

THE SECOND-YEAR CONNECTION



Volume 1, Issue 1

August 2006

A NEWSLETTER FOR RETURNING STUDENTS

REACH Announces Special Event for 2nd-Year Students

Welcome back! Here's hoping you've had an enjoyable summer and are ready to begin your second year at UofL.

This is the first edition of The Second-Year Connection. The newsletter will be published several times during the academic year and will keep second-year students informed about activities and events of special interest. Study and time management tips, important dates to remember, and suggestions for healthy living will also be included.

To welcome you back to campus, REACH Academic Development is sponsoring a celebration exclusively for second-year students.

This special event will be held on

Thursday, September 28 from noon—1:00 p.m. in Middleton Auditorium, Strickler Hall. Special guest speaker will be Judge Janice Martin who presides over Jefferson District Court, Division 19.

Judge Martin is the first African-American female to serve on the Judiciary in the Commonwealth of Kentucky. She received her B.A. in 1977 and her J.D. in 1980 from UofL and was inducted into the Jefferson County Office for Women Hall of Fame in 1999.

Start the semester off on the right foot by planning to attend this exclusive event. Come enjoy free pizza, register for door prizes, and hear Judge Martin speak on "The Importance of Academic Excellence".



CELEBRATION

Thursday, September 28

Noon - 1:00 p.m.

Middleton Auditorium

Strickler Hall

Guest Speaker:

Judge Janice Martin

Free Pizza!!



Financial Fiesta at the Red Barn



REACH, in cooperation with the Student Financial Aid Office and the Kentucky Higher Education Assistance Authority (KHEAA) will sponsor **Financial Fiesta**. This festive and informative financial literacy fair will be held at the Red

Barn on September 13 and 14, from noon - 2:00 p.m.

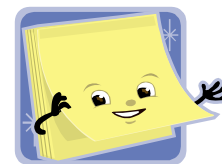
Vendors will be on hand to give out free financial literacy information and to answer questions about credit and debit cards, credit reports, identity theft, student loans, checking and savings accounts,

and how to develop a personal budget. Information on contracts for cell phones, car leases, and apartment leases will also be available.

Come and enjoy **free** Mexican food from Moe's Southwest Grill and register to win some great prizes.

Some Important Dates to Remember:

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| Aug. 21 | Fall 2006 Classes Begin |
| Aug. 25 | Last day to Add or Drop with 100% tuition credit |
| Sept. 4 | Labor Day Holiday |
| Sept. 13 & 14 | Financial Fiesta, Noon to 2:00 p.m., Red Barn |
| Sept. 28 | Welcome Back Celebration for 2nd -Year Students, Noon to 1:00 p.m., Middleton Auditorium, Strickler Hall |
| Oct. 12 | Last day to withdraw from Fall classes |



How to Avoid the “Sophomore Slump”

As a second-year student, you may possibly experience what is sometimes referred to as the “sophomore slump”. The newness of being in college is wearing off, not as much attention is directed toward you as in the freshman year, and you may be feeling pressure to decide on a major. In addition, you may be struggling with personal problems, identity issues and how to juggle work, family and study schedules.

Not all students experience these emotions, but rest assured, you will not be alone if you do! The good news is that there are ways to prevent this from happening to you.

Start by asking yourself a few questions:

“Why am I at UofL?”

“What would I be doing if I weren’t here?”

“Do I like the courses I’m taking?”

“Am I having difficulty deciding on a major?”

“Am I feeling isolated and lonely? Depressed? Overwhelmed?”

“Have I met new friends at UofL?”

“Do I get enough sleep and enough exercise?”



Now, here are some suggestions:

1. Take care of yourself! Eat well, exercise regularly, get plenty of sleep, and make time for fun. Being healthy and alert is vital to beating the “sophomore slump”.
2. Discuss with your advisor your uncertainty about your major and career path.
3. Schedule an appointment with the Counseling Center for help in dealing with personal issues.
4. Schedule an appointment with a university career counselor to explore career options.
5. Make a connection to the university. Get involved in at least one campus organization or activity.
6. Make new friends!
7. Make an effort to get to know your professors. Know where their offices are located and how to contact them.
8. Take advantage of university academic support services. Seek help before it's too late!
9. Don't be afraid to ask for help.
10. Know where to go for help.

