Upcoming Events:

**Monday, October 30th:**
Priority registration day for 1st-Year Thompson Scholars.

**Sunday, November 5th:**
Honey Sunday for all 1st-Year Thompson Scholars. Please watch your Lopermail this week for more specific details for your groups.

**Tuesday, November 7th OR Wednesday, November 8th:**
Résumé Writing Workshop for 2nd-Year Thompson Scholars; students must attend one of the two sessions and come prepared to take notes. 6:30-8:00 PM in Copeland Hall 130.

**Sunday, November 19th – Thursday, November 23rd:**
No TSLC Study Hours due to Thanksgiving Break

**Wednesday, November 22nd – Friday, November 24th:**
No UNK Classes due to Thanksgiving Break. UNK Offices are also closed on November 23rd and 24th.

**Wednesday, December 6th:**
Bowling Night for 1st-Year Thompson Scholars. 7:00 PM at the Big Apple Fun Center.

**Sunday, December 10th:**
Deadline for 2nd-Year Thompson Scholars to complete 3 required Financial Avenue Courses.

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**Honey Sunday on November 5th**

The TSLC community will be participating in a community service project on **Sunday, Nov. 5th** in partnership with the ARC of Buffalo County. On Honey Sunday, volunteers for the ARC go door-to-door selling bottles of honey or asking for a financial donation. Within Kearney and several other local communities, Honey Sunday has become a very well publicized fundraiser for the ARC, which serves to meet the needs of individuals with developmental disabilities, as well as their family members. **TSLC 1st-year students and the TSLC Mentors are required to participate in this event; all other TSLC members are invited to participate in this event.**

Honey Sunday takes place during afternoon hours; so please keep 1:30-5:30 PM free on your calendar for Sunday, Nov. 5th. Groups of students will report to the Nebraskan Student Union to listen to instructions and pick up bottles of honey before going into the community. Later this week, Yao will contact each group via Lopermail to let students know what time to report to the NSU for instructions. By participating in this event, the TSLC members have made a significant impact for this organization.

Groups will be provided with a community map and an allotment of “honey bears” to sell and then drive to the location assigned. You will go door-to-door with your group until your portion of the map is completed. Depending on the needs of the ARC, some groups may be paired to cover a geographical area.

Please see Yao at the TSLC Office if you have any questions or concerns about this event. Also, do be aware that Daylight Savings Time (fall back) takes place on November 5th.

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**TSU will be hosting a game night get together November 1st at 8:00 PM in the Mantor Lounge.**

This will be a great opportunity to get together with other Thompson Scholars and have a fun time! We will be discussing the upcoming bake sale and playing group games, board games, and cards. Take a break from studying, and come on down to the Mantor Lounge on November 1st for some much-needed fun!
Sleep Habits Impact Academic Success

With only seven weeks of the semester remaining, it is important to reflect on your sleep habits, as those habits affect your ability to perform well academically. Adults need about 8 hours of sleep per night, and failure to adjust your schedule to meet this need can impact you in negative ways. A common mistake students make is staying up late to study, or getting up early to study, which leads to being sleep-deprived. Being overtired can cause:

* Moodiness  * Higher susceptibility to illness  * Lack of energy  * Anger  * Stress  * Lack of concentration  * Difficulty retaining new information

Because of these factors, students’ grades can drop significantly; thus, it is important that you regulate your sleep habits. Consider using the following tips to get on a healthy sleep schedule, if you haven’t done so this semester:

- Get on a schedule. Plan to go to bed around the same time every night so that your body is on a regular sleep schedule. This may mean you have to plan your daily schedule, be more disciplined in working ahead on assignments, and adjust your social activities so that your sleep is a priority.
- Don’t make your bed your key study space. Use a common study area or the Learning Commons to do your academic work. Not only will that make your bed a place to rest, you will find yourself less distracted while doing academic work.
- Avoid watching your clock. Keeping an eye on the clock can be stressful! After you set your alarm, turn your alarm clock around so you cannot see it but can hear it in the mornings. If you use your cell phone alarm, set the phone just out of reach so you can focus on sleeping and not the distractions of your phone.
- Set a relaxing routine to follow before bedtime. Listening to music that can calm you down is a good practice.
- Consider using “white noise” to help you fall asleep, such as a fan or calming sound machine. This can be especially helpful when you live in the residence halls.
- Try to make your bed as comfortable as possible.
- Finish eating at least two hours before bedtime.
- Do not exercise right before bedtime. Exercise earlier in the day so that your body has ample time to cool down before you go to bed.

Sleep deprivation is often self-induced as students manage college life and responsibilities. If you are having a hard time getting enough sleep, talk to someone at the TSLC Office or visit UNK Student Health to learn and discuss more strategies that can work specifically for you.


Tools/Tips for Students: How to Save Your Academic Work
When working on academic assignments, it is best to save them where you can access them from multiple technology points. We suggest you consider options such as Google Docs, Dropbox, or iCloud. Back-up academic work on a thumb drive or external drive, or even email yourself copies of documents as you work on them. Too frequently, students only save documents on their computers, and if the computer crashes, academic work can be lost. Besides adding a intense amount of stress, this often results in students having to hurriedly recreate their work, usually not at the level of work of which they truly are capable of. Developing this skill translates well to professional settings, where daily work may require you to save and utilize important & timely documents, projects, and presentations.

What is the best part about being a Thompson Scholar? The best part of being a Thompson Scholar is the community. Everyone starts out as strangers but once you get to know each other through all of the activities, they begin to feel like family. They are there for you and want to see you to succeed just as much as you do.

What three words would your closest friends use to describe you? The three words my friends would use to describe me would be car-oriented, tech savvy, and caring.

What’s the biggest challenge you have ever faced? The biggest challenge I’ve faced is having to cope with the loss of my friend in a car accident.

In your opinion, what is the greatest movie ever made? The greatest movie would have to be Deadpool.

If you had to choose the title for your autobiography, what would it be? The title of my autobiography would be The Unknown.

What would you like to be doing in twenty years? I would like to own my own business and have a family.

What is your favorite song? My favorite song is Hall of Fame by The Script.

What is your favorite season of the year and why? My favorite season is winter because its a time when family gets together and you get to catch up with people you don’t see often.

If you could wake up tomorrow having gained a new talent, what would it be? If I could gain a new talent, I would want to be a visual learner.

Where is your favorite place to be? My favorite place to be is behind the wheel of a car.