



March 2016

Hello,

Next week is Spring Break!! So enjoy your time off, get caught up and catch your breath. We have a lot of events for you upon your return, some educational and some for fun! Be sure to mark your calendar so you don't miss the important dates and deadlines as we finish this semester. We have one Scholarship Workshop left this semester for single parents. If you are thinking about applying to grad school, be sure to check out ways to pay below. Also, we have an excellent article on quality studying that might just give you the edge you need to succeed. Check out Annette's story about addiction, homelessness, and being a single mother. In December Annette graduated from UALR with honors. And as always, never hesitate to contact me for any questions or referrals for services.

Have a safe and wonderful Spring Break 2016!

Cynda Alexander, Non-Traditional Student Program Coordinator

Campus-Wide Events

- **UALR Trojan Food Pantry**, Thursdays, 11am-2pm. Participants will receive a three-day supply of food when they visit. Food requests may be made in person or [completed online](#) for pickup at the pantry.
- **Spring Break**, Mar. 21-25. No Classes-have fun!!!
- **Career Closet**, Mar. 23-Apr. 3, DSC Leadership Lounge, upper concourse. Professional development workshop attendees can select an outfit that will help you stand out for job interviews.
- **Health Professions Career Fair**, Apr. 4, 10am-2pm. Come meet admission counselors and employers in medicine, social work, and other health-related fields. More than 60 schools, companies, and organizations will be represented.

- **Single Parent Scholarship Workshop**, March 30, 1:00-3:00. DSC Meeting Room D. SPSF will be going over what it takes to get a scholarship from them and how to keep it.
- **2016 UALR Research and Creative Works Expo**, Apr. 11th, 9am-4pm event, DSC, Ledbetter Hall. Undergraduates and graduates who have a current or last semester class assignment that might be an interesting presentation are encouraged to register for this event by March 30.

The Power of Peer Mentoring



Peer mentors draw from their own experience to offer encouragement and support to their mentees and provide a connection to our university.

[Become a Mentor](#)

[Request a Mentor](#)

[Peer Mentoring
Answers](#)

Professional Development Tip: MOOCs

MOOC (Massive Open Online Course) are FREE courses for certification from colleges all around the world in a wide variety of subjects. In addition to traditional course materials such as filmed lectures,

Did You Know

There is more to UALR's fun side than basketball. You don't even have to leave the campus to find a lot of free or inexpensive things to do to enrich your life. It is important to lighten up occasionally from your hard work, so check out the following:

Movies, Comedians, Massages, and More. University Program Council (UPC) has it all. Check out their schedule of events. No cost.

Art Galleries. The art department maintains three art galleries in the Fine Arts Building that showcase traveling, invitational, solo, and group and student exhibits throughout the year. Check them out to see what is currently showing. No cost.

2016 UALR Research and Creative Works Expo, Apr. 11th, 9am-4pm, DSC, Ledbetter Hall. Go and see what's cooking in an expo that offers an opportunity for both undergraduate and graduate students to showcase their research, scholarly, and creative endeavors in anything from arts to technology and everything in between. Both undergraduate and graduate work will be showcased. No cost.

Latin Dance Association. Interested in going dancing? Join the Latin Dance Association for some fun exercise, good camaraderie, and spicy salsa, merengue, and bachata dancing. Keep up with their schedule on their Facebook page. Also check out the fitness center's schedule for Zumba classes.

Music Department. Want some live music to enrich

readings, and [problem sets](#), many MOOCs provide interactive user forums to support community interactions among students, professors, and [teaching assistants](#) (TAs). Check out the opportunity to learn for free and earn a certification.

your soul? Look to the Department of Music calendar of events. You may have to leave the campus, but they feature anything from a jazz ensemble to Handel's "Messiah" which is coming up on Mar. 19 and 20. Call (501) 352-2380 or visit www.praeclara.org for ticket information. \$5 for students.

[Theatre for Arts](#) is next showing Bodyworks, the annual spring dance festival featuring a variety of styles and unique approaches to contemporary dance, Apr. 21-24. Go to their website to keep up with current events.

