

Old Maniacs

November 2018

A FULBRIGHT COLLEGE HONORS PROGRAM PEER MENTOR PUBLICATION

Wanderlust *by Grace Roberts*

As a freshman I knew I wanted to study abroad, but I wasn't sure that I'd get to in the near future. Luckily I talked to some awesome people that directed me to the right resources, and because I had looked into it so early, I was able to plan a trip for the next summer (to Tanzania!). The experience was even more valuable than I bargained for, and I'm lucky everything worked out just like it did. I think it's SO important that everyone tries to study abroad at least once, but there's things I wish I had known throughout the process of planning my trip:

1. Start looking at programs and getting involved in the application process as soon as you can- even if it feels too early.

You never know what deadlines might be creeping up on you, especially as a new freshman. It's also better to start thinking about funding opportunities sooner rather than later, since a little planning can go a long way when it comes to paying for a trip.

2. Talk to the professors that lead programs you're interested in (if possible) and other people who have done them before.

In my case, I was able to learn more details about the trip than I had found online, and I even found out about the option to extend my layover and travel around Europe on the way home. You can't really get a clear idea of what a trip is like until you talk to the people that have lived it.

3. Look at places that are out of your comfort zone.

If you're like me and only speak English, going to a non-English-speaking country can be really daunting. Faculty-led study abroad programs are a great way to go somewhere you wouldn't normally feel comfortable traveling on your own. The professors that go on them are experienced travelers and well-versed in how to navigate the culture of wherever you're going. Traveling to Tanzania made me feel better about going places I normally wouldn't even consider, and I think the initially uncomfortable aspects of the trip made it an even more valuable learning experience.

4. If you don't know where you want to go or who to talk about it, start with your advisor.

Your advisor can steer you in the right direction with who to talk to and what to talk about. The Office of Study Abroad & International Exchange is the go-to stop for all your questions. They have study abroad advisors, walk-in office hours, and a page on their website that helps connect you to grants you may qualify for. Check out the link below:

<https://studyabroad.uark.edu>



UPCOMING EVENTS

Thursday, 11.08: Distinguished Speaker Series - Artist Julie Mehretu | Crystal Bridges Museum of American Art | 7-8 PM

Tuesday, 11.13: Professional Development Night | Bell | 5:30-7:30 PM

Wednesday, 11.14: Women in STEM Panel | GEAR 130 | 6-8 PM

Saturday, 11.17: Sand Mandala closing ceremony | MULN | 5-6PM

Tuesday, 11.28: SURGE: Power and Privilege | ARKU 508 | 6-8 PM

Meet your Peer Mentors!



The mentoring program aims to guide freshmen through their first year of

college. Learn study tips, campus resources, and insider knowledge about the University of Arkansas. Missed your chance to participate? There's always next semester! Contact Jill Wheeler at jwheeler@uark.edu for more information and to sign up!

Volunteers Needed! *by Morgan Browning*

During my freshman year, the first and most important advice I was given about my future career in a helping profession was to find volunteer opportunities early and commit to them throughout my four years at the university. There are many reasons why getting involved in volunteering is influential to the student and the community they are helping. Rather than simply being something to help bulk up a resume, these opportunities also lend the experiences one needs to work with people and find areas of the community that interest them the most. Volunteering is not only about gaining experiences and aiding in career decisions however; it's also important to volunteer because it helps the community through the impacts individuals can make in it.

So, my advice to you is to start looking for volunteer opportunities now! Get involved by helping your community and meeting new people. Through these experiences, you will not only be able to learn about your future profession but also help people in your community who are in need of your assistance. Start by researching organizations that you want to be a part of, and see what Northwest Arkansas has to offer. You can also contact professors in your field and ask if they have any advice or specific organizations that they think you might like. If you do your research, you'll be able to find ample resources and opportunities that you can benefit from



Make a Plan *by Dhruba Dasgupta*

Planning your semesters out can be highly useful and ultimately will help you manage the completion of your degree and help you balance the difficulty of classes you take during that semester. Starting my freshman year I knew which major I wanted to complete but I also wanted to include a few minors.

