to become said student is the encouragement that rained down on her from the staff at SSS, for it has kept me involved in this program. It provided the motivation when I had little motivation left. Her current role as a mentor has allowed her to share her experiences in tutoring and counseling in hope to encourage others to remain committed to getting his/her degree.

She does think that many students miss out when they do not participate in the workshops that SSS provides, for many provide the “survival skills not taught in class, which served me well.” The fact these activities are free, is a great benefit that not every student has on campus because they are not in SSS. She finds that the social cultural activities that are offered are equally beneficial in developing survival skills. Her favorite social activity was the UK basketball game last year for it provided a chance to talk to others similar to herself while having fun. Millie these last three years has been focusing on getting into Pharmacy school and took the PCAT at a high stress time in her life. She feared she did not do well…although we all felt differently. Millie found out recently that she was accepted to Pharmacy school here at UK and will be venturing into her pharmacy classes in the next year. This is why she came to UK and through her hard work she is achieving her goal of being a Pharmacist. Millie chose being a pharmacist because she has a strong desire to help others with medical issues and a pharmacist is key in understanding your medical treatment.

If you are wondering what this All American girl does in her “free time” she says she enjoyed before college life- ATV riding, metal fabrication, making quilts and running from her children...so that is spending time with her children.

We did ask Millie what advice she would give to other students finding it difficult to adjust to college life. Her response had many elements. First it was to develop study skills such as note taking, using your learning style, and time management. The latter being one of the most important. Additionally, students should not fear trying new things, for that is how one learns about him/herself. Using the advice that is given to you by professors, SSS advisors, and other resources on campus helps you understand the college experience.

Congratulations Millie for working hard to meet your goals and helping others meet theirs.

Working with Your Advisor

Midterms have passed and you are hoping you have as well. Now that October is just about over and we move to November, you must contemplate your next semester. This cannot be completed without visiting your college academic advisor, but before that inevitable meeting you should be armed with questions to ask you helpful advisor:

1. Which courses are required for a major in -_________?

2. Are there prerequisites for any of these requirements?

3. How often are these courses offered & are there any that are only offered occasionally?

4. Are there any requirements governing how I must choose to use my elective credit hours?

5. Is there a particular order to follow when signing up for the courses in my major?

6. Are there any courses that need to be taken at the same time?

Remember, advisors can do more than help you plan your schedule. They often have can help you look at creating a long range plan to completing your degree. The difference between five years in college and six is one of the two planned their schedule and found out which course is only offered in the fall and those offered every semester. Plan your questions, as well as your course selection.
Ways to Save Money! Christmas is on its way...

Christmas is around the corner which means for many of us spending time in a crowded store for that all important item for our significant other…ourselves? Anyway this can be a time when people forget their budgets and go crazy spending money with that little plastic card…you know the one where instant gratification meets I can pay later…with interest! So, with that being said, those of us at SSS thought to share some ways you can save money over the holiday season.

First, set a Budget. Decide how much you are going to spend total on all Christmas gifts.

Second, decide what price range you are going to stay in for each person’s gift. We understand that honey bunny may deserve a better gift than good old mom, but remember to set the price and remain inside that goal.

Third, shop the ads and sales papers. You may find the gift you want on sale, which may allow you to save further. No, this does not mean buy more. It means you get to save more.

Fourth, make your list of the gifts and where you can find them. A great deal of money is lost driving from place to place.

Lastly, remember it is the thought that counts and not the gift.

Resumes, They are not All Created Equal

You are on the final edifice of your next major life long endeavor. No, you are not buying a car… You are heading into the working world, where everyday for the next forty years you will spend eight to ten hours a day, so would you like to find a job that really makes your heart sing? It all begins with sending your resume, that document which gives potential employers the first glimpse of a potential employee, and don’t you want yours to rise to the top? Here are some general helpful hints to help that happen.

Information to Include:
Personal Data: Name, Permanent Address, Phone Number, email (remember to change those addresses that are for friends to professional addresses: hotbabe.@gmail.com is not a professional address.

Objective: (optional); skills you want to utilize & an eventual goal. Indicate not just a position but an area of interest. Avoid general statements & terms such as opportunity for advancement, a challenging position, a position dealing with people.

Education: Begin with most recent. Use name, location of college/university (city & state is sufficient) Degree received, major & minors, dates of attendance, year of graduation, as well as GPA.
State major related course work, about 6-8 important classes, that pertain to the job.
Experience: begin with most recent, list full time/part time, volunteer positions. After you have worked professionally for at least a year after graduation, put your professional experience before education. You may drop part-time experiences unless particularly relevant. Here is where you give a description of duties- use phrases, beginning with action verbs, in present or past tense, depending on the time of the experience.

Personal Categories: This is where you list features which demonstrate your valuable attributes such as organizations, clubs, affiliations, leadership roles, projects completed. In addition list honors, scholarships, assistantships etc. Remember that this is the first glimpse a prospective boss has of you and you need to have your resume impress enough to get the interview.

Resumes are an overview of your strengths and accomplishments, don’t leave this impression to the last minute.
Graduated…Now what? How about Graduate School

Although graduate school itself is a long and challenging endeavor the application process does not have to be if you know what you are talking about and doing.

Research is vital in the early stages as you decide which graduate schools you will apply to. Your investigation need to be far more than choosing your favorite sport team or where your significant other is attending or living. You will want to not only look at the college’s overall reputation, but more importantly the departments reputation; although the college may have a less than sterling reputation the department you are applying to may be the stronger, so be sure to checkout both. The best place to get information is through other students, professors, and some information can be provided on the school website itself.

