Tips for being the best college student you can

By Kaya Schreiber

Get Rest

You can’t do your best if you’re exhausted. Set goals in completing your work, then reward yourself by taking a break. This will encourage you to focus and you’ll come back to the next task refreshed and ready to go. Go on a walk, do some stretches, or get really ambitious and try some yoga! Keep an eye out for fun events posted in the daily announcements.

Eat Healthy

Drink water to stay hydrated and give yourself the fuel you need to function properly. Eating fruits, vegetables, nuts, and whole grains will keep you energized, and also keep you full so that you can focus on your work. Grab an apple, salad, and a sandwich instead of that second Frappuccino. Treat yourself, but treat yourself right.

Plan Ahead

Make a schedule for yourself to keep track of everything you need to do. Prioritize assignments that are due earlier or that have a greater impact on your grades. Then have the satisfaction of checking off completed assignments and seeing your progress. Having a lot of work can be daunting, but just make a plan and then focus on one task at a time.

Use Your Resources

Writing Lab in the LRH Great Room Tuesdays, 6-8pm & Fridays, 11am-1pm

Learning Hub in Brookens 462

Counseling Center in HRB 64

Career Development Center in SAB 50

INGREDIENTS

- 1 package ramen noodles
- 1 cup fresh spinach
- 3 medium button mushrooms
- 2 whole green onions
- 1 large egg, optional

INSTRUCTIONS

1. In a small pot, bring 2 cups of water to a boil. While you are waiting for the water to boil, wash and slice your veggies. Once the water is boiling, add the dry noodles and cook according to the package directions (boil about 5 minutes). Add the seasoning packet (or half a packet if you prefer less sodium) and stir until dissolved.

2. Turn the heat down to medium and stir in all of your fresh veggies. Allow them to sit in the hot (not boiling) broth for 1-2 minutes or until slightly softened.

3. Make a well in the center of the pot and crack the egg into it. Allow the egg to poach in the broth until the whites are solid but the yolk is still runny. Alternatively, you can break the yolk and stir the pot just slightly to yield egg ribbons like in egg drop soup. The water should not be boiling at this point or else your egg will dissolve into such small pieces that it will just give you a cloudy broth.

4. Pour the soup into a bowl and serve!

Source: https://www.budgetbytes.com/quick-ramen-bowl/
Tutoring Times:

- Tuesday Studios 6 p.m. - 8 p.m. (LRH Great Room)
- Thursday walk-in writing help 2 p.m. – 4 p.m. (LRH 111)
- Friday Studios 11 a.m. - 1 p.m. (LRH Great Room)
- Thursday, October 11th MLA Workshop 2:30-3 p.m. (UHB 2023)

Did you miss the first Creative Collective meeting? No worries! Join us at the next meeting on Wednesday, November 7th at 5pm in the LRH Great Room.

CONTINUUM

NOW ACCEPTING SUBMISSIONS

Interested in having your work published?

Continuum, the Capital Scholars Honors Program online journal, is now accepting submissions for our 2018-2019 publication. Submissions can be essays, poetry, song lyrics, instrumentals, photography or artwork and anything in between!

To submit your work, visit www.uis.edu/caphonors/continuum/submitcontact/

The priority deadline for submissions is December 14th, 2018

CAP-py Halloween!

Come to the LRH Great Room for some Halloween fun!

DATE: Wednesday, October 31st!
TIME: 1:00pm—4:00pm

Costume Contest!
Games and Prizes!
Treats!

Come by and watch the original Halloween (1978)
Starring: Donald Pleasance and Jamie Lee Curtis

A photo-op with J A K E T
Cliff White, an instructor for the Capital Scholars Honors Program, employs his background in Communications and English to critically scrutinize and analyze mass media and to uncover the underlying messages inherent that intersect with and reflect American culture. “The most universal moral [of *Pulp Fiction*] is: It is your job to not be a tool of evil, but [instead] it is your job, it is your responsibility, it is your duty to be a good person and [to] do your best to resist that evil and to try and change the world to make it better,” Cliff says about the inherent theme of his favorite film, *Pulp Fiction*.

Cliff has been an instructor for CAP for six years, five of which he has been a full-time instructor. A typical day for Cliff involves getting into the office, doing prep work, grading, teaching class, reading nerdy stuff and the news, more grading, and then watching nerdy videos while eating three Reese’s cups (when asked why he specifically eats three Reese’s cups, he claims: “Two is not enough, and four is too many”).

His favorite band of all time is Tool, which he loves because of their diversity of subject matter, vocalization, and lyrics. Moreover, he appreciates that their material has dealt with the over saturation of advertising and selling out. He also loves Tupac, especially because he has poetic songs about the struggles that come with being black and the beauty of being black.

Cliff currently oversees the CAP Peer Tutoring Program, which offers CAP students support in a variety of subjects. When asked about why students should become tutors, Cliff offers three pieces of advice: 1.) You get better at the subject you tutor in (“[You] practice it and master it.”); 2.) You gain the opportunity to work with other students, which is especially vital in applying for graduate assistantships and teaching assistantships if you plan on going into graduate school; and 3.) It will allow you to have paraprofessional experience, especially with working as a tutor within CAP, which you can then put on your resume.

Advising for spring classes starts in a few weeks, so contact Professor White at ccwhite2@uis.edu or talk with your CAP advisor to find out more about applying to be a peer tutor.