



First-Year Initiatives
CPO 2113
Berea, KY 40404

Address Service Requested



REMEMBER THESE DATES!

DEC. 11-13	FYI presents BeReady for Finals
DEC. 11	Reading Period
DEC. 12-15	Final Exams
DEC. 15	Term Ends
JAN. 9	Classes Begin

IMPORTANT OFFICE NUMBERS FOR FAMILIES			
Dial 859.985 plus the below 4-digit extention(s)			
OFFICE	DESCRIPTION	EXT.	PERSON TO CONTACT
Academic Services	Provides students with resources for academic engagement	3237	Dr. Curtis Sandberg
Black Cultural Center	Supports student needs through intercultural and interracial understanding	3797	Ms. Monica Jones
Center for Teaching and Learning	Assists students with deepening their confidence, skills, perspectives, and insights as readers, writers, and learners.	3670	Dr. Leslie Ortquist-Ahrens
Counseling Services	Individual, group and couples counseling	3212	Dr. Sue Reimondo
Disability and Accessibility Services	Helps develop self-advocacy/confidence and coordinates accommodations for students with documented disabilities	3327	Ms. Lisa Ladanyi
Financial Aid	Provides financial aid needed to meet the basic costs of education	3310	Ms. Theresa Lowder
First-Year Initiatives	Provides focused support to students throughout their first college year	3376	Mr. Chris Lakes
Labor Program	Administers student job descriptions, payroll forms, training aids, and info.	3611	Dr. Sylvia Asante
Student Accounts	Assists students with payments/payment arrangements for term bill that includes housing, meals, and other required fees	3094	Ms. Karen Belcher

#BEREADY

MOUNTAINEER PARENT/FAMILY NEWSLETTER

Fall 2017, Second EditionOffice of First-Year Initiativeswww.berea.edu/fyi

Gearing up for Spring



As the term comes to a close we hope that your student had an excellent experience and that they will enjoy their time resting up. The first term of college can be a difficult transition for a lot of students. It's filled with a range of emotions, pressures, opportunities, discoveries, first's experiences, and we definitely hope that they made the most of it.

The Office of First-Year Initiatives recognizes the role you play in your student's college success, and we thank you for the support that you've provided to them. As we enter the end of the term, we now turn our attention to the many opportunities available to your students during their Spring term at Berea College. In the term ahead, students will be making important decisions about their area of interest

pertaining to their major, whether or not they're interested in studying abroad, pursuing an internship, or engaging in undergraduate research projects. Students will also decide on making changes to their labor position and other choices about how they're going to engage with the College over the next four years.

We are here to help your students as they consider all the possibilities ahead of them on how to make the most of their Berea College experience! They can visit us in 128 Stephenson Hall. If you have any questions, please call firstyear@berea.edu or 859.985.3376.

—Jazmine Thompson
Coordinator of First-Year Programming

Preparing for Finals!

Helpful hints for your student as exam time nears

It's hard to believe, but your student is almost done with their first term of college! Let's work together to help your student finish strong and prepare well for final exams. Final exams are the staple test at the end of each academic semester that is the most challenging and sometimes stressful. Encourage your student with these tips for finals:

Get a good night's sleep
Any knowledge your student gains from cramming the night before will be lost without a good night's sleep. Sleep deprivation will lessen the ability to understand information. Students need adequate sleep to retain the material and learn information over time.

Develop a study plan
Since the majority of material on a final exam is what was covered throughout the

semester, it's no surprise that your student will have to incorporate their best time management strategies to appropriately study. Tell them to take at least two weeks before finals to map out a study plan that breaks up each class into manageable sections and allot time to spend on classes with more challenging material. Be sure to include eating, sleeping and study breaks.

Find a study partner/group
Don't go into hiding just because it's final exam time! It's highly beneficial if your student uses their friends, classmates, Teaching Assistant/Peer Leaders (TA/PL) or teammates to keep them motivated! Encourage them to set up study table times where they can get together with their group to practice the material, quiz each other and give critics.

Limit Social Media
Social media is a great way to stay connected with friends and family, but during final exams it can be a huge distraction. If your student is constantly checking their notifications he/she is not giving their undivided attention to the task in front of them. While studying they can be rewarded with social media when they take a break or meet a goal.

