**Upcoming Events:**

**Wednesday, January 30th:**
TSLC Success Session: How to Search and Prepare for Internships at 4:00 PM in Copeland Hall 130.

**Friday, February 1st:**
2019-2020 TSLC mentor applications and recommendations are due by 5:00 PM.

**Wednesday, February 6th:**
TSLC Success Session: Scholarship Essay Writing at 3:30 PM in Copeland Hall 130.

**Thursday, February 7th:**
UNK Career Fair for 2nd-Year Thompson Scholars (non-education majors). Academic and Career Services sponsors the event from 12:30 to 3:30 PM at the UNK Health and Sports Center. Please be sure to sign-in to receive credit for attending the Career Fair.

**Monday, February 11th:**
TSLC Success Session: Study Abroad Student Panel at 4:30 PM in Copeland Hall 130.

**Tuesday, February 12th:**
Diversity Speaker Dr. Maura Cullen at 4:30-6:00 PM or 7:30-9:00 PM in the NSU Ponderosa Room E. All 1st and 2nd-Year Thompson Scholars must sign-up for one of the two sessions; information about how to sign-up will be sent via Lopermail.

**Thursday, February 21st:**
TSLC Success Session: So You Want to Live Off Campus? at 3:30 PM in Copeland Hall 130.

**Wednesday, February 27th:**
Mid-Semester Grade Check Forms are due to the TSLC Office by 5:00 PM.

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**UNK Continuing Student Scholarships**

The UNK Continuing Scholarships are scholarships for UNK students with a current GPA; these scholarships do not take into account your grades or activities from high school. Here is how the system works: UNK takes the generous donations that it has received over the years, invests it, and uses the interest from this fund to give back to students. Last year UNK gave out scholarships to hundreds of students, with a combined value of over $1,000,000.

This sizeable fund is only accessible when you apply for the UNK Continuing Scholarships. If you fail to apply, no matter how outstanding your UNK grades are, you will not be considered for the money that is being given out through this program. To access the application, log onto your MyBlue and click the Continuing Student Scholarship icon that will be on the homepage. To apply for these scholarships, you fill out only one application, and then your application information is submitted to the many committees on campus who select the UNK Continuing Scholarship recipients.

The UNK Continuing Scholarships provide a great opportunity to secure additional funding to pursue your education. You do not need to be a certain academic level to apply; as long as you have an established UNK GPA, are currently enrolled, and will be registered for classes during the 2019-2020 academic year, you are eligible for these scholarships. The applications are available beginning February 1st, and close on February 28th at 11:59:59 PM. As part of the application, an essay may be required; we recommend attending the February 6th Success Session at 3:30 PM in Copeland Hall 130 to help you learn more about writing a strong essay. If you have any questions, contact the Office of Financial Aid at 865-8520 or visit their office in the Memorial Student Affairs Building (MSAB).

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**Spring 2019 Thompson Scholars Learning Community Faculty**

*Front Row (L to R): Dr. Julie Campbell (Criminal Justice), Dr. Martha Kruse (English), Dr. Krista Fritson (Psychology), Ms. Jenara Turman (English), Ms. Monica Mueller (Counseling and School Psychology), Ms. Betty Jacques (Biology), & Dr. Jeremy Dillon (Geography).*

*Back Row (L to R): Dr. Ralph Hanson (Communication), Mr. Aaron Blackman (Communication), Dr. Denys Van Renen (English), Dr. Jeff Wells (History), & Dr. David Vail (History).*

*Not Pictured: Ms. Janice Fronczak (Theatre) & Mr. Ted Larsen (Family Studies).*
Academic Success Habits in a New Term

At mid-year, students may feel they have figured out how college works, and slack off on some basic academic habits. The mentality of doing "enough to get by" can result in students not working up to their potential, or worse, getting too far behind to earn the grades necessary for their scholarship requirements and other academic expectations. This can put students in a bind financially, but also can impact the long-term goal of reaching graduation. The TSLC staff generated a list of reminders for students to

- Go to class, no matter if it is required in the syllabus or not. Class should be a priority over “extra” vacation days and spring high school sports championships.
- Buy your books. Don’t try to borrow them from a friend, or wait a month to get them via mail just to save a bit of money. Invest in you.
- Plan out your semester by writing your readings, assignments, tests, projects into your calendar. Use your calendar daily. Plan ahead to get tasks done by breaking them down into smaller sections so you don’t get overwhelmed. Complete everything by deadlines.
- Visit instructors during office hours. Ask for help when needed. Your questions aren’t dumb and they are here to help you.
- Create sleep and exercise habits that promote your wellness. When these areas of life are not made a priority, you may not be able to give your best efforts to your academics.
- Read your emails everyday. Respond if you are asked to do so.
- Seek assistance if you are having troubles. The TSLC staff, as well as other staff and faculty here at UNK are here to help. Whether you are having financial troubles, personal issues, or academic difficulties, there are many resources here at UNK to turn to. Be proactive by reaching out rather than bottling up the issues; this is a healthy coping skill that can help you reach a solution.
- Set a GPA goal for the term. Don’t hope for a grade; you must engage in reviewing the points offered in your class and calculate what you must do to earn the desired grade. Your end of term grades should never be a surprise.

Remember, no one comes to college with the plan to struggle or fail. Plan to do well by developing a disciplined academic routine and sticking to it. That doesn’t mean you won’t ever have difficulties, but it certainly lessens the efforts you have to make in terms of recovery.

TSU Dessert Social

Come join TSU on January 29th from 4:00-6:00 PM in the Mantor Lounge. We will have sweets and drinks such as cookies, lemonade, & hot chocolate to name a few. You are welcome to bring friends. The more people the merrier! Try to make it early to guarantee your chances of satisfying your sweet tooth.

Student of the Week

Name: Krynn Arbuck

Hometown: Henderson, NE

Major: Pre-Radiology

What is the best part about being a Thompson Scholar? I live off campus and the best part about being a Thompson Scholar is being able to make connections with new friends and being able to stay in the loop while I’m not on campus.

Why were you given your name and does it have a special meaning? I was named after my mother’s doctor; she liked the name so much that’s what she named me.

What’s the biggest challenge you have ever faced? Beginning in the 6th grade until my sophomore year I tore my ACL 3 times and came back to play sports each time.

What’s your favorite word or phrase that you say most often? I often say “oh please” in all situations.

What do you love to talk about? My family.

What would you like to be doing in twenty years? Working in an urban area helping children recover from injuries.

What family traditions do you plan to carry on as you get older? Having homemade chicken and dumpling soup on Christmas Eve.

What are you grateful for? My family, my friends, my health, my education, and the Thompson Scholar’s Community.