WHERE TO GO FOR HELP

Campus Life	campuslife.louisville.edu	852 - 5787
Career Services	campuslife.louisville.edu/career	852- 6585
Counseling Center	campuslife.louisville.edu/counseling	852- 6585
Disability Resource Center	louisville.edu/student/dev/drc	852 - 6983
Financial Aid	louisville.edu/student/services/fin-aid	852 - 5511
Housing/Residence Life	louisville.edu/student/housing	852- 6636
Public Safety	louisville.edu/admin/dps	852 - 6111
Registrar’s Office	louisville.edu/student/services/registar	852 - 6522



Learning Resource Center (Tutoring, Supplemental Instruction, Learning Assistance) Strickler Hall West, Room 107 **852 - 8134**

Math Resource Center (Drop-in assistance for most 100 and 200 level math courses) Strickler Hall East, Room 226 **852 - 7434**

Computer Resource Center (Drop-in assistance, up-to-date software and hardware) Strickler Hall West, Room 331 **852 - 8096**

Academic Development Office (Academic planning, referrals to support services), Strickler Hall West, Room 126 **852 - 6703**

REACH.louisville.edu



Special Events on Campus for August & September

Date	Event	Location	Time
Aug. 18	Cards Under the Stars Rooftop Garage PartyMusic, dance, food and games on the roof of the parking garage. Open to all students. Sponsored by Provost's Office and presented by Campus Life & SAB.	Belknap Parking Garage	9:00 p.m. - midnight
Aug. 21	Welcome Back REACHoutFree snacks, water, soft drinks, and information about REACH services.	Strickler Hall Lobby	11:30 a.m. - 4:00 p.m.
Aug. 22	Welcome Back REACHout	Strickler Hall Lobby	8:00 a.m. - 11:30 a.m.
Aug. 22	SAB Welcome Party & RSO Information FairFree cook-out and information tables staffed by Recognized Student Organizations on things to do and how to get involved on campus.	SAC West Plaza & Red Barn	11:00 a.m. - 1:00 p.m.
Aug. 23	Welcome Back REACHout	Strickler Hall Lobby	11:30 a.m. - 4:00 p.m.
Aug. 24	Welcome Back REACHout	Strickler Hall Lobby	8:00 a.m. - 11:30 a.m.
Aug. 30	SAB Shake It Up Meet and GreetCome out and meet your Student Activities Board and find out how to get involved...or just enjoy the fun.	Red Barn	5:00 p.m. - 7:00 p.m.
Aug. 30	Arts & Sciences Fall PicnicKick off the Centennial Celebration of A&S. Free food, games, giveaways, and "Dunk the Professors".	Belknap Campus Quad	11:00 a.m. - 1:30 p.m. 4:30 p.m. - 6:30 p.m.
Sept. 13 & Sept. 14	Financial FiestaA financial literacy fair with free food from Moe's Southwest Grill, door prizes, and giveaways.	Red Barn	Noon - 2:00 p.m.
Sept. 19	Student Employment Job FairMeet employers offering part-time, temporary or seasonal jobs.	Student Activities Center (SAC) Multi-Purpose Room	12:30 p.m. - 4:00 p.m.
Sept. 28	Welcome Back Celebration for 2nd-Year StudentsAn exclusive event for 2nd-year students featuring a motivational speech by Judge Janice Martin, free pizza, soft drinks, and prizes.	Middleton Auditorium, Strickler Hall	Noon - 1:00 p.m.

"Motivation is a fire from within. If someone tries to light that fire under you, chances are it will burn very briefly." Stephen. R. Covey

"Failing doesn't make you a failure. Giving up, accepting your failure, refusing to try again does!" Richard Exely

"The road to success is always under construction." Lily Tomlin

"If you're going to be thinking, you may as well think big." Donald Trump