Take good care yourself
To maximize their full potential and make their goal of straight A's, make sure your students body is receiving the right nutrients it needs to perform well. They need to feed their brain and body well balanced meals, get adequate sleep and exercise to boost their confidence and combat anxiety.



SPOTLIGHT ON STUDENT OPPORTUNITIES

Below we highlight three students who took advantage of the opportunities and resources that your student will have access to during their time at Berea College.

STUDY ABROAD

‘A life-changing experience’

No other college in the nation offers scholarships and financial aid packages as generous as the ones Berea grants to our students for study abroad opportunities. Grace Callow is the Student Manager in the First-Year Initiatives Office and shares this about her abroad experience in Spain.

Berea College offers many unique opportunities, and while I have taken advantage of as many as possible during my time here, studying abroad was undoubtedly my favorite. I went to Segovia, Spain for 90 days, and I thoroughly enjoyed my time there and truly had a life-changing experience.

I chose Spain because I’m pursuing a minor in Spanish, so to improve my fluency, I needed to experience full cultural immersion. My program was based in Segovia, and my classmates and I took weekend trips together every other Friday to visit cities throughout Spain. I was fortunate to see Madrid, Toledo, Salamanca, Avila, Cordoba, Seville, Coca, and Cuellar. These excursions allowed me to see wondrous sites my eyes had never before beheld, learn about the history of those ancient places, and hear the distinct accents of each region.

I also took my own personal trip to Alicante, which was nerve-racking, yet momentous because I was forced to be self-sufficient, and

use my Spanish to travel from west to east coast. I stopped and asked several people for help, which increased my confidence when I was able to understand and follow their directions.

Most of all, I enjoyed exploring my home city and building a life for myself. During my three months there, I made wonderful friends through playing and coaching volleyball, and in my church and Bible study group. After my studies, I would often take long walks through the city to purposely try and get lost. In doing this, I saw what daily life was truly like in Segovia.

Studying abroad taught me a new level of patience, gave me an appreciation for independence, and made me more empathetic and tender towards others. My time in Spain was challenging, rewarding, and spiritually maturing.

—Grace Callow
Business Administration major
Student Manager, First-Year Initiatives Office

If your student is interested in learning more about steps to study abroad, they can contact Ann Butwell in the Center for International Education at abroad@berea.edu or 859.985.3453.



Grace Callow

UNDERGRADUATE RESEARCH

Mixing it up to find the right major

All Berea College students can take advantage of a mentor-apprentice experience through the Undergraduate Research and Creative Projects Program (URCPP). Students greatly benefit from the experience because it enhances interaction in a team effort collaboration, builds self-confidence, and help students make career and graduate school decisions. Check out this students experience as she reflects on her collaborative research project.

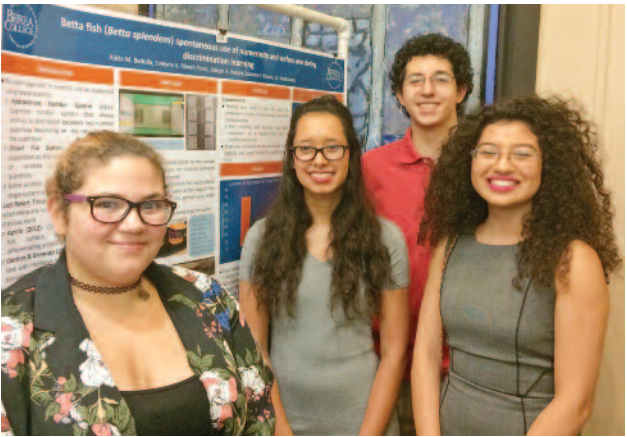
My freshman year I came to college with inspiration from my AP Psychology class the year prior encouraging me to become a Psychology major. Once I started taking classes, I realized that I didn’t want to just be a Psychology major, I wanted to find a way to mix the two things I love, Biology and Psychology, into one. That was when I talked

to my advisor about becoming a Neuroscience major. This allowed me to work with the Psychology, Chemistry, and Biology departments evenly and get the right courses to help me pursue a future in research. Now I am working with my advisors to develop an actual Neuroscience major so that those interested do not have to go through the long process of declaring an independent major.

