



School of Education Newsletter

Issue 2 | April 2020 | Vol. 1

Important Dates

April 10 Good Friday

April 12 Easter

April 13-17 Pre-Registration begins for the Summer 2020 and the Fall 2020 semesters

April 20-24 Final Exams for the Spring 2020 Graduates

April 28 Last day to withdraw from the university

April 28 Grades are due for the Spring 2020 graduates



Student Highlight

Alexandria Slater, a Junior majoring in Human Science Education, and a member of Kappa Delta Pi International Education Society has been elected by the student body as the 2020-2021 Director of Public Relations for the Student Government Association for the University of Arkansas Pine Bluff.

“Ninety-Nine percent of failures come from people who have the habit of making excuses”

-George Washington Carver



13 Ways to Study at Home Without Going Crazy

Rachel Novotny —

April 1, 2014

The day had begun so nicely. As you rolled out of bed and donned your favorite hoodie, you held high hopes for the day. “*Today* will be the day I finally have the breakthrough I need to finish calculus,” you proclaim. You smile to yourself as you pour coffee into your oversized mug.

Three hours later, you’re staring out the window and realize you haven’t accomplished *anything*.

Well, that’s not entirely true. You’ve refilled your coffee twice, answered the phone, checked Facebook three times, and finally replaced that light bulb in your closet. Sighing, you flip open your textbook for the millionth time. As you find the correct chapter, you hear your Labrador barking frantically at the back door.

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While it may sound nice to stay in your pajamas all day, studying at home is not without its pitfalls. But it doesn't have to make you crazy. Here are 13 ways to avoid just that.

1. Establish a routine

Set a time you wake up, eat breakfast, get dressed, and begin studying. If you don't set a routine for yourself, you may find your breakfast break stretch into... lunch. A routine provides a structure to get things done, keep the little things (like showering) from falling through the cracks, and frees you to plan for times to *not* study as well.

2. Get dressed

I know it's tempting to wear pajamas all day or neglect brushing your hair for 15 days in a row. After all, you're not planning to leave the house except for picking up emergency Doritos. However, you'll feel much better about life and your studies when you take care of yourself. Make it a point to get dressed, brush your hair, and look presentable every day. (You might end up feeling a bit more motivated, too.)

3. Change your location

Discover a good coffee shop (and learn to like the house brew), grab a blanket and take your books outdoors, or scope out your local library to provide a change of scenery when hitting the books. Even moving to a new location in your home can work wonders.

4. Switch your schedule

If you have a set routine, but find yourself in a rut, switch your schedule around a bit. Often, a bit of variety is all it takes to restore enthusiasm. If you generally stay up later and get up a bit later, try an early to bed/early to rise routine for a bit. Perhaps slipping in a few hours of study before anyone else in your house is up will transform your study process.

Or, if you're a night owl, try taking a longer break in the morning or mid afternoon and getting a few hours of work accomplished at night when the rest of your family is asleep. If you're trying to get 4 hours of studying in each day, try working in a 4-hour block with only short breaks, or four 1-hour sprints at various points during the day. There are no hard and fast study rules—mix it up and see what works best for you.

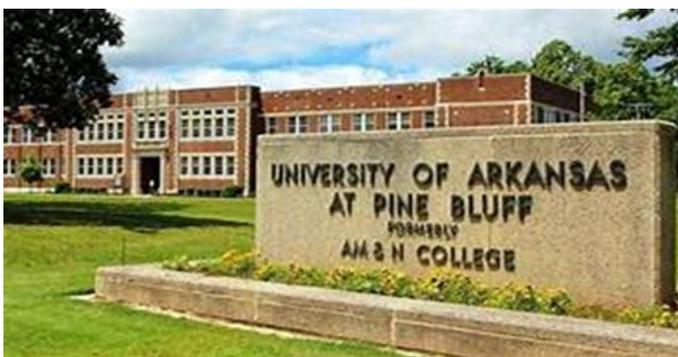
5. Shut down your computer every night

Shutting down your computer will give you a sense of closure. Set a "quitting time" for your day, and get away from the screen. Take some time to play a board game with family or friends, read a good book, or take a walk. By shutting down your computer, you'll ensure your work is saved and you won't feel like you are in eternal study mode (plus, regularly shutting down will help your computer will run faster!) Since you may not be able to change locations when your study day ends, it's important to use other means to create a sense of closure to your studies each day.

6. Keep your study space clean

This one is more important than you'd think. First, a clean space helps you think clearly and focus, but that's not all. When your study space is clean, you can find the supplies you need, *when you need them*. Nothing derails a study session like spending 15 minutes looking for that pencil you know you saw *somewhere* yesterday....

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Financial Aid

Pay your Tuition Funds- Sign up at gopyt.com and fill out the survey, NO ESSAY REQUIRED, for a chance at \$5000.

The Arkansas Geographical Minority Scholarship is now open please email allenm@uapb.edu or johnsonli@uapb.edu for an application

"You must never be fearful about what you are doing when it's right."

-Rosa Parks



University Updates

Administrators and Faculty have continued to work through a series of extremely complicated issues as they relate to the academic enterprise at UAPB. Following a recommendation from the majority of the faculty, the school will operate under a modified grading scale for the Spring 2022 semester due to the COVID-19 pandemic.

Students' grades will be recorded as follows:

90-100

80-89

60-79

AUD (carries no credit) 59 and below



It was also recommended that the comprehensive exams, the English proficiency exams, and the rising junior exams for the Spring 2020 graduating seniors be waived. Therefore, the absence of the exams scores will not prevent the Spring 2020 graduates from completing the degree requirements.

