As you are studying hard for finals, you may find yourself fantasizing about summer and all the absolutely nothing remaining on your to-do list. And while you have earned much needed R & R, too much downtime during a long summer break can be a hindrance to your academic success next fall. Here are a few things to consider in order to keep yourself sharp and to start your next year at IC off on the right foot!

Preparing for the fall during the summer:
- Reflect honestly on your academic strengths and obstacles (one of the most overlooked but extremely important elements of academic success).
- Develop specific goals for what you would like to accomplish in the fall.
- Turn your goals into actionable, achievable, and measurable steps that you can start working on over the summer.
- Don’t let the study habits and skills you’ve worked hard to develop deteriorate—keep practicing: read (and annotate as you do so), work math problems, apply what you learned to your experiences, keep a summer writing journal, etc.
- Contact your professors for next semester early. See if you can get a head start: Is there a sample syllabus you can get a copy of? Are there any readings, assignments, and/or research you can start exploring?

Summer: Reflect and Create Goals for the Fall

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- Don’t let the study habits and skills you’ve worked hard to develop deteriorate—keep practicing: read (and annotate as you do so), work math problems, apply what you learned to your experiences, keep a summer writing journal, etc.
- Contact your professors for next semester early. See if you can get a head start: Is there a sample syllabus you can get a copy of? Are there any readings, assignments, and/or research you can start exploring?

Tip of the Month: Explore Majors Before Declaring

It can sometimes feel like everyone is expecting you to figure it all out and declare your major and what you want to do with your life RIGHT NOW. Unfortunately, this pressure can result in committing to major that is not a good fit for your strengths, skills, interests, and personal values. This mismatch can result in a miserable college experience, lower grades, and not graduating on time (or sometimes at all). As you discover more about different subjects and, ultimately, yourself, be open to majors and career paths that will allow you to reach your full potential!
Words of Wisdom From Graduating TRiO Seniors

Advice to Freshman, IC Memories, and After Graduation Plans

Advice: “Go undecided your first year. Allow yourself to explore different subjects and figure out your strengths before committing to something that may not be a good fit for you.”

IC Memory: “Being involved in Yates for so many reasons—the connections, the networking, friendships, opportunities, and relationships I established, both personal and professional.”

Plans: “I will be applying to Illinois state police and fire departments.”
—Dillon Adams, Psychology Major/Sociology Minor

Advice: “Find your likes and dislikes by joining clubs on campus. Seek advice and support from anyone you feel most comfortable with on campus. In doing so, you will begin to see Illinois College as part of your being, instead of as an institution.”

IC Memory: “Throughout my time in Jacksonville, I have been blessed with the ability to travel to St. Louis, Disney World, Chicago, Spain, and Germany. My travel experiences have been possible through various organizations I have been involved with (e.g., Model UN, Concert Band, my Major, etc.).”

Plans: “Currently, I am seeking employment back in my hometown, Los Angeles, CA, and I am beginning to study for the LSAT exam and apply to Law Schools at Pepperdine University, Northwestern University, and Thomas Jefferson.”
—Joana Torres, International Studies, Spanish, and Political Science Majors

Advice: “Don't blow off your Gen. Ed. classes until senior year. Also, go have fun, but study first. This your time to find out who you are as a person and for you to start the next chapter in your life! So make it exciting and successful!”

IC Memory: “The friends that I have made who are like my family now and knowing that they will be my friends for a lifetime. I know it is cheesy, but it is the truth.”

Plans: “After graduation I am in the process of interviews for a potential job then going to grad school within a year to pursue my MBA with a concentration in finance.”
—Chloe Neisler, Management & Organizational Leadership Major/Finance Minor

Advice: “Study and work hard early—play later. It took me five years to graduate because I played early and worked late.”

IC Memory: “My best memories came in the fall of my junior year. I had some really tough classes that I thought I would not like; however, I came to love them. One such class was my literature class with Dr. Beth Capo. I never have liked reading, but her class made it interesting and fun—and I really grabbed a hold of the writing projects we did. My best papers I have ever written started in that class.”

Plans: “My post graduation plans involve going home for the summer and coming back in the fall. I am hoping to stay around the area to teach somewhere, whether it is a full-time position or substituting.”
—Isaac Grapperhaus, International Studies, Spanish, and Political Science Majors
Words of Wisdom From Graduating TRiO Seniors (Cont.)