I stayed in the Psychology department working as a Research Assistant and Teaching Assistant. The first time I was a Research Assistant it was for Dr. Sarah Jones. She was interested in reviving the vivarium in the basement of Frost and restarting the rat colony. At this point, I had been in Dr. Jones’ Research and Methodology class for my major and the project sounded interesting. After reading a lot of papers we decided that Berea

might not be the right place for a rat colony and began looking for alternative animals that don’t have costly and time-consuming needs. We discovered that Betta fish were relatively cost-efficient and relatively unexplored in the field of number cognition. When I finally heard that Dr. Jones was going to have a URCPP to start the project, I knew that I wanted to continue to be a part of the process. We spent eight weeks reading previous research in the animal cognition field, training fish, and troubleshooting our research. This experience was pretty amazing because I got to connect further with a faculty member and brilliant students, all of whom I admire. We will get the opportunity to present our findings at the Kentucky Academy of Science and possibly publish a research article.

—Alicia Bedolla



Alicia Bedolla (second from left) with members of her research team presenting their research at the Annual Berea Research Symposium (BURS).

If your student would like to learn more information on the Collaborative Undergraduate Research Program, they can contact any faculty member in their academic department to find out about upcoming projects.

INTERNSHIPS

Taking the first steps toward a medical career

When Berea College students participate in internships it helps to define their career path and they are able to gain valuable career-related experiences for their resume. At least 42.3% of seniors who held internships and applied for jobs received at least one job offer, as opposed to 30.7% for those who did not. Issac Domenech, a junior Chemistry major reflects on his experience with two internships.

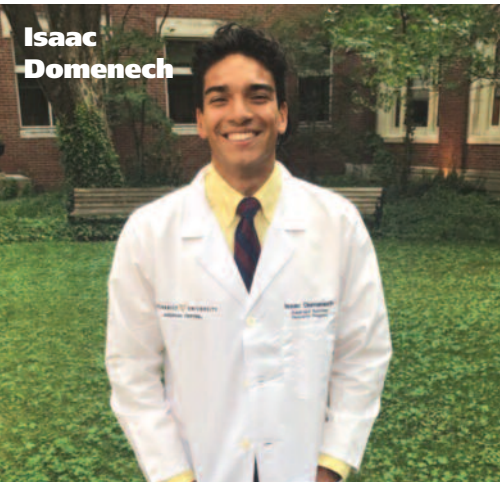
Entering college, I thought I knew exactly what I wanted to pursue for a career. After taking my Biology and Chemistry courses in high school, I decided that I wanted to follow the Pre-Med track and attend medical school following graduation with the ultimate goal of becoming a Clinical Physician. I knew exactly what classes I needed for my degree, I knew what score I would need for the MCAT and I knew the right people to talk to. But then I started to notice that the only thing I didn’t really have a clue about was what the life and career of a medical professional actually looked like.

After talking to faculty and staff, I decided the best way for me to find out and help clarify this would be through internships. My first internship was the Shepherd Higher Education Consortium on Poverty. I was able to intern at the Cleveland Clinic my first summer after my freshman year. I had the opportunity to shadow a Mental Illness doctor as well as an Infectious Disease doctor. I was able to see the major parts of their jobs, from how they interacted with patients and their staff to how they balanced their work and personal lives. As a result of this eight-week experience, I was certain that the medical field is where I wanted to be.

I knew that I still needed to find experiences that would better educate and prepare me for the challenges of medical school. I decided to intern at Vanderbilt University the following summer, where I performed undergraduate research. I was exposed to things that I would have never had the chance to experience in the classroom. I can genuinely say that this 10-week internship has placed me in a better position to be successful and go after exactly what I want in life.

My two summer internships provided me with so much valuable experience and I recommend every Berea student take advantage of the resources here at Berea.

—Issac Domenech
Junior



Issac Domenech

If your student wants to learn more about how to apply for an internship during their time at Berea College, they can contact the Office of Internships & Career Development at 859.985.3656 for an appointment.

#BEREADY for FINALS!

The Office of First-Year Initiatives will help your student BeREADY FOR FINALS! We’ll provide a place to study, food, games to de-stress, and prizes. Encourage your student to save these dates:

Monday, December 11 through Wednesday, December 13