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7. Get a Beta fish

Random, I know, but having a low-maintenance “study buddy” can be a fun way to perk up your study space. If fish aren’t your thing, find some way to make your study area fun and interesting. Try a lava lamp, silly putty, a Rubik’s Cube, a coloring book and crayons, or a stress ball to help you stay focused or challenge your brain while at your desk.

8. Invest in a good headset

No matter how excellent your focus, if you study at home it can be virtually impossible to tune out the noise around you. Dogs, younger siblings, and ringing phones are all very distracting and difficult to avoid. A good noise-canceling headset will be a huge help in this regard! You’ll be able to preserve both your sanity and your love of those around you.

9. Have a good chair

It’s tough to stay focused on the Battle of Waterloo or that tough statistics problem if you’re distracted by your aching back. Invest in a chair that is comfortable and promotes good posture. You’ll be able to focus more and be healthier along the way!

10. Don’t work from your bed

Your bed is comfy. The pillow WILL beckon to you. And if you’re sleep deprived, the temptation just may be too much to bear. But that’s just one of your concerns. Sitting on your bed when studying also promotes poor posture—which will decrease your focus and cause long-term health problems. Not to mention, crawling into bed at night won’t provide the same sense of restful relief if you’ve been using your it as a study station all day.

11. Resist the snack attack

The beauty of studying at home: you have a kitchen and fridge at your disposal. The downside of studying at home: you have a kitchen and fridge at your disposal. Even if food is plentiful (and your mom’s peanut butter chocolate chip cookies are legendary), resist the urge to constantly snack. You’ll feel healthier *and* avoid the dreaded “freshman 15.” Stock some healthy snacks—carrot sticks, cherry tomatoes, nuts, and hummus—for those times you simply *must* munch... and the Oreos are calling.

12. Have friends

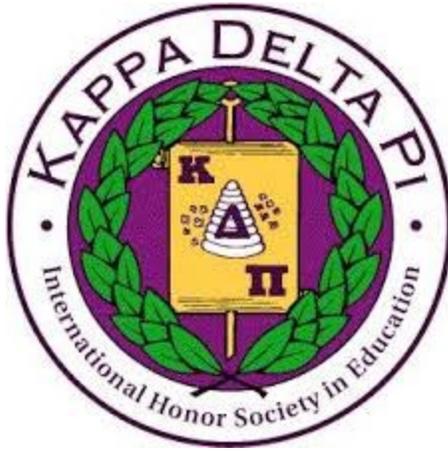
Maintain your relationships while working on your degree. If you don’t have regularly-scheduled social events (like church or study groups), this will require creativity and effort. But good friendships are worth the investment. Allot time for 15-minute calls just to catch up, and schedule the occasional coffee date. By carving out time from your schedule now, you are solidifying lifelong friendships.

13. Be considerate

Of course, you’ll have to block out time to study, and you won’t be able to participate in every activity you’re invited to. And you’ll probably need to kick a sibling out of your room from time to time for some peace and quiet. Your family is making sacrifices to allow you to be successful—so show them the same consideration you would to receive.

If you have been studying for a few hours, and your sister needs the room to make a personal phone call, take a study break to let her use the room for a bit. Help with household chores, and do little things to make each family member feel special.

Studying at home doesn’t have to equal hours of mind-numbing solitude! Give a few of these solutions a try and watch how your study time (and life in general) benefits



Kappa Delta Pi will come back during the fall 2020 semester even stronger. During the spring 2020 semester we met with a lot of hills and valleys this just makes us more determined to come back with a vengeance and even more of a purpose. To become a member of this International Honor Society in Education you must be an education major, have at least 30 hours with six of those in education, and a 3.0 G.P.A. If you are interested in becoming a member, please email allenm@uapb.edu or call (870)575-8110.

While working this semester we have also reactivated the Southeastern Chapter of Phi Delta Kappa. Phi Delta Kappa is a Professional Organization for Educators. The location of its headquarters is in Arlington Virginia. It was founded on January 24, 1906. We are opening this membership to Recent graduates in education, graduate education students, and faculty and staff. If you would like more information, please email allenm@uapb.edu or call (870) 575-8110.



On February 18, 2020 the University of Arkansas Pine Bluff gave the approval to create a new organization on campus. This organization is called Delta Sigma Omicron. Delta Sigma Omicron was created so that our Rehabilitation Students, faculty, students and staff with or without disabilities, and students in our affiliate program (i.e. Project Search), would have an organization that would advocate for the inclusion of students who have a disability in the university environment and to act as leaders by presenting the opportunities of life available to people with disabilities in the community. We plan to open membership in the fall semester now due to the campus closing and going to online classes due to COVID-19 pandemic. However if you are interested in becoming a part of this organization or want to learn more about it please email allenm@uapb.edu or call (870) 575-8110.

University Updates Continued.....

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Mr. Childs has created an electronic form in the shopping cart for graduating seniors to pay all your fees associated with graduation. The fees cover the cost of the diploma, the diploma cover, the transcript, and the cap and gown. Since we are unable to provide you with a ceremony for the Spring 2020 semester you are invited to walk during the Fall 2020 or Spring 2021 commencement ceremony.

https://shop.uapb.edu./index.php?dispatch=products.view&product_id72

**We want you to replace your “cabin fever” with thoughts of “Lion Fever.”
Want to contribute to the next newsletter? Send your article or comments to Mitzy Allen at
allenm@uapb.edu**