Student of the Month Goes to London…

My experience studying abroad was amazing and eye opening. Last semester I had the wonderful opportunity to study in London at the University of Westminster. I fell in love with London in the 5 short months I was there. I did ALL of the typical tourist activities London is famous for, such as the picture in the London phone booth, London Bridge, they Eye as well as enjoying the fun-filled nights out. Even though those experiences provided and education, the classes allowed me to meet some amazing people from all over the world. The trading of ideas and getting new perspectives allowed me to grow in ways I had not imagined. The most amazing part of it all is that at some point it all becomes normal. There I was riding the tube and bus all over the city, walking in the misty rain, warming up with a cup of tea, and running from place to place just taking it all in. It was like I was a true Londoner!

Another great part was having the opportunity to do some traveling. During my time abroad I made it to Paris, Scotland, and Barcelona—though London will always hold a special place in my heart. I have enough memories to last me a lifetime but more than that over the course of those 5 months I grew so much. I found an independence that is unrivaled by any other experience. I mean you develop independence by going to college, but when you travel you truly have to figure out their system on your own. It is exhilarating! When you have the opportunity to study abroad...DO IT! Now as a senior social work student I can take the experience, new world knowledge, confidence and independence that being on my own in another country has taught me and I can apply it to my daily life.

“People travel because it teaches them things they could learn no other way.” -Lance Morrow

Playing the Game and Winning!

Nervous about how to manage time… Thinking this campus is huge… Scared about the first round of classes and had not even considered the exams? Well, you are not alone nor are you the first.

Student Support Services provides each semester the opportunity for you to get a leg up on the rest of the competition. We invite you to spend some time with your SSS advisor to go over Time management tips, Test Taking Strategies and other helpful topics so you will succeed this semester.

To schedule an appointment you can email valerie.rister@uky.edu or call 859-257-9797

Have you made your First Appointment with your SSS Advisor?

Student Support Services
6 Alumni Gym
859-257-9797 or
http://www.uky.edu/Diversity/SSS
WELCOME TO COLLEGE…
STUDY SKILLS 101

TICK TOCK! The students line up at the start of the semester…they get their backpacks on…books and pencils in hand…BANG! The gun goes off and they start the mad dash to finals week. This is the start of another semester and year at the University of Kentucky. Students will start classes with bright fresh faces eager to attend class. OK, it’s the first full week of classes and the syllabus discussion is over and the lectures, papers, homework, and readings begin. Hey wait this is college and I have more work now than ever before. WELCOME TO COLLEGE.

If you are asking yourself, how am I supposed to get all this completed? You are not alone. Each semester many students—seniors as well as freshmen ask this question. You will get it done by eating the elephant one bite at a time. The following is a simple method to getting your work done. Are you ready?

Step One: Ask yourself “what do I have to get done today to survive tomorrow?”

Note everything is of equal value. You will have to prioritize your activities. Yes, even assignments. If you have readings due in three days, a paper due in a week, and math problems due in the morning, you may want to see what will get you the furthest in surviving the next day. You will do the math first. Divide up the readings over the three days, and divide your paper up over the week. You do this so that you are not trying to do all of it at once, nor are you procrastinating because you have too much. You can do this with just about anything you have to do. Just remember, the item you get the best return on your time and help you survive the next day is where you should start.

Step Two: Create a schedule: In a schedule you will have three types of events: 1) Givens 2) Have to 3) Want to

A Given = classes etc: those items that are going to happen regardless if you are there or not. You have no control when they take place

Step 3: Get Started! This is the hard one. You have created your schedule, written out a To Do List, and have your snack….Now get out the first item and begin eating you elephant. Set a start and end time for each activity. 30 minutes and a break for 5 is a good rule of thumb. Just return after the break.

Now you have it, three simple steps to keeping up with all the work. For more information you can go to the SSS website and watch a podcast on time management or schedule an appointment with Val by emailing valerie.rister@uky.edu.

Have to’s are those items that you HAVE TO get finished to be prepared for the next day etc. These usually cannot get put off until you are ready. You Have To do them now.

Lastly, Want To’s are those items that we do when EVERYTHING else is completed for the next day. If you have your work completed and “clean” clothes for the next day of classes, then you should be able to go to the gym, watch TV, or socialize with freiends.

Tutoring is one way to make certain you stay on top of your course work.

SSS OFFERS YOU FREE TUTORING, ACADEMIC PLANNING/WORKSHOPS, INDIVIDUAL COUNSELING, AND AN ARRAY OF OTHER SERVICES TO KEEP YOU IN THE GAME.

“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
Explore Leadership Opportunities Through UK Leadership Exchange

UK’s Leadership Exchange in the Office of Student Involvement offers a variety of leadership programming for students. This week, Leadership Exchange is kicking off its Explore and Connect Workshop series. The Explore Workshops, on Tuesdays, are geared to those students who are looking to develop their personal leadership style, and the Connect Workshops, on Thursdays, are geared toward organizational leaders looking to better their organization.

Getting to Know Yourself
Tuesday, Sept. 17, 5–7 p.m., 249 Student Center
This workshop is for students interested in understanding themselves better to discover their personal leadership style. Students who are seeking confidence and courage to lead others will find it especially helpful as they understand their strengths and how to utilize those to effectively lead a group.

Developing Identity and Appreciating Others
Tuesday, Oct. 15, 5–7 p.m., 249 Student Center
Diversity is a current hot topic all around the world, but what does it mean for you as a student leader at UK? Students who participate in this workshop will participate in identity development and further investigate what makes them unique. A guest speaker will enhance this workshop by sharing their expertise with the group on appreciating diversity.

Using Critical Thinking to Solve Problems
Thursday, Oct. 17, 5–7 p.m., 249 Student Center
This workshop is designed for leaders who find it challenging to make effective decisions for the group, and remain confident in those decisions. Students will learn how to apply critical thinking skills to solving problems of the organization and to resolve conflicts among members or other officers of the organization.

For questions or more information, contact Leslie Pedigo at lesliepedigo@uky.edu or at 859-257-3005.

The important thing is the educational experience itself...how to survive it.
~Donald Barthelme
Thinking Graduate School?

How many of you have bought a test preparation book with the intent of studying for the ACT, SAT etc? Then you get home and that is the last you see of the book. Well we figured that many of us need the structure imposed by a class to prepare for the GRE. So, this semester is the first time we have been able to offer the Graduate School Preparation Course for credit. Yes, for credit. In the last few years we have offered the course on Saturdays and although we had many of you say you would like to attend, work and family schedules did not permit. So, we worked over the summer to get the course onto the schedule books. You can now sign up for the course and it is part of your class schedule. Currently we are offering it on Monday and Wednesday at 2:00. Through the course you will work on identifying graduate schools, recommenders, qualities in graduate school, as well as test strategies for the Graduate Record Exam (GRE). If you are interested for spring you can complete an interest card either in the office or on our website: www.uky.edu/diversity/sss under the graduate tab.

WHAT YOU DO NOT WANT TO MISS!

September 19, Thursday: Soup and Substance Real Talk, Real Issues, Real People: A Dialogue on the Trayvon Martin trial. 5:30 MLK Center (across of the UK bookstore in the student center)

September 25, Wednesday: Taco USA: How Mexican Food Conquered America 7:30pm MLK Center

September 24, Tuesday: Technical Profession Employer Showcase
September 25, Wednesday: Non-Technical Professions Employer Showcase
September 30, Monday: Anderson Cooper: Memorial Colliseum 7:00pm

October 4, Friday: Open House Cookout Stuckert Career Center 11:00 a.m. – 2:00 p.m