RINGING IN THE NEW YEAR
By: Ariel Gipson- Sophomore

Many of us may remember how hard it was to get back into the groove of things after winter break in high school. Knowing how hard it was to get back accustomed to our school schedule after only a few weeks off back then, imagine how hard it is to get back accustomed to class after a month off.

Here are a couple of tips on how to get back into the swings of things after Winter break:

**Get Used to Your Old Sleep Routine**
Try to go to bed at the time you went to bed during school. This will get you back accustomed to falling asleep at night and will make it easier for you to wake up for classes.

**Start Your Day Earlier Than Normal**
Try to wake up a little earlier than usual on the first day of classes. This will allow you to take your time getting dressed, and grab some breakfast so you’re fully ready for class.

ACADEMIC TIPS FOR THE NEW YEAR

1. **Get yourself ready:** Give yourself the time needed to get ready for the new semester and the New Year. The school year gets demanding fast so prepare early.

2. **Get Organized:** Take the time to get organized for the new semester. Buy the supplies you need for your new classes and get prepared for the New Year.

3. **Keep Records:** Organize your papers/assignments from last semester as you never know when you may need them for a future class or even a job!

4. **Improve yourself:** Think back to last semester and come up with one aspect that could have been better. Then set forth to improve this semester.

5. **Remember Resources:** Remember all the resources that are available to you if you need a little extra help from time to time.

6. **Be Realistic:** Don’t set goals that are way beyond your capabilities to attain and remember do not take on too much.

7. **Stay Positive:** Attitude is everything

8. **Ask:** If you don’t know something or need help ask. Do not be embarrassed if you need help. Find a friendly face and see if they can help. A great person to ask is your mentor or the CAP faculty. Either can answer your questions or steer you in the right direction.
NEW YEAR’S RESOLUTIONS
By Charles Lotspeich – Junior

Once again, here we are! Back for another wonderful semester back at UIS! Whether it be your final semester, or your first, it’s always time to think about what you might be doing this semester. Keeping up on your grades is always important, but don’t forget about your New Year’s resolutions! Whether you decided to hit the gym more often or make more friends, it’s easy to keep up with what you want to improve on at UIS. Going to TRAC to get a quick workout in is free, and it’s only about a 5-minute walk from just about anywhere on campus. There’s no excuse for saying it’s too far or there’s no time! Plus, there are many fun and exciting events happening on campus where you can meet new people. Getting yourself out there is always the first step to happiness!

Useful Dates:

UIS Institutional Scholarship Application now Available- Due February 15th by 11:59 pm

Tutoring Times

Writing Studios: Tuesdays 6pm-8pm
Fridays 11am-1pm

Science tutoring/workshops: Tuesdays from 4-6pm

*Studios will begin on January 24th

*All studios/tutoring takes place in the LRH Great Room

Contact Information

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