

WHaT's New

The Official Newsletter of the William H. Thompson Scholars
Learning Community at the University of Nebraska Lincoln

October 11 – October 17, 2010

Vol. 3 No. 7

What's up at WHT Upcoming Events

"Managing your reading in college"

Monday, October 11, 6:00PM in
the Nebraska Union – Food Court
C-D.

Academic Event
(1st & 2nd year scholars)

One of the challenges students face when they first come to college is adjusting to the heavier reading load. Reading assignments are longer and more complex, and even people who think of themselves as "good readers" find that they sometimes struggle to keep up or to stay focused on, understand, and remember all that they read. This workshop will provide you with tips that will help you learn how to retain information better while you read, study more effectively for exams, and prioritize a heavy reading load.



TOURING TUESDAY! "The Dairy Store"

Tuesday, October 12, 3:00PM
At the main entrance of the Dairy
Store on East Campus
(1625 Arbor Road)



Enrichment Event
(1st & 2nd year scholars)

The UNL Dairy Store or Varsity Dairy, as it was once called, has been selling dairy products since 1917. This tour will show you how the dairy store processes milk to create delicious ice cream, cheeses, and other products. Best of all, the tour concludes with a free ice cream cone for everyone!

Link to a map of the East campus Dairy Store:
http://dairystore.unl.edu/images/ds_map.pdf

Link to the bus shuttle schedule (which is also listed on pg.20 in your planner!):
<http://www.lincoln.ne.gov/city/pworks/startran/routemap/weekday/route24.htm>

"Effective Ways to Take College Exams"

Wednesday, October 13, 7:00PM
in the Nebraska
Union – Food Court C-D.
Academic Event
(1st & 2nd year scholars)

College exams can be very different from the tests you took in high school! This workshop is geared towards developing successful strategies for preparing for and taking exams in college. We will provide you with some tools to help you develop good study and note-taking habits.

F.A.C. – Friday Afternoon Club:

10/15/10 3-5 pm

At Sam & Louie's
(1332 P Street)

Pizza and Studying!

Get a head start on your homework for the weekend and form study groups with your WHT peers!



Save the Date –
WHT Scholars Annual
Halloween Party!!!
Friday, October 29, 2010
9:00PM – 12:00AM
in the Wick
Alumni Center
(Social Event)

E.N. Thompson
Forum:
"Staying Ahead
While Going Green"
With the Administrator
of the Environmental
Protection Agency,
Christine Todd
Whitman



➤ Thursday, October 14
➤ 7:30PM
➤ At The Lied Center
(301 N 12th Street)
➤ Enrichment Event
➤ (1st & 2nd year Scholars)
<http://enthompson.unl.edu>

➤ There are a limited number of tickets available to scholars on a first-come, first-served basis beginning at 7:00PM

➤ Please locate the WHT representative at a table in the main lobby to sign in and receive your ticket

➤ Even if you already have a ticket, you must sign-in to receive your Enrichment Event credit!

3 on 3 Intramural Basketball!

Sign up today for either Men's, Women's, or Co-Ed 3 on 3 basketball!
E-mail Stephanie Herzog
(sherzog@huskers.unl.edu) if you are interested in playing. The deadline for signing up is **October 26th**!

GO RED - GET INVOLVED!

Upcoming Events at UNL...

Monday, October 11, 7PM-8:30PM: "Money Rules" with Bill Pratt: Students will spend a fast-paced evening with Bill Pratt, author of *Extra Credit: 7 Things Every College Student Should Know About Credit, Debt and Ca\$h*.
<http://www.unl.edu/smmc/importantevents.shtml#billpratt>
Questions? Contact Erin McDermott at (402)472-9093 or emcdermott2@unl.edu /Location: Nebraska Union Auditorium

Tuesday – Wednesday (October 12-13), 10AM-4PM: "Clothesline Project": A display commemorating victims of sexual assault and intimate partner violence.
http://involved.unl.edu/gender/womens_center.php
Questions? Contact Eva Gautam at (402) 472-2498 or wcprogramassistant@gmail.com
Location: Union Square in Nebraska Union

Tuesday, October 12, 4PM-6PM: RSO (Recognized Student Organization) Fair: Explore the more than 500 RSO's available at UNL!
Website: <http://involved.unl.edu>
Location: Nebraska Union Centennial Room

Tuesday, October 12, 6PM: Academic Success and Career Awareness - "If I Can Do It, You Can Do It - Your Road Map to a Successful College Experience": This workshop is designed to assist freshmen and sophomores in acquiring the necessary skills and strategies to become academically successful and to become actively involved on campus. Questions? Contact Dr. Jake Kirkland at (402)472-3145 or jkirkland1@unl.edu.
Location: Multicultural Center 202

Counts as 1 Life Skill Event!

