

Junior Find the Fit

May Eagle Day



Reminder

If you have not sat down with your Education Specialist to sign up for your FSA ID, make sure you do that before your last day of school.

Summer Program begins May 26th!

- May 26th– Hawkins, Morgan & Scott county WORK STUDY ONLY
 - ◆ Bridge only (8:15 AM–9:30 AM)
 - ◆ Everyone else (10:45 AM–12:00 PM)
- May 27th– Grainger county WORK STUDY ONLY
 - ◆ Bridge only (8:15 AM–9:30 AM)
 - ◆ Everyone else (10:45 AM–12:00 PM)

- May 31st– No classes due to Memorial Day
- June 1st– All classes begin
- July 1st– All classes end

It is important that you attend your specific county day in May and July 1st in order to receive the \$300 for that month.

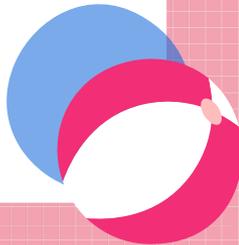


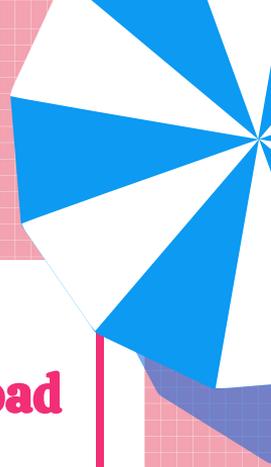
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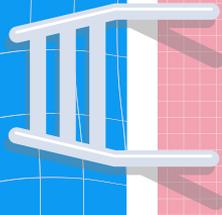
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1. In-Person vs. Online

Difference between attending classes in person, online and hybrid.



College- In Person vs Online vs Hybrid Instruction

In Person

Traditional college schedule- attend classes X days of the week at a certain time.

For example: Comp 1 M/W
10:00-11:30

Online

Online learning can occur in 2 ways.

Asynchronous learning= self paced.

Synchronous learning= learners participate in the online class at the same time in a virtual classroom.

Hybrid

Online instruction that also includes a certain number of classes that are attended on campus.

In Person Instruction- Pros

Access to all campus resources (library, computer lab, professor office hours, tutoring center). This can also include the career center, mental health services, on campus clinic, and more.

Motivation and consistent schedule. For most students it is easier to remain motivated when attending in person classes than online. Also, they are more likely to stay on a consistent schedule.

Social aspect of taking classes in person. Many students prefer getting to know their classmates and feel more connected to their professor when attending in person classes.

In Person Instruction- Cons

It is usually more expensive than online learning. This is especially true when living on campus.

Less flexible than online learning. You must attend on the same days and times each week.

Some students learn better in a work-at-your-own-pace setting.



Online Instruction- Pros

This type of learning is very flexible and can be helpful if you are finding it hard to fit school around a work schedule.

You can go to a school that is far away without having to move.

Usually cheaper than in person/on campus learning.

Online Instruction- Cons

You have to be very organized and proactive. It is easier to procrastinate when learning online.

There is typically less individualized attention and feedback from your professors.

If the material/subject is hard for you then you may become overwhelmed by the material.



Hybrid Learning- Pros/Cons



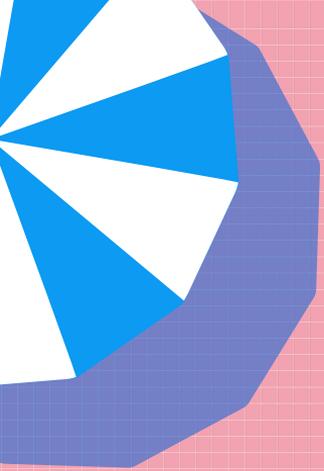
You are able to get the best of both worlds- flexible online learning mixed with a certain number of in person instruction classes.

If you are a commuter it cuts down on the amount of days you are commuting to and from campus. Note: In person instruction days are non-negotiable so be sure you can attend those.

Much like learning online you must be organized, be able to manage your time, and stay on task.

2. Campus Resource Services & SSS Programs

What support is offered at your colleges to help you get that degree?



Help!

There are several campus resources available that will make it easier to get that degree!



Writing Center

No matter what you've decided to major in, you'll be required to write...a lot. For those who aren't strong writers, the writing center is there to help. They'll be able to assist with anything from writer's block to proofreading to creating an outline.

Tutoring Center

You will find that some classes are a breeze while others might not be so easy. Whether it's the material or how the material is presented, some classes may be more difficult than others. Instead of struggling (or failing), consider the help of a tutor. Some tutoring will be offered as one-on-one while others may be done in a group.



