



# THE MONTHLY BULLETIN

HIGHER EDUCATION NEWSLETTER

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“Education  
is the most  
powerful  
weapon  
which you  
can use to  
change the  
world.”

- NELSON MANDELA

## THINKING AHEAD: SPRING/WINTER 2018

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

Hello November! Depending on the type of higher education institution you are attending you are either in the final few weeks of the term, or getting ready to begin a new term. Many of you are also starting or in the middle of your certification courses as well. Regardless of the timing - here are some items to consider coming up.

Some schools pick out your courses and schedule for you, others require you to meet with your academic advisor on campus and others leave it up to you to schedule an appointment. Make sure you know what is required of you.

Your Higher Education Academic and Career Advisor can help you negotiate what is needed and help with any concerns you have in this process. For example, creating a sustainable schedule that allows for you to maximize your time and energy can be done in a 30 min time management consultation.

As always - to avoid any interruption in your Billy L. Cypress scholarship make it a priority to submit a copy of your final grades once received and a new schedule with a minimum of 9 credits (undergraduate) or 6 credits (graduate) on them.



# STAYING HEALTHY DURING THE COLLEGE YEARS

BY ELIZABETH SHELBY | ELIZABETHSHELBY@SEMTRIBE.COM

So you've been in college for a few months now and you like this new found independence. You've gotten your schedule down, made some new friends, and enjoy this new phase of your life. You've also noticed your clothes are not fitting the way they did in early August and sweatpants are becoming a frequent fashion rotation. From the all-you-can-eat buffet, unlimited sodas, and late night snacking with friends; a few unwanted pounds may have crept upon your frame. Here are a few tips to help promote being healthy at college.

Create time in your day to eat breakfast, lunch, and dinner. Skipping meals may lead to overeating and choosing unhealthy choices to feed the hunger pains. Most dining choices on college campuses are buffet style, so do a lap around before making a meal choice. This will assist with making smarter choices instead of impulsive ones. Load up on fruits and veggies, and consider using a salad plate for your meal to help prevent over eating. Consider baked options, brown rice, whole wheat bread, and steamed veggies for your entrée.

Staying active can also assist with keeping healthy. Create a fitness routine to include resistance (weights) and cardio activities at least three days a week. Sign-up for fitness classes at the campus gym, work-out with a friend, participate in intermural sports, or jog to class... the key is to keep moving.

While you are creating a plan for eating well and fitness, don't forget drink choices. From mochas to energy drinks, these choices can increase your caloric intake quickly. If you are a student who needs a little boost in the morning and usually consumes a sugar laden drink; consider tea or black coffee with one packet of sugar to help start your day. Pack bottled water in your bag infused with fruits and/or vegetables to help with the sugar drink craving.

With a few changes to your routine you can avoid unwanted pounds and the need to wear elastic clothes on a regular basis. Taking the time to eat healthy and stay active shows others you know how to do this adult thing well.



## PROGRAM SPOTLIGHT: MIAMI DADE COLLEGE MAGIC LAB

BY THE FLORIDA COLLEGE SYSTEM NEWSLETTER

Florida's colleges work hard to provide hands-on knowledge and the fundamentals needed to help guide students on their entrepreneurial path. Miami Dade College (MDC) serves as an exemplary example. MDC launched an entrepreneurship hub called the Idea Center in partnership with Knight Foundation where students can come together to collaborate and utilize the provided resources and mentorship to share and make creative, innovative entrepreneurial ideas come to life. The Idea Center includes several components such as MarketHack, CREATE accelerator, CodePro, The Startup Challenge, and the Innovation Lab. These programs provide students with the innovative knowledge, experience and access to network and bring ideas to life. The programs instill in their students that they can be their own boss.

Housed in the state-of-the-art building as the Idea Center is MDC's Miami Animation and Gaming International Complex (MAGIC). MAGIC is a state-of-the-art facility that contains a motion capture studio, design labs, audio engineering and color suites, and other spaces for students. Every student enrolled in the program has the opportunity to pitch their animated movie or video game to industry leaders like Nickelodeon, MTV, Univision and Tell Tale Games. Students are also mentored by industry professionals from world-renowned studios while completing short animated films.

Katelyn Goldstein, MDC student who is currently developing an animated movie with Univision, said, "This animation program is a rare opportunity. Everyone is given the chance to pitch their shows to the industry -- Nickelodeon, Univision, and Disney. This is almost impossible to find in any college curriculum. I plan to use everything I learned here in my career as an animator."

# FAQ | FERPA

HIGHER EDUCATION STAFF

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.

Why does your scholarship have deadlines?

While our team will always try to accommodate students in extenuating circumstances as much as possible - the deadline our scholarship has is there for a purpose. When we have to set up a school as a vendor through another department, receive and process invoices that then go to another department etc. it takes time. The deadlines ensure we can process everything needed within the scholarship in a timely fashion.

## 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**