Tuesday, October 12, 6PM-8PM: "Queer Theory, Queer Sexualities, and Everyday Life - An Exploration and Discussion About What It Means to be Queer": Questions? Contact the LGBTQA Resource Center at (402) 472-1652 or <http://involved.unl.edu/lgbtqa/>
Location: Nebraska Union Auditorium

Wednesday & Thursday, (October 13-14), 12PM-2PM: "Walk-In Flu Shot Clinics": Flu shots cost \$25 and payment of cash or check is required at the time of vaccine. If you are unable to make one of the walk-in clinics, you can schedule an appointment at (402) 472-5000.
Website: <http://health.unl.edu/services/medical/flu/>
Location: University Health Center Clinic

Sunday, October 17, 1PM-4PM: "Making Strides for Breast Cancer Walk" - Join Team UNL!: T-shirts are \$11. Send Wellness an email at wellness@unl.edu if you interested. Questions? Contact Rachel Schwartz at (402)472-3410 or rachelschwartz@unlnotes.unl.edu
Location: Holmes Lake (located near 70th and Vine)

Weekly Husker Sports:
Nebraska Huskers Football vs. Texas Longhorns!!!

Saturday, October 16, 2:30PM
At Memorial Stadium
(the game will be televised nationally on ABC)



DATES & DEADLINES

Tuesday, October 12

✓RSO Fair: 4-6PM in the Nebraska Union Centennial Room



Friday, October 15

✓Last day to change a course registration to or from "Pass/No Pass"

✓Mid-Semester Grade Sheets DUE!!!

Monday, October 18 &

Tuesday, October 19

Fall Semester Break

Monday, October 25

✓Priority Registration begins for Spring Semester 2011



Grade Sheet Reminder!

WHT Grade Sheet Steps:

- 1.) Print Grade Sheet forms from Blackboard (look under the "Documents" tab)
- 2.) Take a Grade Sheet to each of your professors and have him or her sign-off on your current semester grade (*you must have a Grade Sheet for every class!*)
- 3.) Place all of your Grade Sheets in the red box outside of Demoine's office in the Jackie Gaughan Multicultural Center

Don't forget, the deadline for turning in your WHT Grade Sheets is Friday, October 15, at 5:00PM!!!



Dare to Care Food Drive Challenge for the Foodbank of Lincoln!

October 11 – November 11

- ❖First-year Scholars – bring a nonperishable food item to your Mentor to receive group points!
- ❖Second-year Scholars – donate nonperishable food items to Sam DeVillbiss in the Multicultural Center

This is a University-wide competition so let's show the community how much WHT Scholars can give back!

Website: <http://involved.unl.edu/events/service/daretocare.php>

TOGETHER WE CAN MAKE A DIFFERENCE!

Scholar Spotlight

Meet WHT Second-year Scholar...

Ronicka Fairchild



Nickname: "Nicka"
Hometown: Omaha, NE
Major: Double major in Business Administration and Communications with a minor in Ethnic Studies

A Few of Her Favorite Things: someone to talk to, or get away from
 Her favorite color is pink, favorite fruit campus you can always count on is strawberries, and favorite thing to do is get her nails done.

An interesting fact about

Ronicka: She can drive with both her left foot and her right foot.

What She loves the most so far about attending college at

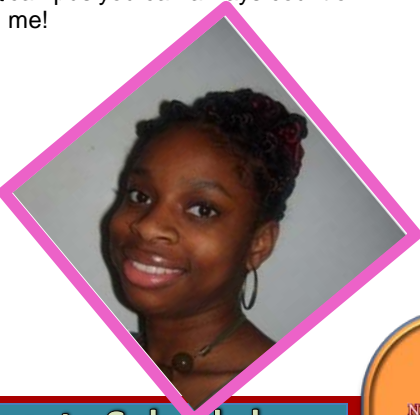
UNL: The valuable resources to help students succeed. You can always find help on campus.

Do you have any advice you would like to share with first-

year scholars? Do NOT be afraid to ask questions! You are either going to get it or not. The majority of the time there are others who do not get it as well. So stand up for yourself as well as others.

Get involved! College is going to be your BEST time of your life. Go to the games, dress up, and have some school spirit. NETWORK with others around you in class, outside of class, and walking next to you.

If anyone needs any support,



David Relihan	10/12
Heidi Schneider	10/14
Sherae' Sawyer	10/15
Jonathan Harrison	10/16
Kealy Schilke	10/16

WHT Intramural Sports Schedule

Support your fellow WHT Scholars at the following upcoming games...