Career Services

The career services department is all about helping you find a job after you graduate. Most campus career service departments help students write resumes, learn interview skills, write cover letters, and discover potential jobs and job markets that fit your skills and knowledge. Career services might also help you find and apply for internships before you graduate.

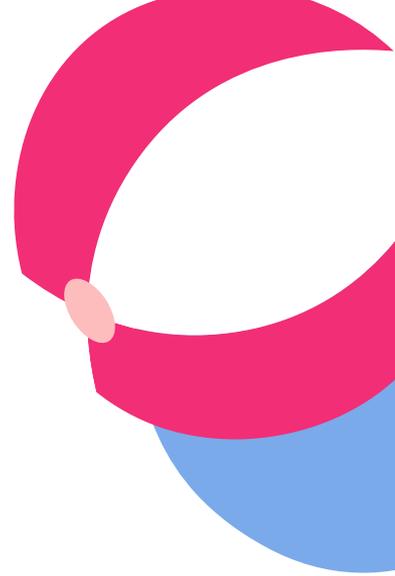


Financial Aid

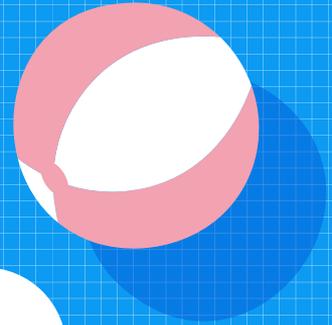
The financial aid department can help you find financial aid that you're eligible for and manage the financial aid that you already have. Financial aid might include grants, scholarships, and loans.

Advisors

Your college advisors play a major role in the decisions that you make in college. Advisors are trained to help you achieve your goals and graduate from college. There's no reason that you should go through college alone. Academic advisors aren't only your advisor in college. Many students also find that their professors are fantastic advisors when figuring out the ins and outs of college. One easy way to get to know your professors is through their office hours. Office hours are a great time to ask for advice from professors on problems that you're having in their class or even about other academic problems you might be facing.



Library



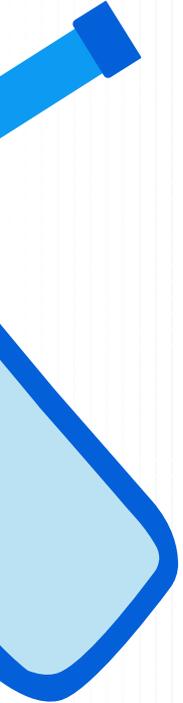
The library isn't just for checking out books on a college campus. Libraries have begun to modernize offering a lot of online resources for research, so you can do your research without ever stepping into the library. Many libraries also offer physical spaces for students to study individually or in groups and classes in how to complete research.

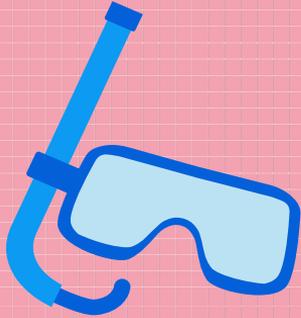
Dining Services

If you're living on campus, dining services are essential. Depending on the size of your college, there might be multiple cafeterias or restaurants available. Some colleges offer you a meal plan for discounted food prices or you can use cash to pay for meals.

