Student of the Month.... This Could Be YOU!

Many of our students are remarkable, but would never say anything to anyone. Therefore, we celebrate accomplishments, trials, perseverance, and all that students go through in order to achieve goals, both large and small. In the past we have celebrated students who have steadily worked towards graduation for seven years, overcome the negative attitudes of family and friends and began college, had many personal struggles to overcome and managed to finish. In addition to these celebrations, we celebrate the completion of difficult semesters, realization of self in that he/she found their niche and are excited. Whatever it is, we want everyone to know what our students are about: Motivate others who feel they are all alone in the experiences, and to keep you encouraged to keep working towards those goals that you have come to UK to achieve.

How does one become the Student of the Month? You are nominated by staff and students. It is that simple. Once we have collected nominations, the staff looks through them and determines who gets picked for that month. It would be great to have all of the nominees get the spotlight, we currently have space for only one per month.

If you would like to nominate someone, please write their name down on a sheet of paper explaining why he/she should be acknowledged and put it in the Learning Specialist’s mailbox.

Although many will be nominated and only one chosen, highlights of the others may be given in the newsletter.

Good luck. We hope to see you in the papers.

Preparing for the Real World...Have You Started?

Tick, tick, tick ...No, it's not the beginning to 60 MINUTES nor is it the dreaded crocodile coming to get Captain Hook. It's time moving on. Many of us believe that we have an infinite amount of time before we “enter the real world.” Sadly, for the college student it is about five to six years and upon graduation you have been released to the real world. Primed with your new college degree and not a great deal of preparedness as to what you have to do now that you are not in school. You have been in school for at least 17 years, and for some more than that. So, you have some idea at the structure, rules, and the game plan for that world. The real question is are you ready for awaits you in the real world? Do you know the difference between a want and a need? What is considered a lot of money? What is successful? What is a great job? How do you land the great job? These questions could drive you crazy where you pray for the crocodile to approach you.

But before you throw in the towel, you need to know this. SSS has information for you on Money, Choosing Careers/Majors, Creating the resume, etc. The first week of each month two very helpful resources come to you: Money 101 and Major Talk Series. MTS is on Tuesdays in the Student Center and Money 101 Thursdays in the SSS Conference room. All you need to do is sign up and learn.
Study Groups? Tutoring? What do I attend?

Are you confused as to what you’re supposed to be doing as far as study groups, tutoring, and all the other requirements in your life? Well, do not feel alone. Many of you have shared your concerns and anxiety with the system. Since we are all about making sure you do well in your classes and keep your scholarships, we want to clarify the particulars of the requirements.

First, study groups are times where you study for your classes either here in the office where it is monitored and help is available, or in the Study. These are not times where a tutor sits with you one on one, but a time where you can come and someone knowledgeable of the subject area is able to answer your questions while you study. You sign in with Valerie Rister or by swiping your I.D. at the study. Now tutoring, is simply where you schedule time with a tutor and meet at least twice weekly with your tutor in either a group or as an individual. If you are in need of tutoring you can come to the SSS office, email Valerie Rister, or call the office at 257-9797 so you can complete a tutor request. Those students who requests tutors and meet with them at least two times a week were better able to achieve the required GPA(2.7+) as opposed to those who chose to do little to nothing and received a GPA that was not eligible to remain in good standing with the university (1.4 or lower). The assistance provided by these resources can help you remain focused on your goal and GPA requirements. We hope to see you soon in the SSS office.

Cyber bullying?

Bullying is in our schools, and it's online. Why do kids do it? What can be done to put an end to it?

The National Crime Prevention Council defines cyberbullying -- as what happens when teens use electronic devices to send or post text or images intended to hurt or embarrass another person. It is vicious, viral and incessant attacks through text messages, e-mails and Facebook posts that have both replaced and supplemented traditional schoolyard bullying.

October marks National Bullying Prevention Month, a topic that has made headlines lately. Kids are more digitally connected than ever, according to the Kaiser Family Foundation, which reported that children devoted an average 7½ hours a day to their gadgets. The proliferation of cell phones, iPods and Facebook brings a complicated challenge for parents, teachers and students: The constant exposure to technology and the web amplifies opportunities for children to bully each other online.

One in five youths between age 10 and 18 have been a victim of cyberbullying or participated in cyberbullying, according to a survey of 4,400 children conducted by the Cyberbullying Research Center, an organization tracking the internet bullying trend. This figure is conservative, because children are often afraid to come forward to their parents, bullying experts say. Cyberbullying can take on various forms, from a middle-schooler firing a hurtful text message to high school teens harassing a boyfriend or girlfriend online. The overarching issue is that the student has nowhere to run, nowhere to hide. No ability to find solace from the taunting.

Recent research shows that cyberbullying can cause higher levels of depression in a child than traditional bullying. Compared with face-to-face bullying of schoolchildren, a child who had experienced cyberbullying from someone anonymous "may be more likely to feel isolated, dehumanized or helpless at the time of the attack," according to a study from the National Institutes of Health. The study relied on surveys from more than 7,000 students.

Cyberbullying is relentless and appears to be longer lasting due to the fact that with one click of a button the message posted on a webpage lasts forever. While a decade ago, cyberbullying primarily affected youths between age 11 and 15, the number of children facing harassment through a digital device is growing. It is not an easy area to “police” due to the nature of the social networks but many of these social avenues are working to eliminate these issues through cancelling accounts and pop up warnings.

Overall many teens do not speak of being bullied due to believing he/she needs to handle it or fear of retaliation. Parents feel their hands are tied because there is not direct way to confront the issue.