Men's Soccer:
 Wednesday 10/13 – 10:50PM Cook Pavilion Field 1

Women's Soccer:
 Wednesday 10/13 – 9:00PM Cook Pavilion Field 2

Co-Ed Flag Football:
 Wednesday 10/20 – 10:30PM Vine Street Fields 1



Ways to Get Involved on Campus

- Do a search on the involvement website sponsored by Student Involvement, and choose from hundreds of student organizations on campus:
<http://einvolvement.unl.edu/>
- Stop by the RSO Fair (Oct. 12, 4-6PM in the Nebraska Union Centennial Room) and find some great organizations to join:
<http://involved.unl.edu/a/rsofair/>
- Sign-up for an Intramural Sport:
<http://crec.unl.edu/im/>
- Participate in a Service-Learning Opportunity:
<http://involved.unl.edu/service/>
- Consider Study Abroad:
<http://admissions.unl.edu/academics/studyabroad.aspx>



COMBATTING STRESS!

Stress has a way of gearing the body up to do battle, but too much stress makes it hard to focus...

- Know your limits. Take a hard look at your list of stressors. Be realistic about what you can do or change, and accept what you cannot do or change. Don't exaggerate your problems.
- Do something NOW! Procrastination breeds stress. Pick up your pen/pencil, open your book, write something down, work in manageable chunks, stagger stressful efforts with easier tasks.
- Burn energy. Exercise, go for a walk/run, dance, stretch, play sports, smile, give or get a hug.
- Meditate and relax. Listen to soothing music, take a warm bath, get a massage, let out a sigh, imagine a peaceful place, take deep breaths, melt into the floor, touch something soft, say something positive about yourself, get some good sleep, and let it all go...

(Source: The George Washington University Academic Success Center)

BIG BOI CONCERT!

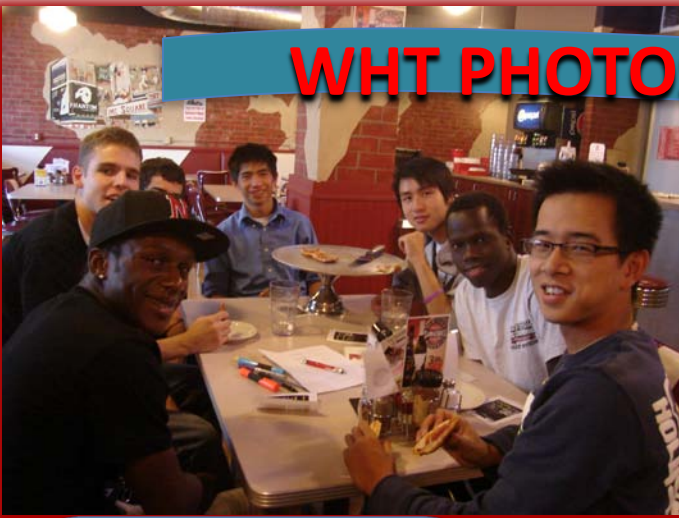
Thursday, October 14th
 8:00PM

Nebraska Union
 Greenspace
 FREE Pep rally and
 concert for all UNL
 students!

<http://www.unl.edu/ups/>



WHT PHOTOS of THE WEEK



"Have you ever said to yourself, 'I wish there was more time in the day?' I can tell you that I have certainly thought this from time to time. We all know that there will never be more hours in the day, so it is important to take advantage of all the little breaks in your day to try and get things accomplished. When you are waiting for a class to start, read some of your textbook for your next class or study note cards for an upcoming test. If you are watching TV, use the time during the commercials to clean up your room. Identify moments where you are not doing anything and fill those voids. When you do this, it will allow you to get to bed earlier and free up more time for other activities."

~Tony Lazarowicz



TONY'S TIP

Quote of the Week:
"The idle man does not know what it is to enjoy rest"
~Albert Einstein

REGISTRATION REMINDER

Registration is right around the corner. Have you visited with your adviser yet? When determining which classes to take in the Spring, remember that you must register for 2 (Freshmen) or 1 (Sophomore) WHT Course.

The list of available courses was distributed at the mandatory meeting on October 4, and is available online!

If, after visiting with an adviser, you feel you are unable to enroll in your required number of WHT courses, you will need to fill out an exemption form. This form can be found on your BLACKBOARD page by clicking on EXTERNAL LINKS.

REMEMBER, just because you fill out an exemption form, DOES NOT guarantee that an exemption will be granted. Please contact Tony (Tlazarowicz2@unl.edu) if you have any questions.

WHT Important Links



Facebook

<http://www.facebook.com/group.php?gid=179830569723>



Blackboard
Blackboard

<https://my.unl.edu/webapps/portal/frameset.jsp>



UNL WHT Website

<http://www.unl.edu/wht/>



"How YOU prepare in the present will predict how YOU perform in the future"

Questions or comments? Please e-mail Stephanie Herzog, the Assistant Communications Coordinator, at sherzog@huskers.unl.edu or call 402-472-3226

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