Upcoming Events:

Sunday, November 24th and Thursday, November 28th:
No TSLC Study Hours due to Thanksgiving Break.

Wednesday, November 27th - Friday, November 29th:
UNK Thanksgiving Break - No Classes.

Friday, December 6th:
2nd-Year and Transfer Scholars deadline to complete three Financial Avenue online courses.

Wednesday, December 11th:
Bowling at the Big Apple Fun Center for 1st-Year Thompson Scholars from 7:00-9:00 PM.

Monday, December 16th - Thursday, December 19th:
Finals Week at UNK.

Thursday, December 19th:
TSLC Graduation Reception for UNK winter graduates Ponderosa Rooms C & D from 1:30-2:30 PM. All Thompson Scholars are invited to attend!

Friday, December 20th:
Winter Commencement Ceremony at the Health and Sports Center at 10:00 AM.

December 23rd, 2019 - January 1st, 2020:
UNK campus closed for the holidays.

January 2nd, 2020:
UNK campus reopens for the 2020 spring term.

January 13th, 2020:
Spring 2020 classes commence.

2020-2021 Mentor Information Session

The Thompson Scholars Learning Community will open the application process for the Thompson Scholar Mentor positions for 2020-2021 on December 9th, 2019. The mentor positions will be open to Thompson Scholars who will be enrolled full-time at UNK during Fall 2020 and Spring 2021 (12+ credit hours) and have obtained sophomore academic status (more than 27 credit hours completed) by the end of Summer 2020. 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. Planned compensation for the mentor position includes a double room and board waiver for Mantor Hall and the Loper Meal Plan for the 2020-2021 academic year.

A TSLC mentor informational session will be held for interested students on Wednesday, December 4th at 4:30 PM in the Mantor Seminar Room. Chuanyao (Yao) Zheng, TSLC Associate Director and mentor supervisor, will present a brief overview of the position and answer student questions. The mentor position responsibilities will be changing for the next academic year, so we encourage leaders to attend and learn about this position. Students who are unable to attend the mentor information session, but who want to know more about the application and hiring process can email Yao at zhengc1@unk.edu to set up an individual meeting.

Beginning December 9th, students who are interested in applying can email Yao (zhengc1@unk.edu) to receive the application materials & instructions for securing recommendations. Applications and recommendations are due by Friday, February 7th, 2020 at 5PM.

UNK Student Counseling provides many online resources to help students cope with stress: http://www.unk.edu/offices/counseling_healthcare/counseling_care/counseling-resources.php

In addition to the resources on their website, they offer some basic tips for stress management when feeling overwhelmed:

1. Unplug
2. Quiet your mind
3. Take care of your body
4. Reach out to your support system
5. Practice self-compassion
6. Use phone apps for coping
7. Join a coping skills group

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 peers, 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:** Luis Trejo

**Hometown:** Wood River, NE

**Major:** Construction Management

**What is the best part about being a Thompson Scholar?**
The best part of being a Thomson Scholar is being able to interact with all the other Thompson Scholars.

**What's a movie you can practically quote from start to finish?** *Stomp the Yard*

**What experience in life has made you a stronger person?** During my junior year of football I broke my back and struggled to do everyday activities. I was unable to play for the rest of the season. I came out the next year and faced my fear of playing again.

**What sound or smell do you love?** I love the sound of waves splashing against the shore.

**What is one food that you would never give up?** Cheeseburgers.

**What do you binge-watch?** *Riverdale*.

**If you could learn anything at all, what would it be?** Making memories.

**What is the best book or series you have ever read?** *Hatchet*.

**What is your greatest hidden talent/skill?** I can make anyone smile.

**What is something you are looking forward to?** My future.

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**Visit the UNK Planetarium with TSU!**

Thompson Scholars United will be hosting a planetarium show on Tuesday, November 19th starting at 7:00 PM. The UNK Planetarium is in Bruner Hall of Science; attendees can meet at the Mantor Main Lounge at 6:45 PM to walk over with a group or meet at the Planetarium at 6:55 PM.

Students can sign-up on a Google form to attend the planetarium show with TSU; the link will be emailed to students and shared on the TSLC Facebook pages too.

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**Preparing for Thanksgiving Break**

Thanksgiving Break is a great opportunity for students to possibly get some extra rest and recharge their batteries to finish the semester strong. Three weekdays out of classes is the longest academic break of this semester.

UNK has classes on Monday and Tuesday of Thanksgiving week. Do not assume it’s okay to miss those days of classes; be sure to check your syllabus for attendance policies for each of 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 with you. As the break draws near, be sure to pay attention to weather reports, so that you can plan accordingly for travel. Remember to check your tire pressure and make sure your vehicle has enough gas to get you to your destination. 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:**
- Recognize that everyone doesn’t get to go “home” for break; you can invite peers to travel with you to enjoy the holiday
- Plan to relax with enjoyable activities with family members, if you will be spending time with family over break
- Visit with your family members/guardians about their expectations for time together over break; clearly communicate about the time needed for your academics
- Make time to do whatever homework must be done and do it well
- Connect with friends by spending quality time together

**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 a safe and enjoyable Thanksgiving Break!