**SSS Newsletter**

**December 2017**

**Tutor Tips**

- "Get a good night sleep, if you can't concentrate during your test there's no point in all the cramming! Eat a ton of sugar 20 mins before your test begins, it helps! Don't just READ your notes, use them to create flashcards, or rewrite them a day or two beforehand. It'll help you remember much more."

**Tips for Tutoring Center:**
1. Bring your assignment prompt with you or include it when you email it.
2. Outlining can help with larger assignments like research papers.
3. If you're having trouble getting started, just start writing! You can flush out your ideas this way and polish them later.
4. Do NOT wait until the last few days before your paper is due to start it. A week or longer is best, this allows the time to revise, rethink and even rewrite your paper entirely if you need to!

- "Go through old quizzes and tests—the final will ask you similar type of questions like old tests. Have a study group, you might get information that you may miss to study, and make your own final notes, get your own test paper, imagine if you are an instructor, which questions would you ask to students?"

**Tips for Tutoring Center:**
1. Read your textbook thoroughly.
2. Understand the equation and concept of the chapters.
3. Bring your notes that you have worked with and you have struggled with in your homework along with questions about each problem.

- "When studying try going over one section at a time. Then have someone quiz you on that section. Make sure to take breaks in between long study sessions. Get a good night's rest and breakfast before going to your final."

**Tips for Tutoring Center:**
1. Have questions ready before hand.
2. Try doing some of the homework problems by yourself, before asking for help.
3. Try not to come on the last day before your assignment is due.

Tutoring info and schedule: https://trio.utah.edu/support/tutoring/index.php

Good luck with your final exams and projects!
TRIO Participant Grant: This grant is based on project participation, eligibility and financial need. Students must be freshmen or sophomores, active participant, have unmet financial need, have a 2.0 GPA or higher and have been awarded a pell grant. Opens DEC 1, Due JAN 12, 2018. trio.utah.edu/support/participationgrant.php

API Study Abroad Scholarship: Various scholarships for diverse students, first generation, STEM, and others. See website for more information and ongoing deadlines. https://www.apistudyabroad.com/students/financial-information/scholarships/


Helping Hand Scholarship: Have demonstrated commitment to the Bennion Center and its mission and a minimum of three months experience as a leader/volunteer in one or more of our seven programming areas. Due DEC 11, 2018. https://bennioncenter.org/forms/helping-hands.php

Education at Work: Supportive work program for college students that strengthens relevant work skills while offering tuition assistance. http://educationatwork.org/our-mission/

IME Becas Scholarship: This scholarship is offered to students of all genders, of Mexican descent regardless of documentation as long as they graduated from a Utah high school. Due DEC 14, 2017. http://womenscenter.utah.edu/scholarships/eligibility.php

Peter J. Hengel Thai Scholarship Program: “Applicants must be males of Thai descent, age 23 and under, enrolled full time. Preference will be given to students who are gay.” Due DEC 30, 2018. https://scholarsapply.org/hengel/

AfterCollege STEM Inclusion Scholarship Program: Open to currently enrolled students working toward a degree in a field of Science, Technology, Engineering or Mathematics from a group under-represented in their field of study. Underrepresented groups may be defined by: gender, race, ethnic background, disability, sexual orientation, age, socio-economic status, nationality and other non visible differences, minimum GPA 3.0. Due DEC 31, 2018. https://www.aftercollege.com/company/aftercollege-inc/10/scholarship/179/

Scholarships for Minorities: Students must be enrolled full time and be a citizen, or permanent resident. Due DEC 31, 2018. https://www.sreducationgroup.org/scholarships/scholarship-for-minorities

Asian & Pacific Islander American Scholarship Fund (APIASF): Students must be representative of the AAPT community’s diversity, geographically and ethnically, especially those ethnicities that have been underrepresented on college campuses due to limited access and opportunity. Also they must live at or below the poverty level, are a first generation college student and have placed strong emphasis on community service and leadership as well as solid academic achievement. Due JAN 11, 2018. http://www.apiasf.org/scholarship_apiasf.html

Point Foundation (The National LGBTQ Scholarship Fund): Student must be enrolled full time, and be “out” as a person who identifies as a member of the LGBTQ community. Due JAN 29, 2018. https://pointfoundation.org/point-apply/application-faqs/

The Chicana/o Scholarship Fund: Students must be a full time undergraduate student, and be a resident of the state of Ut (min of 5 yrs) be eligible for federal financial aid or be a Dreamer (with or without DACA) who graduated from a Utah high school. Due JAN 31, 2018. http://chicano.utah.edu/
TRIO at CESA

A TRIO advisor will be available at the CESA office on Thursdays December 7. If you are on lower campus this is a great time to check in with your advisor for a monthly meeting or to ask a quick question. Come by and say hi!

Spring Major Open Houses

11:30am - 1pm
Gould Auditorium in M Library

The Major Open Houses give students the opportunity to meet with advisors, professors, declared students, and even alumni to learn more about related majors, minors, and certificate programs. Students who attend can enjoy FREE food and a relaxed environment.

Jan 30: Education
Feb 13: Pathways to Health Professions
March 6: Mini Major Expo

Learning Abroad 101

Information session that provides students with guidance on how to find the right program for you!
Dec 4, 11am - 12pm
Union room 311
https://learningabroad.utah.edu/student/learningabroad101.php

Free Introduction to Mindfulness Session - Jan 9, 2018, 12 - 1pm
Classes led by Trinh Mai, faculty in the College of Social Work. No experience or props required. HSEB 2938

GPA Calculator

Did you know that you can calculate your GPA for this and future semesters? You just need to have the number of total credit hours listed in CIS and your current cumulative GPA. Then go to this site on the Academic Advising Center website and calculate!
advising.utah.edu/academic-standards/gpa-calculator-new.php

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Resources

Center for Student Wellness
http://wellness.utah.edu/

LGBT Resource Center
https://lgbt.utah.edu/

Student Food Pantry in Union
www.facebook.com/FeedUFoodPantry/

Womens Resource Center
http://womenscenter.utah.edu

University Counseling Center
http://counselingcenter.utah.edu/
Crisis Services: 801- 581-6826 8-5
UNI 24 /7 Crisisline: 801-587-3000