If you are interested in finding more about cyberbullying you can type the full title “In a wired world, children are unable to escape cyberbullying” by Stephanie Chen CNN.
Eating for Flavor not Nourishment

Why do we do what we know we don’t want to do but end up doing it anyway? In an article in Educational Leadership, David Kessler discusses the issue of overeating. It is not just an adult issue, for the approach adults take in their relationship to food is how their children relate to food. In the past few years we used to eat at mealtimes and we did not snack between meals or at least rarely. The average child now eats almost constantly throughout the day. This continuous eating is called grazing according to Dr. Kessler.

What has caused this style of eating? As a nation we have put sugar, fat, and salt in our food and made it available everywhere. This 24/7 availability makes it socially acceptable to eat anytime and anywhere. Food has become entertainment and not just for nourishment. The cultural changes in the attitude about food have lead to constant eating. The definition of overeating is eating more than you expend.

The real question is why it is so hard to stop. The combination of the sugar, fat, and salt is a trigger for us to want to consume more. The ease at which this food surrounds us makes it difficult to stop once we are full. The constant stimulation from the food causes us to consume more than is necessary.

MATH 109 Exam Review Sessions

Since many of you are taking MA 109 we thought it would be beneficial to have an exam review session before the next three exams. The exams will be in the Business and Economics building on the following dates:

- Sunday, October 17 from 3-5 Room 205
- Sunday, November 14 from 3-5 Room 205
- Sunday, December 12 from 3-5 Room 205

The sessions will be run by a tutor and will be working on past exams. If you are interested in attending please email valerie.riter@uky.edu by Friday before the review sessions.

CHEMISTRY 105 Exam Review Sessions

Since many of you are taking CHE 105 we thought it would be beneficial to have an exam review session before the next three exams. The exams will be in the Business and Economics building on the following dates:

- Sunday, October 10 from 3-5 Room 205
- Sunday, November 7 from 3-5 Room 205
- Sunday, December 12 from 3-5 Room 205

The sessions will be run by a tutor and will be working on past exams. If you are interested in attending please email valerie.riter@uky.edu by Friday before the review sessions.
Want to know what your professors are thinking?

You attend class, take tests, and discuss or listen to lectures, as well as do ALL of the assignments. You prepare for Midterms, hoping to prepare in the manner in which your professor prepares the midterm exam. You go take the exam and await the grade. If only you knew what was going through the head of your professor, or at least as far as your grade is going. Well amazingly we help in that area as well. How do you ask?

We used to have you complete what is known as the Professor Card. Where you would list your name, class and section number and the time and day it meets. In addition, you provide the professor’s name, office, etc. We would mail them to the professors and they let us know how you are doing in the class. The success of this genius idea caught on and the university has the Early Alert System, which does let us, you and your advisor know what you are doing and what you can improve on for that class.

If you are receiving a grade lower than a C, your professor will send us an alert that states you are struggling and in need of assistance. The information he/she may include is your current grade, participation, and what to do to improve your grade in the class.

Yes, some professors have 400 students, but their TA’s who run the recitations, labs, etc do know you and are helpful in completing these alerts. Each alert does give insight as to how you are doing. Many students have found it quite surprising to find that he/she is doing better or worse than anticipated. Some professors have gone as far as to provide insight as to where the student can improve for his/her class.

The Early Alert will come in the form of an email, followed by an email from our office to let you know that you need to make an appointment to see one of the advisors to discuss strategies for successfully completing the course.

NINE WAYS TO AID YOUR MEMORY

It is more natural to forget something than to remember it. If you intend to remember something, apply as many of the following techniques as possible.

1. **Be flexible**: Experiment with many learning procedures. Be willing to abandon out-modeled & faulty learning procedures so you will be free to acquire new & more efficient methods.

2. **Over Learn**: In order to retain anything learned, you must practice & reorganize it into your current ongoing activity. One way to do this is to incorporate the learned material as part of your present system. Use it in speaking & writing, such as teaching it to someone.

3. **Schedule**: schedule your study time so that the time at which something is learned or relearned is close to the time at which it was learned.

4. **Eliminate accidental & unrelated associations**
   - Turn the phone off as well as the TV etc

5. **Eliminate previous mistakes**
   - Review old exams, notes etc. noting what you previously missed

6. **Decide on an order of importance**
   - Decide what is most particular to learn for the exam & work to over learn

7. **Mnemonic devices**
   - Create word associations, phrases, etc to remember key information ex. HOMES

8. **Rephrase & Explain**
   - Act like you are teaching the material to
## What You DO NOT Want To Miss!

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Money 101 Thursday</td>
<td>October 28</td>
<td>2-3</td>
<td>SSS Conference Room</td>
</tr>
<tr>
<td>ME INC Wednesday</td>
<td>October 13</td>
<td>5:30-6:30</td>
<td>SSS Conference Room</td>
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<tr>
<td>Graduate School Showcase</td>
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<td>Student Center Grand Ballroom</td>
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<td>Math 109 Exam Review Session</td>
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<td>CHE 105 Exam Review Session</td>
<td>October 10</td>
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<td>Student Support Services Office</td>
</tr>
<tr>
<td>Internship 101 Thursday</td>
<td>October 28</td>
<td>3:30-4:30</td>
<td>B&amp;E Room 248</td>
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<tr>
<td>Stocks and Foreign Currency</td>
<td>October 21</td>
<td>3:30-4:30</td>
<td>B&amp;E Room 248</td>
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For all events please RSVP with SSS by calling 257-9797 or signing up in the front office.