

# PS Freshman Colloquium

December 2008



## Good-bye from Kayleigh and Kathryn!

We hope you all enjoyed PS Class this semester as much as we did. We know it was a lot of work, but we promise it will pay off! Being a Presidential Scholar opens so many windows for you, so make sure to take advantage of them!

Even though class is over and the semester is coming to a close, feel free to contact us if you need anything at all! We both have been in your shoes and have experienced the ups and downs of college. Try not to stress out too much about finals and projects, you will always do better if you relax.

Have a wonderful Holiday season and break from school! Hope to see you all in PS Club meetings next semester!

Kayleigh  
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Kathryn  
(kmvalle@ilstu.edu).



## Final Exam Tips

We know that finals week is stressful and feels like it will never end, we've been there. Don't freak out, it will be over soon and you can enjoy your holiday season and month-long break from school. Here are just a few tips to help you not have a nervous breakdown when studying for finals this year. Best of luck!

- If you want to go to the library—go earlier in the day—spots to study fill up quickly.
- Don't leave studying

until the night before.

- Make sure you know if your final is cumulative (from the semester or from the midterm) or just another test.
- Don't forget to eat healthy!
- Get plenty of sleep!
- Relax! Breathe! It will all be okay (or at least it will be over soon!)
- Don't cram, break up studying for different classes into

chunks. It makes it easier.

- Set up a reward system—study for an hour or two, then let yourself do something fun.
- Calculate your grades so you can know what you have to get on your finals.
- Spread out your composition revisions with studying so you don't stress out about your portfolio.
- Take study breaks—but not too many!



Kayleigh & Kathryn having fun at the Challenger Learning Center.

## Honors Program Leadership Positions

There are numerous ways to get involved on ISU's campus. So while on your search for the perfect leadership position, see what the Honors Program has to offer!

The Student Assistance Leadership Team (SALT) is comprised of about ten volunteer students. They work closely with Honors staff members and graduate assistants in planning

events such as Honors Program Presents, Bookbag to Briefcase, and the Honors Spring Formal. This is a great way to get to know fellow Honors students and to gain experience planning and executing activities.

Each fall there are two Presidential Scholar Assistants (PSA's). In this paid position, these two students work closely with Becky planning the Freshman Colloquium.

They attend one section of the colloquium and night class each week, hold an office hour, and attend a weekly staff meeting. The PSA's even get to teach a class by themselves one week!

Both positions require an application to be filled out followed by an interview. Pay close attention to Honors Program emails for applications and important dates!

## Important Dates

- Dec. 1-13—Open Registration
- Dec. 5—Extra Credit due to Honors Office
- Dec. 5—updated and signed Faculty Colleague Plan of Study due
- Dec. 8-12—Finals Week
- Dec. 10—Spring Research Mentorship Application deadline
- Dec. 17—Grades available on iCampus
- Jan. 5-11—Open Registration
- Jan. 12—First day of Spring semester
- Feb. 3—In-Course Honors Contracts Due

## Honors Program Info

Office Phone: (309)438-2559

Becky's Email: rementz@ilstu.edu

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## A Final Word from Becky

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Can you believe the end of your first semester of college is over except for finals? How did it go? Did you like the experience overall? Just as we looked back in PS Class on “The Good, The Bad, and The Not So Bad” around mid-term, you may want to think about those same questions when the semester is over. Will it help you make different choices in the future? Will it mean that there are some things you will seek out? Avoid? Get help with? Enjoy? Whatever your responses are, I truly hope you are happy at ISU and that you are proud to be a PS!!

Continue to challenge yourself and seek out new opportunities just because you can, not because you have to. Keep in mind that most of the things we did in PS Class were related to your unique PS requirements and will be guidelines for what you need to accomplish as a PS the next few years until graduation. Please keep in touch by email [rementz@ilstu.edu](mailto:rementz@ilstu.edu) or advising appointments.

“The Good, The Bad, The Not So Bad” questions are: Name one thing that was hard that you knew would be hard. Name one thing that was hard that you didn’t know would be hard. Name one thing that you expect to happen and think will be hard. Name one thing that’s been too easy.

Remember your **final Faculty Colleague Plan**, updated and signed, is due 12/5. Also remember to email, call and meet with your Faculty Colleague one or two times a semester. They will become a valuable resource to you only if you take advantage of this unique mentoring opportunity!

I’ll miss seeing you on a weekly basis, and until I see you in your first themed colloquium, I wish you well. Good luck on finals! Enjoy your semester break—do something fun!!

*Becky*

## 10 Things to Do Before You Graduate

Four years may seem like a lot of time to do everything you could imagine as a college student. Believe us though, the time flies! Start making the most of your time NOW!

Here are the top 10 things to do at Illinois State University and in the Bloomington-Normal area before you graduate, as compiled by Kayleigh and Kathryn.

1. Visit the top of Watterson and check out the view during the day and at night!
2. Join an intramural team. Even if team sports are not your thing, it is a ton of fun without the competitive atmosphere!
3. Drive over the camelback bridge on Virginia Street in Bloomington. Be careful, don’t go too fast!
4. Eat at Schooner’s in Bloomington. One of the cities best kept secrets for sure!
5. “Swim” or wade in the fountain outside of Stevenson. The bowl is better than a swimming pool!
6. Go to an ISU football game and sit in the zoo. Experiencing a college game with friends is a great way to support your school!
7. Attend Cornfest in Uptown Normal. What could be better than free corn on the cob? Make sure you bring your school ID!
8. Go to the Planetarium in Felmley Hall. Who knew you could watch the stars from inside?
9. Take a trip to Steak n Shake at 2 am on a weekday. Milk shakes and cheese fries are the best thing in the middle of the night!
10. Check out Williams Hall at night. Watch out, or the ghost may find you before you find her!

“A college degree is not a sign that one is a finished product but an indication a person is prepared for life.”  
- Reverend Edward A. Malloy