After research, comes the intimidating part for a number of students, which causes them to stop applying. You can easily get through it if you can keep track of the following elements:

**Test scores:** (GRE, GMAT, LSAT, MCAT…) The test you take will depend on the college. It is necessary to research what the school/department requires to be accepted and which section of the exam is most important.

**Transcripts** are fairly easy, for you just send off for them either through a clearinghouse or through the actual college of attendance. Remember to get transcripts from every college you attended.

The hardest element of the application is writing the **biographical statement** or purpose for the degree. Although tough to talk about yourself, this part of the process helps you gain great clarity as to why you want to pursue an advanced degree. Writing good essays is mainly about leaving enough time to think it through and making certain to edit thoroughly, while answering the questions honestly.

The last element, and certainly not the least, is the **recommendation letters**. These can make or break the application. These need to be from people who know you and have an understanding of your work ethic and desire for the degree. Do not use people who have a general acquaintance of you. For further assistance in this area contact your SSS advisor for help in the process.

Zen and the Art of Course Selection

Selecting courses should be easy. You just pick any four/five that you need, stir in gently, and you have an instant course schedule. Right? Actually, no. You need to ask yourself some questions as you create your course schedule each semester and be honest with yourself when answering. For example if you are not a morning person, you should not pick an 8:00am class, for you truly would never attend.

Balancing Tasks: If you are not a person who likes to read or reads fast, having an entire semester of classes with heavy reading would be GPA suicide. You think about the tasks the classes will expect you do and create balance by having some classes that require reading with some that are problem solving. Example: History, Math, Elective, Major Course.

Balancing Interests: It would be great if you could take only classes that interested you, but sadly that is not he case in college. Try to balance classes that may be in your major or interest you, as well as those subjects you may have wanted to know more about.

Balancing Time, which can be difficult for anyone. Look at not only the time the class meets but where and how it is in connection with you next class. Resist the urge to put all of your classes on Tuesday/Thursday, for when exams, papers, and projects are due they come all at the same time. This is a nightmare if you are one who needs sleep, because you will use the other three days to catch up on sleep for you develop the habit of procrastination. This nasty habit can make even the best student wish he/she had listened to his/her SSS advisor and not gone that route.

Overall, you need to select classes that peak your interest and that your hardest classes are those that you schedule at your peak performance time so you will be alert. Keep in mind that many resources on the University campus are available to you and the goal is for you to finish your degree in strong academic shape to apply for jobs, majors, colleges, and other entities that look at your transcript to determine eligibility.

You can schedule an appointment with and SSS advisor by calling 859-257-9797.
Poetry, Art, and other Elements

I Should Have Studied

I didn’t study for the test and now I feeling blue.

I copied off your paper and I flunked it just like you.

By Bruce Lansky

F’s are “Fabulous

Hey, Mom & Dad! I got my grades! And you’ll be thrilled to hear the marks on our report cards are changed around this year!

A bunch of kids were telling me this morning on the bus, that they heard some teachers say that F’s are Fabulous!

And Ds are proudly given out for work that’s dynamite. They’re used to honor kids like me, whose brains are really bright.

So Cs of course is super ”cool” --- I’ve got a few of those. I wish they could be Ds and Fs, but that’s the way it goes.

I’m pleased to see my teacher didn’t give an A or B. I’ve worked to hard for one of those. Gosh, aren’t you proud of me?

I see you don’t believe me. You think that I am lying? At least you will agree that I should get an A for trying!

By Ted Scheu

Taking Academic Control

As we all know that midterm grades have been posted and many students have been surprised by what he/she have earned thus far. In response to this we have designed a program to help students get a handle on college studying and classes. Much like UK 101, where the instructor assists students in getting acclimated to the campus, we are going to focus on getting acclimated to the demands of the classroom. It is strongly encouraged for those students who have multiple low grades (D’s and E’s) but is not limited to them only. If you as a student are not quite getting the hang of what is expected of you here at UK, then by all means you may attend the sessions. Each session will discuss a different element of studying such as How to Use Your Textbook for more than a door prop. Other topics are how to write a paper or an essay during an exam, Using your learning style, and other areas of studying that until now you have been left to figuring out yourself.

The classes will start Wednesday November 17 at 5:00 in the SSS Conference room. It is advantageous for those who may be looking to appeal a scholarship decision for it demonstrates that you did not sit idly by and let the grades be as they may. By taking academic responsibility and control you demonstrate an understanding that your current situation is not acceptable and that you many need assistance in improving your situation. Again, it is not mandatory, but it is a great way to learn the skills that you need to be a successful student and realize what areas you are stronger and weaker in and what to do for each.

If you are interested in this program, please RSVP to Valerie Rister at the following email: valerie.rister@uky.edu or call the SSS office at 859-257-9797 by November 16 at noon.
What You Don’t Want to Miss!

TAC: Taking Academic Control
Topic: Test Taking       Wednesday, Nov. 17th  5pm
SSS Conference Room

FREE GRE EXAM   Saturday November 20, 9am-1pm
Student Center Room 203

THANKSGIVING BREAK   Wednesday –Friday
November 24-26, location:  Home

TAC: Taking Academic Control       Topic: Essay Exams
Wednesday December 1  2-3pm   SSS Conference Room

Money 101:  Budgeting   Thursday, December 2
12:30-1:30   SSS Conference Room

Major Talk Series:  Business and Economics   Tuesday, December 7 12:30-1:30   Student Center Rm.113

Chemistry 105 Final Exam Prep   Sunday, December 12
3-5pm   Student Center Room 228

Math 109 Final Exam Prep       Sunday December 12
3-5pm   Student Center Room 231