Recreational Services

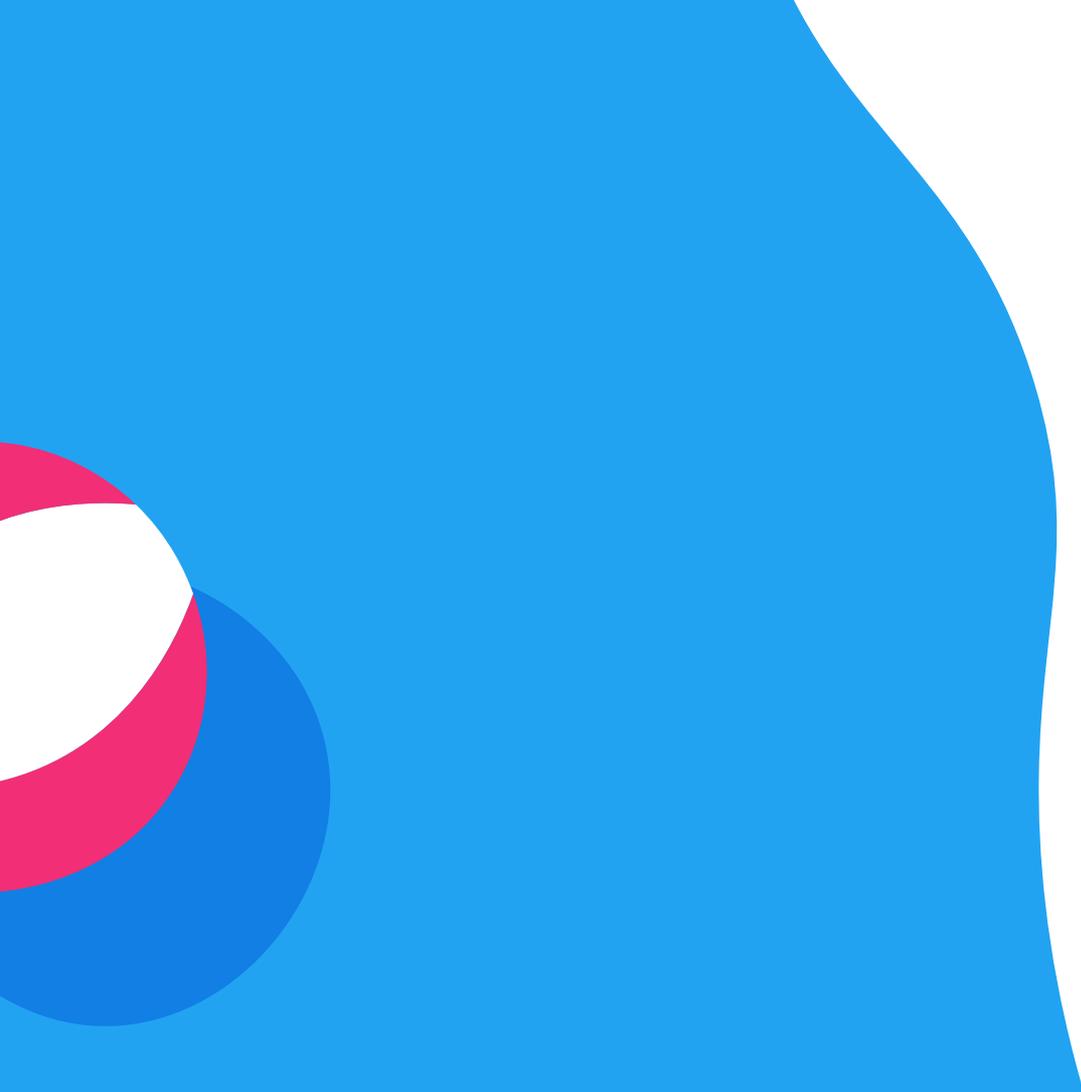
Going to the gym isn't always a high priority for college students, but many campuses offer students free or affordable access to high-quality facilities. Some college gyms will have training centers that are reversed for student athletes at certain times of the year. They may also offer group classes.





Child Care Services

Not every campus offers this resource but for any parents who are attending school, this is invaluable. If you need child care, be sure to ask if your college offers any kind of on campus child care.



Health Services

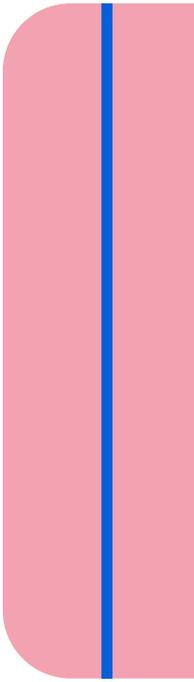
Everyone gets sick. Many colleges offer free or discounted health services for students who get sick or need annual visits during their time on campus. Many colleges also offer counseling services to students who feel overwhelmed or just need mental health services.

Information Technology Department

Some colleges offer technical assistance for students' IT woes. If your computer stops working, crashes, or you need training, don't hesitate to reach out to their IT department of your school and ask if they provide help to students.



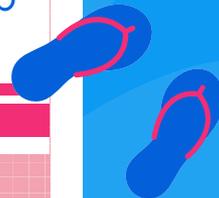
TRIO Student Support Services (SSS)



What is SSS?

TRIO Student Support Services (SSS) programs is an extension of Upward Bound but on the college level. Both programs are federally funded programs designed to support your education by providing you with the information and services you need to be successful in college.

Since you are in Upward Bound, you will receive priority when applying to the SSS program. Your number one priority will be applying to the SSS program offered at your college once you receive your acceptance letter. Your Ed. Specialist will have more info and help you apply.



