Upcoming Events:

**Tuesday, November 12th OR Wednesday, November 13th:** Résumé Writing Workshop for 2nd-Year Thompson Scholars. 6:30-8:00 PM in Copeland Hall 130. 2nd-Year Scholars will need to attend one of the two sessions.

**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 1, 2020:** UNK campus closed for the holidays.

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**Study Abroad and National Student Exchange Request for Spring 2020: Due by December 1, 2019**

The deadline to request the use of Susan Thompson Buffett Foundation Scholarship funding towards study abroad or National Student Exchange for Spring 2020 is coming up quickly. The deadline to request funding is December 1, 2019.

To request that scholarship funds be applied towards one of these educational opportunities off-campus, Thompson Scholars must complete an online form which is located on the UNK TSLC website under Special Request Forms. Students should read all of the eligibility information and complete the form, then submit it to the Susan T. Buffett Foundation for consideration. Students will be notified by the NU Scholarship Director on behalf of the Susan Buffett Foundation when/if approved for funding support. Students can link to the online form at: [https://app.buffettscholarships.org/request/StudyAbroad](https://app.buffettscholarships.org/request/StudyAbroad)

To learn more about Study Abroad Programs offered at UNK, contact Ann Marie Park at UNK Study Abroad at 308-865-8944, or visit their website at: [http://www.unk.edu/international/study_abroad/index.php](http://www.unk.edu/international/study_abroad/index.php)

If you are interested in learning more about National Student Exchange Program, you can contact the UNK NSE Coordinator, Lee Ann Amm at the UNK Admissions Office at 308-865-8457 to set up an appointment, or learn more information about the program at the website: [http://www.nse.org/](http://www.nse.org/)

The 2020-2021 Free Application for Federal Student Aid (FAFSA) is open for students. Complete your application online as soon as possible to get access to the available funding: [https://fafsa.gov/](https://fafsa.gov/)

Please use the UNK Office of Financial Aid as your campus resource to assist with FAFSA completion and/or questions.

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Share Your SHINING MOMENTS with TSLC

Submit SHINING MOMENTS for the month of November 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 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.
- 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.

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:

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**Sleep Seminar at UNK on December 3rd**

**Sponsored by UNK Student Health and Counseling**

Come listen to Kearney physician experts—Dr. David Cantral (Platte Valley Med. Group) and Dr. Hugo Gonzalez (CHI), as they discuss how lack of sleep affects your body, both physically and mentally. Athletic performance is also affected by poor sleep.

Take the lead on your “sleep game” when they “pass” you this information on: December 3rd from 7:00 p.m. until 8:15 p.m. in NSU Ponderosa Room E. This event will also include a door prize and hot cocoa bar!