MORE Advice to Freshman, IC Memories, and Graduation Plans

Advice: “Don't be afraid to try new things. While you may have a certain major or activity in mind that you know for sure will be the fit for you, life might have something else in store for you. Take the opportunity to explore new options. You might learn that it is way better than you think.”

IC Memory: “Some of my favorite memories from Illinois College involve Cara Cima, one of my prior TRiO Academic Counselors. She’s a fun-loving, sassy little lady who had one of the biggest hearts. She has become not only my mentor, but also one of my very best friends. Laughing and joking with her always brought good times, especially when I was having a not so good day.”

Plans: “I will either be going to grad school to earn a degree in College Student Affairs or getting a job in that field.”
—Leslieann Harris, Psychology Major/Sociology Minor

Advice: “Take advantage of all the support systems that are in place at IC. Also, always communicate with your professors. They really do care about each student and will go out of their way to help out.”

Plans: “I am taking a year off school to save up money and study for the GRE. I will shortly apply to graduate schools for Forensic or Criminal Psychology.”
—Samantha Bettis, Psychology Major/Sociology Minor

Advice: “Your not going to know what you are going to do with your life quite yet, but don't let that stop you from succeeding in other aspects of your life because things will always balance themselves out and eventually will put you on the path to success.”

IC Memory: “My favorite memory from Illinois College is all of the memories that I have created with my teammates on the football team over these past 4 years. They have been my family away from home, and I would never have gotten to where I am now if it weren't for the love and support I have gotten from them! Once a Blueboy, always a Blueboy!!”

Plans: “My plans after graduating from Illinois College will be to pursue my masters in Human Performance and become a Strength and Conditioning Coach or pursue my masters in Kinesiology with a concentration in Psychology of Sport and Physical Activity.”
—Zachary Schultz, Biology with Exercise Science Major/Psychology Minor

Advice: “The people you live with in the residence halls your freshman year will be part of some friendships that will last you all through college. Take advantage of living with your friends!”

IC Memory: “Homecoming is always a great time, and anytime I have spent out on campus with my friends has been a great memory!”

Plans: “I will be attending the University of Illinois-Springfield and earning my Masters in Communication”
—Kayla Perkins, Communication & Rhetorical Studies Major
Congratulations to our Graduating TRiO Seniors!!!!

2014: The Class of SWAG!

Dillon Adams, Psychology Major/Sociology Minor
Claire Barclay, Environmental Biology & Ecological Studies and Japanese Studies Majors/Music minor
Kaleigh Beaty, Psychology Major
Samantha Bettis, Psychology Major/Sociology Minor
Schinequa Brazier, Biology with Exercise Science Major
Jasper Brown, History Major (Secondary Education Concentration)/Psychology Minor
John Gerding, International Studies Major/Spanish Minor
Marc Giovannini, Environmental Biology & Ecological Studies Major/International Studies and Economics Minors
Isaac Grapperhaus, Education Major (Elementary Education Concentration/Mathematics Certification)
Leslieann Harris, Psychology Major/Sociology Minor
David Martin, Management & Organizational Leadership and Communication & Rhetorical Studies Majors
Mikel Miller, Biology Major/History Minor
Chloe Neisler, Management & Organizational Leadership Major/Finance Minor
Krysten Odle, Psychology Major/Biology Minor
Kayla Perkins, Communication & Rhetorical Studies Major
Jessica Reynolds, Communication & Rhetorical Studies Major
Zachary Schultz, Biology with Exercise Science Major/Psychology Minor
Joana Torres, International Studies, Spanish, and Political Science Majors
MacKenzie Walker, Accounting Major/Finance Minor

Check out pages three and four for senior advise to incoming freshman, as well as some of their favorite IC memories and future plans.

Treats with TRiO: Stop in, Relax, and Eat (FOR FREE)!!

It is now becoming tradition: We hope to see you on Reading Day, Thursday, May 1, for a break from studies and FREE food!!

The FREE FOOD will be available from 11:00 a.m. to 2:00 p.m. As always, we had a blast last time, and we are looking forward to seeing you there again this semester!

WANTED: TRiO Bloggers!!

Do you like blogging/writing? Would you like an opportunity to display, develop, and market your writing skills?

Jump in on the ground floor as we start our new TRiO Bloggers series in the fall. Email us if you’re interested: trio@mail.ic.edu