Services Provided in SSS:

Academic tutoring, academic counseling, advice and assistance with course selections, assistance with information and completing the FAFSA, counseling designed to improve financial and economic literacy, assistance in applying for admission to graduate and professional programs, professional and cultural events, opportunities for leadership development, life management workshops, and you will have a community of scholars on campus.



SSS Programs in Tennessee:

Austin Peay University

Columbia State Community College

East Tennessee State University

Fisk University

Lincoln Memorial University

Middle Tennessee State University

Northeast State Community College

Pellissippi State Community College

Tusculum College

University of Memphis

University of Tennessee–Chatt

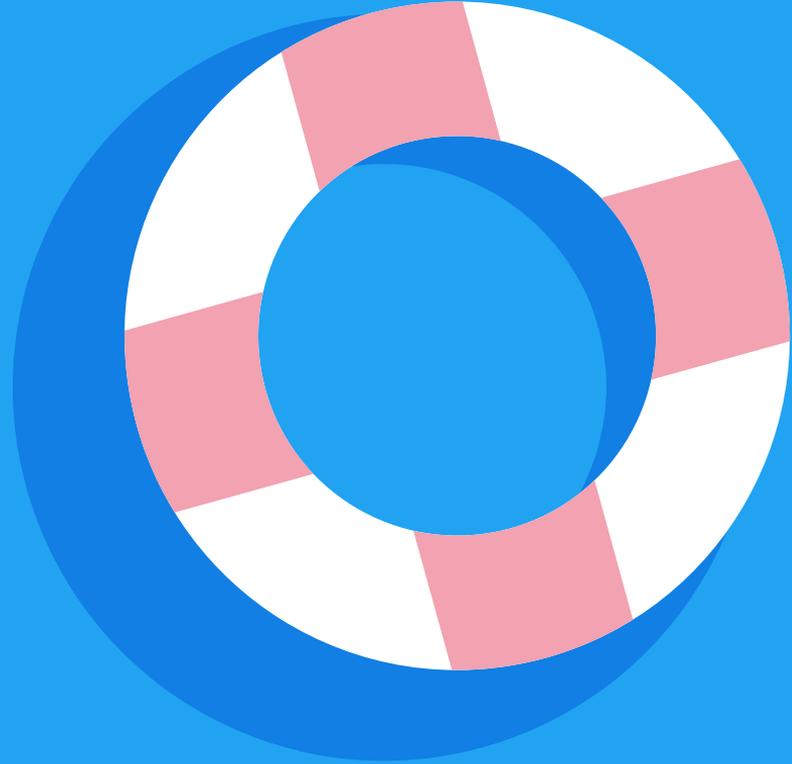
Volunteer State Community College



Students are 12% more likely to retain to their 2nd year in college and 23% more likely to retain to their 3rd year of college if in an SSS program. Basically, a student is more likely to stay in college and finish their degree if involved with Student Support Services.

3. Internships & Study Abroad

What are internships and study abroad programs?



Internships

What is an internship?

An internship is a short-term work experience offered by companies and other organizations for students to get some entry-level exposure to a particular industry or field. It is as much of a learning experience as it is work. Ideally, interns spend their time working on relevant projects, learning about the field, making industry connections, and developing both hard and soft skills. Internships sometimes even lead to full-time job offers.

Summer internships are typically 40 hours a week over 10–12 weeks. Fall and spring internships vary, but are almost always part-time.



Why are Internships Important?

As an intern, you get a chance to work side-by-side with accomplished professionals in your field and get a pretty good idea of what an entry-level role might entail. You'll not only gain real work experience that you can put on your resume, but you will also meet and learn from the pros. You will be able to start to build your own network of people who could help you get a job when you graduate.

Internships gives you the chance to try a few things out without committing. If you're lucky, you'll find something you love. And if not, you'll at least know what doesn't work for you. When it comes to finding the right career, the more information you have to work with, the better.

When you apply for a job, those applicants with previous work experience are much more likely to get the job. Internships offer you the chance to not just build relevant skills and learn more about the field, but to demonstrate those skills on the job. Employers love to hire people with real-life experience.

Do Interns Get Paid?

It depends. There are some internships out there that do indeed pay or at least give out stipends. As short-term workers, interns don't receive health or other benefits.

However, most internships are unpaid. If you're interested in an industry where unpaid internships are common, but working for free isn't an option, don't give up. Check with your college career department to see if they may have grants and other programs you can apply for to help you support yourself while getting the work experience you need.

