"No man [or woman] should escape our universities without knowing how little he [or she] knows." ~ J. Robert Oppenheimer

Three Weeks and Counting!

The end of the Fall 2011 semester—the first semester as a college student for many of you—is quickly approaching! The next three weeks will go by quickly, as you prepare for finals, work on research projects, and continue to have more assignments piled on. It can be an overwhelming experience, but it is important to realize the entire semester has been building up to this final push before the semester ends.

There are some important things you can do to cope with the rigors of these last three weeks and finish the semester on a high note. Writing down your goals—the more specific and measureable the better—can really serve as a motivator that will help you to finish the semester on a high note. Also, make a concrete plan and schedule for how you will approach these final three weeks, including you final exams. Be sure to take time to also squeeze in things you enjoy, along with other stress reducing techniques, such as exercising and simple breathing exercises. Finally, consider attending our final, and appropriately timed, Stress Management Workshop!

Stress Management Workshop: Next Week!

Our next workshop, featuring guest-presenter Bill Tennill, is next week: Monday, December 5, at 4:30, in Kirby 108.

The workshop will enable you to better cope with and manage various academic and life stressors. Just in time for finals!

A complete workshop listing for the fall semester can be found at http://www.ic.edu/RelId/622610/ISvars/default/Fall_2011_Workshop_Series.htm.
Dr. Heather Bennett: “Not necessary to be an undergraduate specialist”

The most important thing to do is take a wide variety of classes both in and out of your major. It’s not necessary to become a specialist as an undergraduate. Also, it’s a great idea have some experiential learning before you apply—Study Abroad, an internship, student-faculty research—because that will show graduate admissions committees that you can do hands-on activities in preparation for graduate school. Finally, it’s a good idea to look at the faculty in the program you are interested in. Check to make sure that someone there works on what you are interested in. For example, if you want to work with octopuses, and no one in the program can help you do that, look at some other schools.

Dr. Caryn Riswold: “Develop a relationship with faculty”

Develop a relationship with faculty members in and outside of the department of your major. This comes in handy when needing letters of recommendation. When asking professors for letters of recommendation, honor the time that it will take them, and give them as much notice as possible. Have experiences like studying abroad, going on a BreakAway, or doing research with a faculty member while you are at IC. These experiences help to set you apart from the other excellent students applying for graduate school. An occasional "not great" grade is not the end of your academic career. Learn from your mistakes, and show that you have done so by not making those mistakes again.

Dr. Jenny Barker-Divine: “Do your research ahead of time”

Do your research ahead of time, and get in touch with the department you're interested in to find out about their program. Ask out about assistantships, financial aid, and most importantly, the faculty you would work with. You're going to spend a lot of time and energy working on your graduate degree, so you want to be sure the school you choose provides the type of atmosphere and environment that you need to succeed. Having all of that information will help you tailor your letters of application and demonstrate a real interest in the program, giving you a competitive edge over other applicants. Never let anyone tell you that graduate school is too hard, too expensive, or too time consuming.

Andrew Jones: “Things you can start doing now”

There are a few important things you can do to plan for graduate school, beginning even your first semester on campus. Be intentional in designing your curriculum and experiences. Make sure that the courses you take and the activities you participate in will contribute in some way to your chosen field. Also, start building relationships with your faculty. Each semester, try to get to know one faculty member outside of class. It will be important to have relationships with faculty who can serve as a mentor through the graduate school process, advise you through undergraduate research experiences, and write you a reference letter.
Important Upcoming Fall 2011 Deadlines!

Mark These Dates on Your Planner!

- Last day to drop a course with a “W” grade: Tuesday, November 29
- Last TRiO workshop: Monday, December 5
- Last day of regular classes: Tuesday, December 13
- Final examinations begin: Tuesday, December 15
- Final examinations end: Monday, December 19
- Residence halls close: Monday, December 19
- Semester Break Starts: Tuesday, December 20

TRiO Tips of the Week

“Forget past mistakes. Forget failures. Forget everything except what you’re going to do now and do it.”
~ William Durant

“Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don’t quit.”
~ Conrad Hilton

Contribute to the Tribune!

Tell us your stories!!

Students are the collective conscience of Illinois College. The individual voices give meaning and purpose to the school as a whole. Therefore, consider contributing your voice. What are your successes, obstacles, and challenges as an IC student?

The only requirement is that you be yourself.

Contact Jason Stalides—jason.stalides@ic.edu, 217-291-1621—for more information!

Next Issue:

- Stress Management Issue!
- Guest column from Bill Tennill!
- Learn effective strategies and techniques to cope with and manage daily stressors—both academic and personal!
- Become aware of how stress impacts you both physically and mentally!
- And more!