



THE MONTHLY BULLETIN

HIGHER EDUCATION NEWSLETTER

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ANGEL GOODRICH**

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BLACK HISTORY MONTH FOCUS: ANGEL GOODRICH

BY SARAH-JOY SOMARRIBA | SARAH SOMARRIBA@SEMTRIBE.COM

**YOU CAN FIND
INSPIRATION FROM
OTHERS BUT
DETERMINATION IS
SOLELY YOUR
RESPONSIBILITY**

DODINSKY

PICTUREQUOTES.com



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their pivotal role in world history. Did you know each year, internationally, a theme is chosen and celebrated? This year's theme is "African Americans in Time of War" as this is the 100th anniversary of WWI.

We also wanted to take the time to highlight Angel Goodrich who is an enrolled member of the Cherokee Nation and also an African American.

Her academic career started at Sequoya High School where she received a Division I athletic scholarship. She was the first individual to receive this honor from the school.

She attended the University of Kansas and played for the Kansas Jayhawks. In spite of many injuries and obstacles, she went on to be ranked in the Big 12 Conference history. She received a bachelor's degree in Applied Behavioral Sciences.

Angel Goodrich eventually was drafted into the WNBA by the Tulsa Shock and then played for Seattle Storm. In 2013 she was the highest drafted Native American player and eventually was replaced by Shoni Schimmel.

To learn more about the 2018 Black History Month theme visit:
<http://www.history.com/topics/black-history/black-history-month>

To learn more about Angel Goodrich visit:
<http://www.wnba.com/player/angel-goodrich/#/bio>



5 WAYS TO ACHIEVE YOUR 2018 LEARNING GOALS

BY CHRISTOPHER WATKINS | [HTTPS://BLOG.UDACITY.COM](https://blog.udacity.com)

As we move from January to February, we no longer make mistakes writing the date—we're comfortable with it being 2018 now. But "comfortable" cuts both ways, and it's often all too easy to let that New Year's excitement slip away. Instead of remaining passionate about what we were going to change, we get "comfortable" with things staying the same.

Which makes this the perfect time to redouble your efforts to stick to your 2018 goals! To help you do just that, we've assembled a shortlist of tips that will help you stay on track.

1. Remember the WHY

Every day before you start a learning project, take 2 minutes to remember where you'll be AFTER you successfully complete it. Learning something new is what makes learning something else new possible.

2. Be Realistic

Set learning goals you can reach. You'll feel great, and your confidence will grow. Small accomplishments on a daily basis will help you succeed over the long term. Success begets more success.

3. Forget willpower, focus on process

Emotional factors like inspiration are unreliable.

Successful learning means establishing routines that are conducive to making quantifiable progress every day. When you're not feeling the spark of motivation, your solid processes can sustain you.

4. Be accountable to someone

Your spouse. Your best friend. Your social media network. It doesn't matter who. Just make sure someone knows your learning goals, and can nudge you if you slip. Letting someone else believe in you is one of the most self-empowering things you can do.

5. Be patient

Learning is dynamic. It continues. You'll see some results right away, but other victories unfold over time. Look forward to surprising yourself with the skills you master, and the goals you achieve. There's a reason it's called Lifelong Learning!

Take a moment today, and re-embrace your commitment to breaking new ground for yourself in 2018. Whether you're ahead of your goals already, or only just getting started, it's important to check in with yourself, to make sure you feel good, and to make sure you have what you need to succeed.

Use the tips above to help you stay focused and in the right mindset. Most of all, keep learning!



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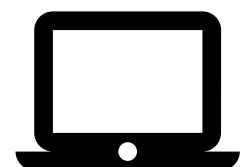
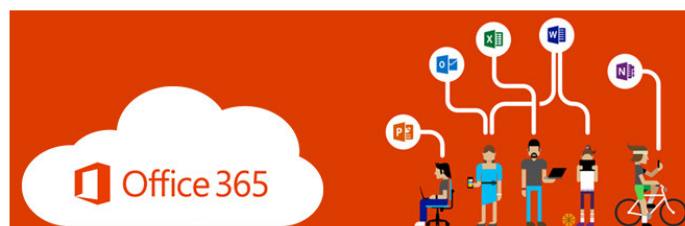
BY: SARAH-JOY SOMARRIBA | SARAHSOMARRIBA@SEMTRIBE.COM

If you enjoy Microsoft Office products then this is for you! As of right now you can go to the following link-----> <https://products.office.com/en-us/student/office-in-education> and enter in a valid school email address (this would be an email address you have access to and ends with your schools ID. For example: student@lynn.edu or student@fiu.edu). You will then be sent a link to download the entire suite of updated Microsoft Office 365 products which include: Word, Excel, PowerPoint, OneNote and even Microsoft Teams. They even have additional classroom tools that you can download as well.

As long as your school is accredited and has been verified by Microsoft Office you will be eligible. If for some reason your school hasn't been verified you can have your school leaders (for example the Dean of Students) verify themselves and you will then receive access.

This is not a trial version - you will not have to eventually pay.

So spread the word to all your friends and family members with a school email that they can access and let's utilize this awesome tool!



FAQ | FERPA

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Ensure that we can call your school on your behalf to discuss issues pertaining to your account and records. This is done by filling out a FERPA with your school. Most schools can have this done online - if not the admissions office at your school should have the form. You will have to fill one out for each school you attend since they are unique to the particular school.

How can I ensure a smooth transition into my next semester/term?

There are several steps that must occur before a student is successfully entered into the next term. The first step is to create your schedule with a minimum of 9 credit hours (undergraduate) and 6 credit hours (graduate) and send us a copy. Even if we have your login information - many times that login info will not work correctly setting us back on moving forward. The next item we will need is a copy of your final grades. Once both are received we can send your authorization letter to your school and your scholarship letter to you.

CONTACT INFORMATION

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**SUCCESS IS NO ACCIDENT.
IT IS HARD WORK,
PERSEVERANCE,
LEARNING, STUDYING,
SACRIFICE AND MOST OF
ALL, LOVE OF WHAT YOU
ARE DOING OR LEARNING
TO DO. - PELE**