3 Ways to Find an Internship

Campus Resources

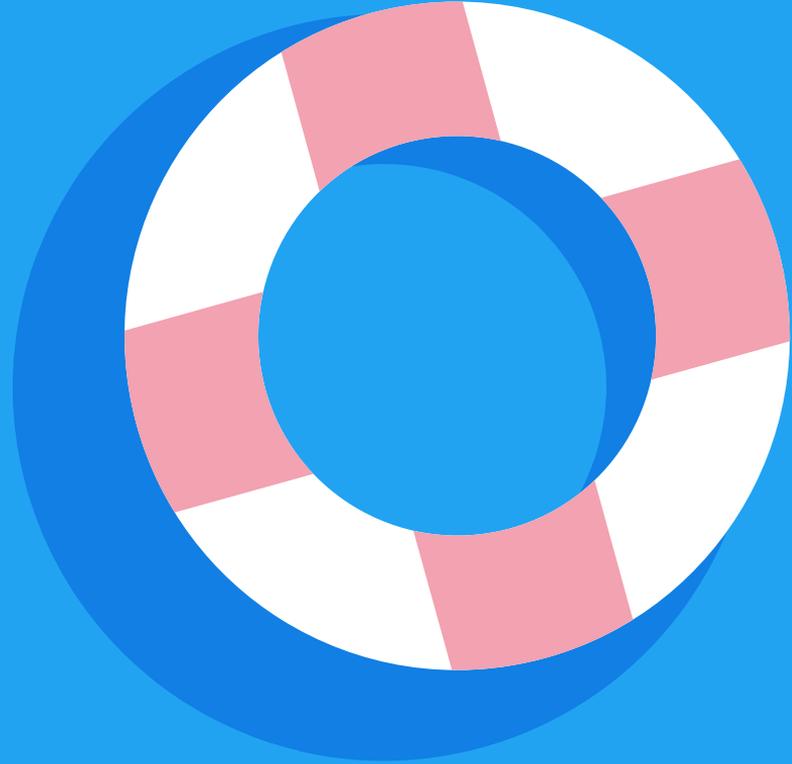
Go to your campus career center and figure out how to attend career fairs and take part in on-campus recruiting. There may also be job boards for students at your university. These employers are specifically looking for students from your school!

Go Online

There are tons of resources online. However, this can be overwhelming, so it's best to go in with an idea of what you're looking for, such as "journalism internships". The more you narrow your search, the more manageable it will be. You can always stay open to other opportunities as the process unfolds, but start with a clear goal.

Organizations

Everyone has a couple of dream companies. If you're not sure exactly what kind of internship you want, another direction you can go is to check out the company first. Go to their website and see what kind of internship programs and opportunities they offer. If you find one that might be a good fit, apply!



Study Abroad

What is Study Abroad?

Study abroad programs are options provided by universities and colleges to complete a semester, year, or sometimes even more of your degree program on a different campus, usually in a foreign country.

These programs are an excellent opportunity to see a new part of the world, experience a different culture, and travel. Temporarily relocating to Europe, Asia or anywhere else means having an excellent opportunity to take advantage of travel options. This allows you to maximize your experience and exposure to new places.

How Can I Sign Up?

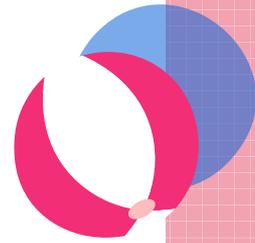
Most of the programs are through partnerships your institution has with a program or foreign university. Some schools– like NYU– even have their own global campus locations where they send their students. However, many schools (even those with programs) allow their students to apply to public or “all inclusive” study abroad programs for students from a variety of institutions. These types of programs are particularly useful for people with a desire to study at a niche location and/or for a specific subject.

If you type your school’s name and “study abroad”, you will usually be able to find your school’s landing page or study abroad office. From there you’ll be able to sign up for info sessions, schedule an appointment with a study abroad counselor, and–most of the time– apply directly through the site.

Having the Right Paperwork

Whether it's visas, vaccinations, or vacation planning, there's a ton of documentation that goes along with study abroad.

Living, studying, or (maybe) working in a foreign country adds up to a lot of paperwork. Lots of countries require you to have a student visa. Beyond visas, you're going to need an up-to-date passport that won't expire while you're abroad. There is also vaccination and health screening requirements for most countries.





4. UB Resources

Resources to help you this year
and beyond



Website

<https://www.trio-dcea.org/>

Facebook

www.facebook.com/Dceaub

Twitter

<https://twitter.com/DCUpwardBound>

Instagram

www.instagram.com/dceaub/