Thus, I made sure .according to my degree audit, that I was able to space out my required major courses over my four years. I then started to fill in classes for my minors in areas where I had extra time. Knowing that I was on a preprofessional track, I needed to spend one of my semesters preparing for my professional entrance exam. Therefore I made sure to save a few 1000 and 2000 level courses for my junior year when I would take the exam so I could make my course load easier. Additionally I also took at look into winter, summer, and fall intersessions into account in order to make my semester course load a bit more bearable. If you are looking to maximize your experience in college it is crucial to plan out your semesters in advance in order than you can balance your classes, groups, and other activities, and ultimately to help you complete your degree. Remember, failing to plan is planning to fail!

Finish Strong *by Canon Cothran*

In the midst of the stressful environment of mid-semester vibes, it can be easy to want to begin slacking on boring and monotonous tasks such as homework and studying. This short paragraph is meant to encourage those that are struggling with this. It is totally normal to have these feelings but it is also important to find motivation to not quit and not give up. One thing that helps me find this motivation when it seemingly cannot be found is to take a deep breath and focus on the present. I push myself to just make it to the weekend, then I get a few days off. Study hard and focus in just a few days at a time between weekends. In a broader perspective I push myself to make it to the next break such as Thanksgiving or Christmas break. I tell myself that if I put in the work now, I can fully relax when these breaks arrive, knowing that I gave my all. I hope this short paragraph has given you hope and a renewed drive to push through this midpoint in the semester when things can seem to bog down.

Did You Know??

University of Arkansas is one of the few universities in the US to carry a nanotechnology minor. Through the government's initiative to promote nanotechnology related activity and research they have promoted many education degrees throughout the United States. The University of Arkansas happens to be one of one few southern state universities that happens to offer such studies in nanotechnology. Opportunities through education and research stretch throughout the whole University of Arkansas System (UAMS, UARK, UALR).

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Take Care to Take Care of YOU *by Jacob Siebenmorgen*

With the stress that classes and campus involvement introduce, sports and exercise offer a great way to de-stress, participate in activities you enjoy, and improve your personal wellness! UREC offers many wonderful facilities and programs, most of which are covered by tuition, to help students live an active lifestyle. Perhaps the most well-known are the two fitness centers on campus – the Donna Axum Fitness Center in the HPER and the UREC Fitness Center in the Union. Both facilities offer a wide array of group fitness classes, including sunrise yoga, Pilates fusion, Zumba, cardio dance, Krav Maga, cycle, and more! Check out the UREC website for the fall semester schedule of these classes.

Outside of the fitness center, the HPER also boasts an Olympic sized swimming pool, racquetball courts, an indoor track, a climbing and bouldering wall, four gymnasiums, dance classes, and more. On the first floor of the HPER is UREC outdoors, which allows students to rent a wide variety of camping and boating gear, bikes, and even paddle boards. UO also offers “adventure trips” to students, departing for destinations such as the Grand Canyon or Devil’s Den.

Lastly, you can relive the high school glory days by participating in club or intramural sports. The UREC Club Sports program hosts 26 student-led clubs, ranging from baseball to quidditch. Most fall intramural sports seasons have passed, but the spring semester will introduce basketball, softball, and more. Practices and games for many of these sports take place on turf at the newly renovated UREC Sports Complex, located at the corner of Mitchell Street and Razorback Road.

If you can find the time, try to get out and take advantage of these great facilities and programs our university offers to students! If you are a planning a career in healthcare, the UREC facilities and classes serve as a great way to live a healthy lifestyle and practice what you will one day preach! Besides improving your personal well-being, getting involved in these programs will also serve to further expand your network and relationships with the campus community.

Devil’s Den



HPER



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