Upcoming Events:

**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.

**Thursday, November 30th:** TSLC study hours for Fall 2017 ends.

**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.

**December 11th-December 14th:** Finals Week for Fall 2017.

**Thursday, December 14th:** UNK TSLC Graduation Reception for Fall 2017 TSLC graduates from 1:30 – 2:30 PM in the NSU Ponderosa Rooms C & D. All Thompson Scholars are welcome to attend!

**Friday, December 15th:** UNK Fall 2017 Commencement at 10:00 AM in the UNK Health and Sports Center.

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### 2018-2019 Mentor Information Session

The Thompson Scholars Learning Community will open the application process for the Thompson Scholar Mentor positions for 2018-2019 on December 1st, 2017. The mentor positions will be open to Thompson Scholars who will be enrolled full-time at UNK during Fall 2018 and Spring 2019 (12+ credit hours) and have obtained sophomore academic status (27+ credit hours completed) by end of Summer 2018. At the time of application, preference for interviews will be given to students who have earned at least a 3.0 cumulative GPA; applicants who have earned below a 3.0 cumulative GPA may not receive full consideration for an interview. The TSLC mentor position has a time commitment of approximately 10 hours per week, and is a great way to give back to the community while building skills in communication, leadership, and time management. Compensation for the mentor positions will be a double room and board waiver for Mantor Hall and the Loper Meal Plan for the 2018-2019 academic year.

A TSLC mentor informational session will be held for interested students on **Wednesday, November 29th at 4:30 PM in the Mantor Seminar Room.** Scotty Seeba, TSLC Associate Director and mentor supervisor, will present a brief overview of the position, as well as answer student questions. Students who are unable to attend the mentor informational session but want to know more about the application and hiring process can email Scotty at seebash@unk.edu to set up an individual meeting.

Beginning December 1st, students who are interested in applying can email Scotty (seebash@unk.edu) to receive the application materials and instructions for securing recommendations. Applications and recommendations are due by January 31st, 2018 at 5PM to receive full consideration.

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Thompson Scholar 2nd-Year students attended résumé and interview workshops on November 7th and 8th. Students gained knowledge regarding how to format résumés and how to highlight their professional skills based on their individual experiences. Additionally, students learned about how to prepare for an interview, what types of questions to expect in an interview, and common interview mistakes to avoid. 2nd-year students will prepare a professional résumé during the Spring term, and conduct a mock interview with a TSCLC staff member as well.
Preparing for Thanksgiving Break

Students have been on campus for nearly three months this semester, and it is almost time to leave campus for the longest academic break yet. Thanksgiving Break is a great opportunity for students to possibly get some extra rest and recharge their batteries to finish the semester strong.

Do not assume it is okay to miss the days of classes that begin Thanksgiving week; be sure to check your syllabus for attendance policies for your courses. Also, know that Thanksgiving break does not guarantee a “break” from homework; be sure to pack whatever books and academic supplies you need to take home with you. As the break draws near, be sure to keep an eye on the weather reports, so that you can plan accordingly for travel. If you are driving your car for break, remember to check your tire pressure and make sure your vehicle has enough gas to get you home. Make sure you have tools such as a scraper and brush at your reach inside the car for winter weather. If someone else is giving you a ride, be sure to chip in for gas expenses. While you are on break, you might also consider these tips to help you enjoy your break and come back ready for the end of the semester:

Do:
• Connect with friends from back home and spend quality time together
• Plan to relax with enjoyable activities with family members
• Visit with your family members/guardians about their expectations for time together; clearly communicate about the time needed for academics
• Make time to do whatever homework must be done and do it well

Don’t:
• Sleep away the whole break
• Assume nothing has changed at home while you have been gone
• Put off homework that will make you more stressed when you return
• Forget to pack your winter outerwear & clothes to bring back to campus

Most importantly, remember that after you return to campus you have only two weeks of classes and then finals week to wrap up your semester. We hope you have an enjoyable Thanksgiving Break!

UNK Student Counseling provides some great tools online to help students cope with stress; several phone apps are recommended as well: http://www.unk.edu/offices/counseling_healthcare/counseling_care/coping.php

In addition to the links on their website, they offer some basic tips for helping to manage stress when students feel overwhelmed:
1. Unplug
2. Quiet your mind
3. Take care of your body
4. Reach out to your support system
5. Practice self-compassion

Students can integrate these ideas into daily life as they finish the term. If students need help at UNK for managing stress, they can reach out UNK Student Health and Counseling, or to faculty or staff members for support. The TSLC team is here to listen or help you connect with needed resources as well. The end of the term is naturally stressful for students; remember, this level of academic pressure only happens once each semester and it will pass.

Student of the Week

Name: Ella David
Hometown: Kearney, NE
Major: Pre-Dental Hygiene

What is the best part about being a Thompson Scholar? The best part of being a Thompson Scholar is that I feel like I am cared for and I have people I can go to. I also have met one of my closest friends through it.

In your opinion, what is the greatest movie ever made? I think the greatest movie ever made is “The Breakfast Club.”

Who inspires you most and why? My mom, inspires me the most because she has five kids who are very involved, has a job, and is taking college classes.

What would you like to be doing in twenty years? I would like to be at a dentist office working as a dental hygienist.

What is your favorite song? My favorite song is Hero by Enrique Iglesias.

What moment in your life would you like to replay? I would like to replay this past summer.

What is your favorite season of the year and why? My favorite season would be summer because it’s not cold outside, and I’m able to go to enjoy the outdoors.

What is one thing you have always dreamed of doing? One thing I have always dreamed of doing is being able to travel around the world.

Where is your favorite place to be? My favorite place to be is Memorial Stadium in Lincoln for football games.

What is something you wish you would never have to worry about again? One thing I wish I would never have to worry about again is the thought of not having enough money to live off of.