Upcoming Events:

Tuesday, April 16th:
Informational Meeting on fall 2019 event partnership between Thompson Scholars and the McKenna’s Rae of Hope Foundation. 4:00-5:00 PM in the Mantor Seminar Room.

Wednesday, April 17th:
TSLC PAL applications and two references are due by 5:00 PM.

Wednesday, April 17th:
End of the Year Group Picture and Awards Program from 4:45 PM - 6:15 PM at the UNK Health and Sports Center. Required for all 1st Year Thompson Scholars; wear your UNK TSLC t-shirt for the event.

Thursday, April 18th:
Rescheduled TSLC Success Session: What are you Paying for a UNK at 6:00 PM in Copeland Hall 130.

Thursday, April 18th:
TSLC Success Session: Professionalism & Leadership at 7:00 PM in Copeland Hall 130.

Thursday, April 18th:
Final Day of TSLC Study Hours for the Spring 2019 term.

Friday, April 26th:
TSLC surveys are to be completed by 5 PM. Please see your Lopermail account for the survey from TSLC.

April 29th - May 2nd:
Finals Week at UNK.

Thursday, May 2nd:
UNK TSLC Graduation Reception. 1:30-2:30 PM in the Health Sciences Education Complex Atrium (UNMC Building). All Thompson Scholars are welcome to attend and celebrate our graduates!

Friday, May 3rd:
UNK Commencement at 10:00 AM in the Health & Sports Center.

Group Pictures and End of the Year Awards for 1st-Year Thompson Scholars

As is our annual tradition, we will take group pictures of the 1st-Year cohort, followed by the End of the Year Awards program on Wednesday April 17th from 4:45-6:15 PM in the Health and Sports Center. This is the final required monthly event for 1st-Year students. Please arrive between 4:35-4:40 PM, and wear your TSLC t-shirt.

Pizza will be served shortly after the group photos, and we will host an awards program to celebrate your first year in college and in the community. Students with academic conflicts during this event should contact Yao Zheng in advance of the program. We look forward to celebrating this academic year as a community with students, staff, and faculty!

Wrapping Up Study Hours for Spring 2019

April 18th will be the last day for study hours to be recorded for the TSLC program this semester. There will not be any required TSLC study hours during dead week or finals week. Special thanks to our TSLC PALs and Study Hours Proctors who facilitated the TSLC sponsored study hours each week.

1st-Year Thompson Scholars, did you attend study hours every week of the Spring 2019 semester for at least 60 minutes? If you did, you have earned an incentive! The 1st-Year students who met this program expectation will be notified by Yao Zheng via Lopermail during the week of April 22nd. If you receive an email about this incentive, please stop at the TSLC office before the end of the semester. You will be asked to sign your name and provide your student ID number at the TSLC front desk, then you will be provided with your study hours incentive.

Besides these incentives, we’ll also be rewarding the top five 1st-Year students in accumulated hours for their dedication to studying this spring. The student with the most accumulated hours will receive $50 in merchandise at the UNK Antelope Bookstore and the top five students will receive 2 study hour incentives. We are proud of your academic efforts and encourage you to finish strong!
Fighting End-of-the-Semester Burn Out

Towards the end of the semester, it is easy to feel overwhelmed by homework and projects, as well as by transitions that occur at the end of the academic year. **Don’t give up!** To react to these feelings in a productive way, here are some simple tips to help you finish the semester strong.

**Tip #1: Exercise**
Working out is an excellent way to stay healthy, both mentally and physically. Exercise will provide the needed endorphins to feel good about yourself, which will provide the motivation to finish strong.

**Tip #2: Organization**
Do your best to stay organized as you finish the semester. Having a list of projects, homework assignments, and tasks to complete will keep you on track. Not only will this help you avoid forgetting something, it also has a wellness effect. The process of writing everything out can reduce stress, while crossing out completed items shows measurable progress.

**Tip #3: Use a Spotter**
In the same sense that weightlifters have spotters, you should have an academic spotter. Studying with a partner or in groups creates a sense of accountability and reassurance. Having this support helps you to stay motivated as you push towards the end.

**Tip #4: Set Goals & Think Big**
If you have not done so already, set goals for yourself. Do you want to be a doctor? Do you want to be a teacher? Do you want to own a business? Whether you have a firm goal or not, you are here at college for a reason: you recognize that your education will help you in the future. While you may feel burnt out now, you need to recognize that finishing strong is part of a bigger plan/goal.

**Tip #5: Use Resources**
Ultimately, using your resources is one of the best ways you can remain motivated throughout the end of the semester. The UNK campus has many resources to help you academically and personally. Recognize when you may need to use tutors, additional study hours, the Learning Commons, and/or other academic resources. Use guidance from instructors, advisors, mentors, and hall staff members. Personally, recognize if you need to visit Health Care or Counseling Care for your wellness. These are all resources you have paid for and you can utilize to help you along. Last, but not least, come to the Thompson Scholars Office if you are having difficulties with anything. We are here as a resource for you, and we want to help you succeed!