Submit Your Shining Moments to TSLC

This academic year, the TSLC team wants to hear about your shining moments!

We have created a system for students to share about their day to day actions or behaviors that demonstrate the vision of the UNK TSLC: Live, Learn, Connect, Succeed. We also encourage scholars to share examples of these type of actions that they observe about their fellow Thompson Scholars.

Some examples to consider for personal or fellow TS nominations:

- Earning a grade for a test/project/assignment/course that took hard work
- Receiving an award or being selected for an organization/officer role/leadership opportunity/academic program/scholarship
- Using skills/knowledge to tutor, mentor, give a presentation, conduct a program, or attend a conference
- Reaching a goal related to your experience after the undergraduate years—landing an internship, being hired for a job, getting accepted to graduate or professional school, etc.
- Some other type of shining moment in your student experience that you feel deserves to be shared!

The forms can be filled out and submitted in the TSLC office; see the TSLC Shining Moments box for supplies and the location for submission. We will be recognizing students with submissions at the end of each month, and will also be randomly selecting students for another type of exclusive recognition by the UNK TSLC.

Please stop by the TSLC office to share your successes. When one student succeeds, our entire community wins!

Upcoming Events:

Wednesday, September 19th:
Etiquette Dinner for 2nd-Year Thompson Scholars. 7:00-8:30 PM in the NSU Ponderosa Room E. Business attire is required for the dinner.

Thursday, September 20th:
Life Lesson at 4:00 PM in the Mantor Seminar Room. Topic is “Staying Motivated & Reaching Goals.”

Tuesday, September 25th:
Life Lesson at 4:00 PM in the Mantor Seminar Room. Topic is “Finding Your Middle Mood.”

Friday, September 28th:
Denver Trip Risk and Responsibility forms are due to the TSLC Office from all 1st-Year Scholars. A parent/guardian signature is required if the student is under the age of 19.

Monday, October 1st:
Life Lesson at 3:30 PM in the Mantor Seminar Room. Topic is “Recognizing Healthy Relationships.”

Wednesday, October 10th:
Mid-Semester Grade Check Form is due to the TSLC office by 5 PM.

October 13th & 14th:
Denver Trip for 1st-Year Thompson Scholars & staff. We will depart early Saturday morning and return late Sunday night. Stay tuned for more details in future editions of the TSLC Tribune.

October 15th & 16th:
No classes at UNK due to Fall Break.

Tools for Thompson Scholars:
Success Coaches offer individualized academic support to all UNK undergraduate students through the UNK Learning Commons.

In sessions with a Success Coach, students can identify what academic skill they wish to work on and learn how to improve their practices for academic success. The Success Coaches can assist with skills necessary for college, such as organization and time management, or skills that apply to academic work like note-taking and test preparation. To set up an appointment with a Success Coach, visit the Learning Commons or call their welcome desk at 308-865-8905.

http://www.unk.edu/offices/learning_commons/success-coaching/index.php
Student of the Week

Name: Cara DeMers
Hometown: Hordville, NE
Major: Business with an Emphasis in Marketing

What is the best part about being a Thompson Scholar? The best part about being a Thompson Scholar is that I get the opportunity to meet incredibly driven people with different backgrounds, but they all come together with the same scholarship.

What motivates you? I think my biggest motivation is to be happy. I want a career that makes me wake up an hour early just because I love it so much.

What do you love to talk about? I love to talk about politics and listening about other people Ideas.

What would you like to be doing in twenty years? Hopefully traveling.

If you could time-travel, where would you go? Back to 1776 when everyone was signing the Declaration of Independence.

What is your greatest hidden talent/skill? I love to take pictures, so I would have to say that's probably my hidden talent.

What would you be willing to wait in a really long line for? A free cruise to Alaska.

What family traditions do you plan to carry on as you get older? I have two traditions that I loved and they both include food. The first is eating supper in the dining room as a family and the other is popcorn and movie Sunday.

What are you obsessed with? I love Juice Stop and I am obsessed with scissor kicks.

Overcoming Academic Challenges

As we move towards mid-semester, if you are experiencing challenges with some of your academic coursework, you can take some basic steps for improvement and support.

*Speak with your Instructor: By taking some time to visit with your instructor during office hours, you might be able to learn more about your performance on an exam. For instance, the instructor may be able to identify some patterns in the questions you answered incorrectly or even provide some particular study tips you can use to improve your scores on upcoming exams.

*Study Differently/More: No matter if you never had to study or if you spent much time studying in high school, college is an adjustment for every student. Students should commit to their studies as if their class attendance and study time is a full-time job. It is a student's responsibility to learn, which means preparing for each class, reading recommended texts, attending class, completing all assignments, and preparing over time for tests (not cramming for exams).

*Use Campus Resources: While you may not have used academic resources before college, it is common on college campuses for students to access support services to achieve better grades. Plan time to use resources such as the writing center, learning commons tutors, or language tables. Ask other focused students in your classes to create a study group to help you learn more actively. If you are unsure of available resources, reach out to instructors, mentors, PALs, or TSLC staff for assistance.

*Set Achievable Goals: Review your syllabus and consider how your current grade impacts your overall ability to succeed in the class. How many points will be recorded in the class? Determine how you have to perform the rest of the semester to achieve a particular grade, reset your goals if needed, and put focused attention into achieving that grade for the rest of the semester.

*Don't Give Up! Yes, earning a low grade can be upsetting, but you should consider it to be one step in your collegiate learning experience. Admit to yourself if you need to work harder, if that is the case. Do speak to an academic advisor or TSLC staff member if you feel you cannot be successful in a particular class so that you can assess your academic options. Know that one grade is not a reflection your ability to succeed in college: earning a degree will include experiencing failure as well as success.

Thompson Scholars Marissa Asche, Chase Harrison, and Paola Pinedo represented TSLC at the UNK Multicultural Scholars and Leaders Day on Wednesday, September 12th. These scholars helped promote the Susan Thompson Buffett Foundation Scholarship and the learning community to high school students who attended the event to learn more about attending college.