



**First-Year Initiatives**  
**CPO 2113**  
 Berea, Kentucky 40404

Address Service Requested



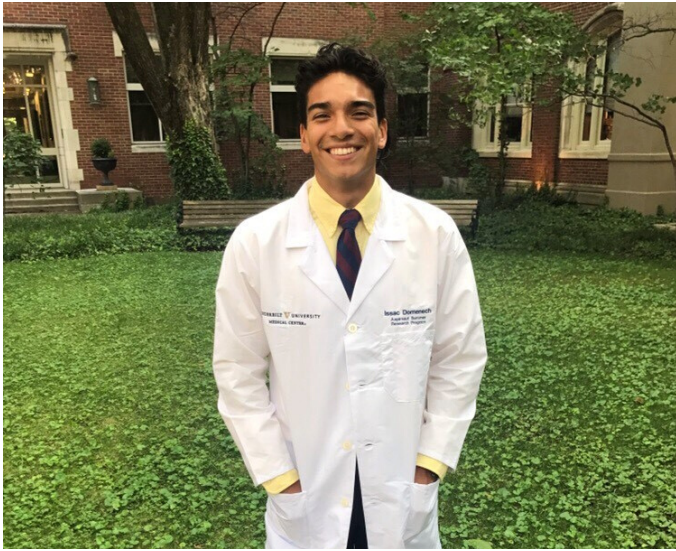
## Remember these dates!

<b>December 9</b>	Reading Period
<b>December 9-12</b>	FYI Presents #BEREADY FOR FINALS!
<b>December 10-13</b>	Final Examinations
<b>December 13</b>	Fall 2019 Term Ends
<b>January 7</b>	Spring 2020 Classes & Labor Begin

## Important Office Numbers for Families: Dial 859.985 plus the below 4-digit extension(s)

Academic Services	Provides students with resources for academic engagement	3237	Ms. Amanda Leger
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

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



## 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 that experiences that would better educate and prepare me for the challenge 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**  
Berea Alumn '19

*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.*

## Internships

# An internship can provide valuable experience

*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. Starson Audate reflects on his two internships experiences.*

While at Berea College, I had the opportunity to intern with two companies: Hilliard Lyons, where I served as a Financial Analyst and Hitachi Automotive USA where I was a Strategy Analyst.

At Hilliard Lyons, I was exposed to the financial market in a way that had allowed me to better analyze a company from an investor standpoint. On the other hand, the Hitachi experience has provided me with tools that enable me to effectively run a company by learning the day to day operation. Now, I understand the dynamics of a great strategist, whether it be in a problem solving mindset or future oriented views while taking into consideration the best and the worst and the in-between scenarios.

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



**-Starson Audate**  
Business major  
Photo: Rodney Kimbangu

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 9 through Thursday, December 12**

# SPOTLIGHT ON STUDENT OPPORTUNITIES

## 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.'*

Berea has a fantastic opportunity for your children to study abroad, just like me! I took a journey to Perth, Australia to study during the spring term of my sophomore year, and wow! I was able to learn so much from my experience, including how to properly budget money and appreciate new cultures as well as my own.

To me, the most important thing I learned from my abroad experience was how I wanted to use my education after graduation, which meant that I didn't have to waste too much time or money studying something that I wasn't really interested in. I was also able to have so many adventures like snorkeling over the Great Barrier Reef, camping in the Outback, and taking pictures with cool animals like kangaroos and Quokkas!

I am so grateful that my mom was so supportive throughout the experience. I knew she was nervous about me traveling, but it meant everything to know that she trusted me and loved me enough to not hold me back. I came back from a life-changing experience even more grateful for everything I have in life.



**-Madi Hutchinson**

Education Abroad Manager  
Center for International Manager

*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](mailto:abroad@berea.edu) or (859) 985-3453.*

## Undergraduate Research

### Opening the mind, deciding on the future

*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 helps students make career and graduate school decisions. Check out this student's experiences as she reflects on her collaborative research project.*

This past summer, I took part in an undergraduate research here at Berea College with the Department of Health and Human Performance. The research lasted eight weeks, which helped me to gain experience and knowledge. My research was about the health and economic impact of the Pinnacles and other trails in Berea. I was a research assistant and some of the tasks that I had were conducting intercept surveys, counting the number of users on three different trails in

Berea, writing a research paper to publish in different journals, creating a poster, and using different computer programs for data such as IBM SPSS.

I presented my research at the Berea Undergraduate Research Symposium (BURS) and the Kentucky Academy of Science (KAS). I am so blessed to be part of Berea College and to be able to take advantage of all the opportunities they have for every student. My research was a great experience that opened my mind to different perspectives, helped me to decide on what I want to do for my future and helped me to be more interactive with people and to be better working in a group. I am thankful to Berea College for funding this great and fun experience.

*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.*

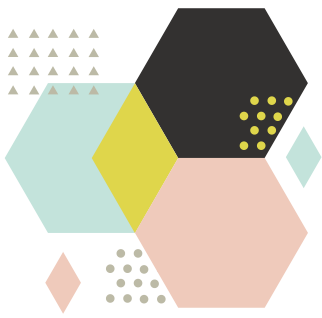


**-Glendy Pineada**

Health & Human Performance

# #BEREADY for FINALS!





# Parent & Family Newsletter Fall 2019 Edition, Vol. 2

Office of First-Year  
Initiatives  
[www.berea.edu/fyi](http://www.berea.edu/fyi)



## Gearing up for Spring

Wow! The end of the semester is coming to a close and your student has gone through a lot during the past five months, from moving into college, experiencing life on their own, working their Labor position, balancing academics and a social life, the list goes on. Transition can be difficult for both your student and the support system they have. Between the range of emotions, pressures, many success and failures alike, lessons learned, lived experiences, and new discoveries, your student has been through a lot during their first term at Berea.

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.

The Spring term is full of important decision making opportunities pertaining to academics, studying abroad, pursuing an internship, and engaging in undergraduate research projects. Students can also inquire about Labor Position changes and explore new ways to engage with the Berea College community throughout their next four years.

If you ever have any questions, concerns, or need additional information, please don't hesitate to contact the **Office of First-Year Initiatives** at [firstyear@bera.edu](mailto:firstyear@bera.edu) or 859.985.3376.

**Ty Hollowell**

**Coordinator of First-Year Programming & Family  
Engagement, Office of First-Year Initiatives**

## Preparing for Finals!

*Helpful hints for your student as exam time nears*



It is 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 allow time to spend on classes with more challenging material. Be sure to include eating, sleeping and study breaks.

### Find a study group/partner

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.

### 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, they are 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 of yourself

To maximize their full potential and reach their academic goals, make sure your student 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.