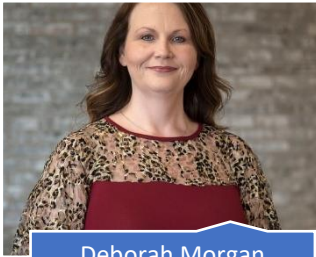




the Nest

Spring | 2020 No. 1



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Follow Project SOAR on Social Media for:

Motivational Monday

Tip Tuesday

Wellness Wednesday

Thrifty Thursday



www.facebook.com/OSUOKCProjectSOAR/



@ProjectSOAR_OSU



www.instagram.com/project.soar/



UNT Transfer Visit

**JOIN PROJECT SOAR FOR A COLLEGE
VISIT AND CULTURAL EVENT AT**

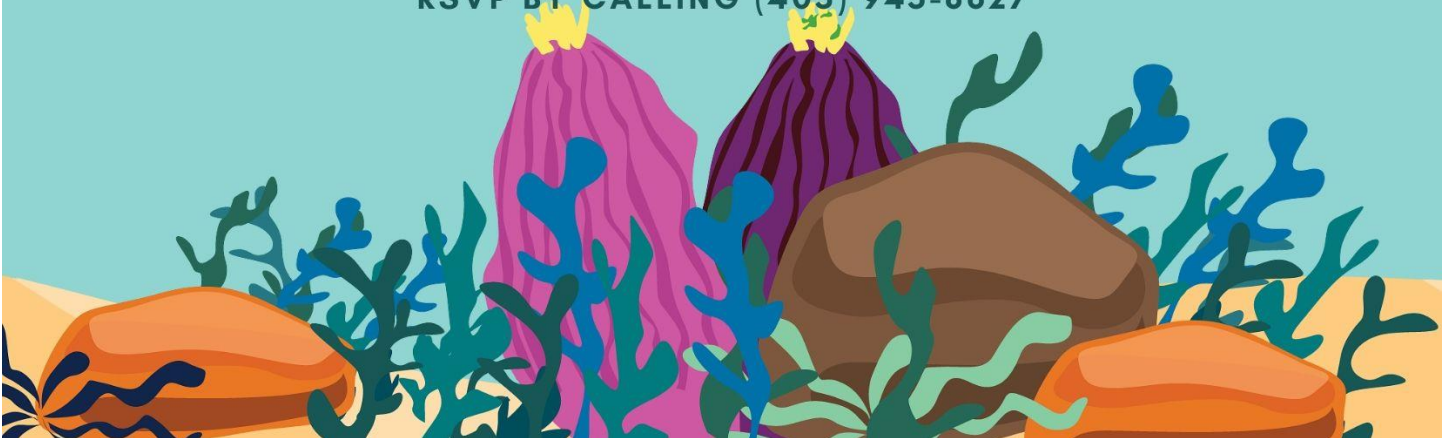
THE UNIVERSITY OF NORTH TEXAS AND THE DALLAS WORLD AQUARIUM

Friday, April 17, 2020

Leaving from OSU-OKC at 6:00am

Transportation, Aquarium Ticket, Breakfast,
Lunch, and Dinner Provided

RSVP BY CALLING (405) 945-8627



UNT Transfer

“UNT has one of the most student-friendly course transfer policies of any university in the region... We provide the roadmap to your bachelor’s degree with resources to help you stay on track to graduation.”

-Transferring to UNT

*“Our **transfer tools** are easy to use and designed to help you plan your courses at your current institution and at UNT so you avoid duplicating credits and earn your degree faster. Explore UNT’s [Transfer Guides and the Transferology website.](#)”*

ADMISSION REQUIREMENTS

Visit transfERNOW.unt.edu for More Information



**44
hours**

If you have more than 44 college credit hours:
Minimum college 2.0 GPA (4.0 system) and
eligible to return to institution(s) attended

**30-44
hours**

If you have 30-44 college credit hours:

Minimum college 2.25 GPA (4.0 system) and
eligible to return to institution(s) attended



**30
hours**

If you have fewer than 30 college credit hours:

- Graduation from an accredited high school
- Minimum college 2.5 GPA (4.0 system) and eligible to return to institution(s) attended
- SAT/ACT score and high school class rank as required for UNT freshmen
- International students will have additional admission requirements.

Dallas Aquarium

Why Does SOAR Do Cultural Events?

When students are connected to their campus community through relationships with their peers, staff, and faculty, they're more likely to succeed. These support systems help students navigate everything from difficult classes to difficult moments in their personal life.



Why Should College Students Make Friends?