How to Pay for Grad School

Grad school does not mean the end of the line for financial assistance. Check out the following ways to make it happen:

- [Graduate Assistantships](#) provide partial or full tuition payment and a stipend. Usually the work is in teaching or research.
- [Federal Aid Programs](#) include loans.
- [Scholarships](#) may come from UALR colleges or departments, or outside organizations.
- [Tuition Deferment Plan](#) enables you to sign up for an installment payment plan in person at the Cashier's Office or online by the payment due date if you do not have enough financial aid to cover your entire balance due each semester.
- **Payroll Deduction.** Student must be a full time employee in the University of Arkansas System. Please contact the [Cashier's office](#) for more information.
- [Veteran Benefits](#) may include grants you do not have to pay back, Federal Work-Study, loans you do not have to pay back.

Highlighting Students: One Story at a Time

Annette said she was "tired of living the

way I was living. I had just gotten so disgusted with life and existing I couldn't work. I couldn't focus on anything productive, and I couldn't stop using. "My thing was to try to get a grip," says Annette. So get a grip Annette did. Annette realized she needed help. She "wanted help so bad" she went to the hospital and told them she wanted to kill herself, though she didn't really. That got her the required 72 hour hold that she needed to start to figure out how to get help with her chemical dependency and life. [Read her story here...](#)



Ms. Annette Blair

Study Tips: Quality vs. Quantity

You can spend a lot of time spinning your wheels studying by quantity vs. quality. Do you do any of the following?:

- Read the text over and over all the way through for a test.
- Continue researching a dead topic because you don't want to consider changing the topic.
- Refuse to ask your professor for help when you are stuck.
- Spend hours and hours "studying" but still don't know the material.

If you want to have QUALITY VS. QUANTITY study time, consider doing some of the following:

- Get clarification or guidance from your professor if you are unsure of the important points to study.
- Highlight or make index cards of the main points of your textbook and lecture material to study.
- Study material earlier for smaller amounts of time rather than cramming a bunch of information later.
- Find your particular best mode to study, whether it is writing it down, listening to a recording of the lecture or your own notes, or drawing diagrams to give you a visual.
- Discover why the material you are studying is important for the class, but

more particularly as it relates to you. Association goes a long way in memorization.

- Keep a running list of quality research websites such as the [Ottenheimer Library resources](#) so you don't have to go Googling them again.
- Decide with your professor's help earlier rather than later to change the topic of your project if you are having a hard time finding supporting resources. And consider using a topic you found along the way that did have a good amount of supporting resources.
- Set your timer! Study without distractions (no music, TV, cell phone etc...) for 30 minutes and then take a break. You will learn more and retain more in 30 minutes of engaged studying than you will in 2 hours of distracted, disengaged studying.

More Study Tips: The Hunchback of UALR

You hunch over your books or computer, studying hard for your exam, and it is painful. No, it isn't just that the material you are studying is difficult. You actually have an ache or pain in your neck or back. If you are looking down at your work with your chin almost to your chest, your 12 pound head is exerting 60 pounds of force through your neck and spine. Think what carrying 60 pounds of textbooks on your neck would do. It is no wonder that the number two complaint to doctors is neck and back pains. Even if you don't feel it now, the accumulation over time between school and work can escalate to an injury and not just an ache. Courtesy of physical therapist Chad Womack of Associates Physical Therapy, here are a couple of ways to nip neck and back problems in the bud:

- Occasionally sit up straight, arching your back, from your waist to your shoulders, back, alternating with a little slouch.
- Every one to two hours get up and move around, bending backward to counteract your hunching forward.
- Occasionally do a set of exercises where you face straight ahead and pull your chin straight back as if shutting a drawer.

Don't wait until you hurt. Be proactive. Leave the painful part of study and work to the material itself.

Professional organizations are amazing resources for keeping current in your field, professional publications, education and service opportunities, scholarships,



Professional & Student Orgs

Why is it important to join professional and student organizations?

Check out the complete list of UALR Student Organizations [HERE!](#)

internships, jobs, and networking. Likewise, Student Professional Organizations can serve a lot of the same purposes, helping you get hired after you graduate.

[The International Studies Club](#) is open to all UALR students interested in international affairs, regardless of major, GPA, or year in school. The club's purpose is not partisan; it seeks to promote student-driven analysis of and engagement in the broader social, political, and economic world. Click here for the [application](#).

"A person who never made a mistake never tried anything new."

~ Albert Einstein

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