Welcome Class of 2018 to UIS and the Capital Scholars Honors Program! We are glad that you chose UIS, the CAP Honors Program and hope that you are transitioning seamlessly to your new environment, making great new friends, and getting involved in productive campus life. Please be sure to take advantage of the great social and educational programming that is offered by our Peer Mentoring Program, along with the other resources available to you.

We would also like to welcome back all of our returning sophomores, juniors, and soon-to-be graduating seniors. Your big day will be here before you know it. Should any of you as CAP Honors students need assistance or have any questions, please feel free to contact us. We will do our best to help. Have a great year!

Announcements

Writing Studios will be on Tuesdays from 6 – 8pm and Fridays from 11am – 1pm in the LRH Great Room.

Science Workshops will be on Tuesdays at 4pm in the LRH Conference Room.

Upcoming Events

September 25 – Peer Mentoring Event
November 14 – Senior Symposium
December 8 – Freshman Showcase

Peer Mentoring News

The peer mentors will be hosting several events throughout the semester! Keep an eye on your email for an invitation.

The next peer mentoring event will be Thursday, September 25th from 4-6pm in the LRH Great Room!

Additionally, if you are in search of a class to meet an ECCE requirement, CAP371 – The CAP Peer Mentoring Course - may be taken for one or two credit hours.
Pro Study Tips

As you are sliding back into the rhythm of school, it is likely you will have a big test or assignment coming up before you know it. In order to fend off red pens and sleepless nights, we asked some of the Capital Scholars Honors Program staff and students to share some of their best study tips:

- Focus on one thing at a time. Once you finish the first subject, take a short break. Have a yoyo or jacks or some other non-school related games on hand or go take a coffee break. But ALWAYS come back after your break.
- Make a study guide from class power points and other notes.
- Study on paper, so your computer does not distract you.
- Answer the questions at the end of chapters.
- Get into a routine. If you set aside a specific block of time to study every day, you are less likely to be overwhelmed at midterms and the end of the semester.
- Make yourself goals or incentives! If you need to finish an essay, promise yourself ice cream. If you achieve your goal to study three chapters for your science class – watch an episode of your favorite show on Netflix.
- Study with someone else (that will be more helpful than distracting).

And if you need a little extra motivation check out this video!

September Birthdays

1 Dylan Stockman
2 Joseph Bansfield, Robyn Crutchfield
4 Vanessa Pratt, Natalie Nowak
5 Lauren Hollinshead, Abigail Nicol
7 Ashley Bowers
8 Audrey LeVault
9 Ramon Alvarez
11 Danielle Sakach, Janasha Prabhu
12 Norton Helton
14 Shannon Manfre, Aretha Hughes

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Tip of the Cap

CSHP Staff

- Marc Klingshirn, Ph.D., Director: mklin2@uis.edu
- Rowena Vail, Assistant to the Director, rvail1@uis.edu
- Amy Spies, Coordinator of Composition & Academic Student Support: spie01s@uis.edu
- Karen Guthrie-Coleman, Recruitment & Advising Coordinator: kguth01s@uis.edu
- Vicki Perkins, vperk2@uis.edu
- Nikki Overcash, nover01s@uis.edu
- Eric Woods, Office Manager:
  - Cliff White, Instructor: ccwhite2@uis.edu
  - Jaclyn Peterson, Instructor: jpete7@uis.edu
  - Nathan Mason, Graduate Assistant: nmaso2@uis.edu
  - April Coaty, Graduate Assistant: apricol@uis.edu
  - Alex Fruth, Student Worker
  - Michelle Haberstroh, Student Worker
  - Shayne Phillips, Student Worker

September Birthdays

15 Sabrina Radke
16 Kaitlyn Murphy
17 Cory Graham
18 Maya Rudder
19 Rebecca Stoczynski, Munashe Nyamunduru, Katrina Baldovin, Jessica Bayer
20 Keaten Miller
22 Samantha Boettjer, Casey Smith
23 Erik Thulien
14 Nicole Yoder
29 Sara Stutzman
30 Emily Matsen, Nicholas Johnson

CAP Staff takes ALS Ice Bucket Challenge