Honey Sunday on November 4th

The TSLC community will be participating in a community service project on **Sunday, Nov. 4th** 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 2:00-5:30 PM free on your calendar for **Sunday, Nov. 4th**. 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 4th.

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**Upcoming Events:**

- **Monday, October 29th:** Priority registration day for 1st-Year Thompson Scholars.
- **Sunday, November 4th:** ARC Honey Sunday for 1st-Year Thompson Scholars. More details to come about meeting times and location.
- **Tuesday, November 6th OR Wednesday, November 7th:** Résumé Writing Workshop for 2nd-Year Thompson Scholars. 6:30-8:00 PM in Copeland Hall 130. Scholars will need to attend one of the two sessions.
- **Sunday, November 18th–Thursday, November 22nd:** No TSLC Study Hours due to Thanksgiving Break.
- **November 21st-23rd:** UNK Thanksgiving Break-No Classes. UNK offices are also closed November 22nd and 23rd.
- **Sunday, December 2nd:** 2nd-Year Thompson Scholars must complete all three Financial Avenue courses online by all by 11:59 PM. Courses required are *Psychology of Money, Foundations of Money,* and *Earning Money.*
- **Wednesday, December 5th:** TSLC Bowling for 1st-Year Thompson Scholars at The Big Apple Fun Center in Kearney from 7:00-9:00 PM.
- **December 10th-13th:** UNK Finals Week.
- **Friday, December 14th:** UNK Winter Commencement.

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*Share Your SHINING MOMENTS with TSLC!*

Submit SHINING MOMENTS for the month of October via the nomination forms at the TSLC Office through the end of this month. Thompson Scholars can share their own SHINING MOMENT or nominate a fellow Thompson Scholar for their actions that reflect our TSLC Vision: *Live—Learn—Connect—Succeed.*
**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 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.

*Information gathered from PaperClip Communications. Sources include: The Centers for Disease Control, www.sleepfoundation.org; www.sleep-deprivation.com*

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**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, Box, or another cloud based option. 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.

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**Student of the Week**

Name: Dawson Jurado

Hometown: Columbus, NE

Major: Health Science/Pre-PT

What is the best part about being a Thompson Scholar? I love that I’m held accountable. I feel like the Thompson community wouldn’t let me slack off even if I wanted to. This give me motivation to keep going.

What is your favorite word or phrase that you say most often? I like to say “It’s fine” or “esta bien” a lot.

What motivates you? My own personal goals motivate me. I have a standard that I want to live up to, and that keeps me going.

If you could time-travel, where would you go? I would go about 1000 years into the future. I just want to see how far technology has come.

What do you binge-watch? I just recently binged watched all of Rick and Morty. I’m going to work on Parks and Recreation next.

What is your greatest hidden talent/skill? I can juggle a quarter or any coin on my fingers.

What would you be willing to wait an hour or more. I would have waited in really long line for food. If it’s good I’ll stand there for an hour or more.

If you had your own talk show, whom would you want to interview? I’d love to interview the President of the United States.

What’s your karaoke song? Anything from The Greatest Showman.

If you had unlimited resources, what scientific or medical problem would you work to solve? I’d like to solve arteritis and other problems that keep people from moving.

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