Emerging studies show that when students make friends and form relationships in college, they're more likely to be academically successful and graduate. This is because humans are social creatures and when you have people to empathize with you, encourage you, and who you can blow off steam with- you're better prepared to face the challenges of school.

Not to mention, social skills are crucial in the modern world's increasingly collaborative work force. Social skills are necessary to land jobs, network, and successfully navigate the workplace.



5 High-Intensity Study Habits



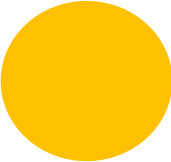
Benefits of Student Planners



Improves organization

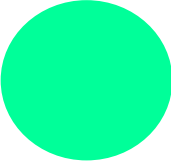
Tracks Achievement

Enhances Student Responsibility

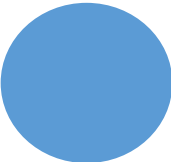


Student planners provide an easy and creative method of taking note of your commitments and deadlines. It gives you a systematic approach to recording necessary information on a daily basis. These are then referred to over the course of time, enabling you to prepare and be ready with your class requirements and activities.

When you're juggling several classes and multiple deadlines, a planner can help you keep track of everything and prioritize what work you need to focus on.



Student planners allow you to keep track of your goals. You can use the planner to write down your to-do lists and goals. As you accomplish goals throughout the week, you are able to build momentum and get inspired to work harder. Goal setting is a great skill to learn for school work as well as succeeding in life after school.



Having a planner gives you freedom to plan, organize, and keep track of your work to the best of your abilities and requirements. This has a dual benefit in that it increases your accountability to the commitments planned as well as provides you with a structure that contributes to your success. Using these planners, you are able to take full responsibility and accountability to complete their work.

How to Prepare for Tests

Study Strategies for Everyone

There are many different ways to study and prepare for tests. Some of them are specific to your learning type, which we'll get into later on, but there are many habits and methods that can benefit everyone.

Relax

- Stress hinders learning. US Irvine researchers find that stress can disrupt the process of creating and storing memories.

- Study breaks, breathing exercises, and exercising can help you distress.

Active Recall

- If you only read your class material, you may think you've memorized more than you actually have because it's there in front of you.

- Instead of passively reading, regularly close the book and recite everything you can remember up to that point to practice long term memorization.

Music

- Playing certain types of music, such as "obscure 18th century composers," can help students engage parts of their brain that help them pay attention and make predictions.

- Not to mention, listening to music may improve your mood and change your whole outlook about studying in general.

Change Your Scenery

- A change of scenery impacts learning and concentration abilities. Psychologist Robert Bjork suggests that simply moving to a different room to study (or going a step further and learning amongst the great outdoors) could increase both your concentration and retention levels.

- Changing your scenery to put yourself in a pleasant environment can also combat stress which can in turn maximise your studying.

5 Different Studying Methods



Project SOAR Peer Mentors



Introducing, Project SOAR's new Peer Mentors! Cheri (middle left) and Karina (middle right) are both Enterprise Development majors here at OSU-OKC. These women are here to support you and can be a valuable resource that can help you navigate higher education. They will be reaching out to all of you throughout the semester.

KARINA

CHERI

Cheri and Karina have been where you are and have shared in the highs and lows of college life. They know what it is like to balance life, work, and school and still be successful. Their experience, leadership, and knowledge can be a vital resource to you as you navigate your own college career.

Healthy Eating Done Cheap



Cowboy Caviar

Prep Time... 20 mins

Cook Time... 1 mins

Servings... 8

Total Time... 21 mins

Notes

Make ahead instructions: Assemble according to instructions, except omit the avocado. Refrigerate for up to 8 hours. Add the avocado right before serving.

Ingredients

- 1 can black beans rinsed and drained
- 1 can black eyed peas rinsed and drained
- 1 cup tomatoes seeded and finely diced
- 1 jalapeno seeded and finely diced
- 1 cup corn can be fresh, canned or thawed from frozen
- 1 avocado chopped
- 3/4 cup red and/or orange bell pepper seeded and finely diced
- 1/2 cup red onion finely diced
- 1/3 cup cilantro leaves chopped
- 1/3 cup olive oil
- 1/4 cup lime juice
- 1 tablespoon honey
- 1 teaspoon chili powder
- 1 teaspoon cumin
- salt and pepper to taste

Instructions

1. Place the beans, black-eyed peas, tomatoes, jalapeno, corn, avocado, bell pepper, onion and cilantro in a large bowl.
2. In a small bowl, whisk together the olive oil, lime juice, honey, chili powder, cumin and salt and pepper.
3. Pour the dressing over the bean mixture and toss gently to coat. Serve as a salad or with chips.



***“Where flowers bloom
so does hope.”***

-Lady Bird Johnson