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Department of Nutrition and Food Science Newsletter

February 2012

Important Information Regarding Financial Aid- FAFSA

Students who might need financial assistance to help meet the costs to attend *UK* for the fall 2012 and spring 2013 semesters, **should apply now** for financial aid by submitting the Free Application for Federal Student Aid (FAFSA).

The **2012-2013 FAFSA** is available on-line on the *FAFSA on the Web* site at www.fafsa.ed.gov. A *FAFSA on the Web Worksheet* is also available at this site to assist the student in completing the on-line form. Students who are unable to file on-line can obtain a paper copy of the *FAFSA* by calling 1-800-433-3243.

The University's priority filing date to receive consideration for all types of available need-based assistance is March 15, 2012 (receipt date at the FAFSA Central Processor). Students who apply after March 15 will be awarded assistance but some forms of aid may already be exhausted.

The *FAFSA* also serves as the application to apply for Kentucky need-based state grant funds. **Kentucky residents** should submit the *FAFSA* **as soon after January 1, 2012 as possible** to increase the likelihood of receiving state need-based grant funds if eligible. Funds are very limited and could be exhausted as early as early February.

Questions may be directed to the Financial Aid Office at 859-257-3172.

IMPORTANT DATES

February

- **February 1** - Wednesday - Deadline for Coordinated Program Class of 2014 applications
- **February 1** - Wednesday - Preferred deadline for submitting application for admission to the College of Dentistry for the 2012 Fall Semester
- **February 1** - Wednesday - Last day to drop a course without it appearing on your transcript
- **February 1** - Wednesday - Last day to change grading option (pass/fail to letter grade or letter grade to pass/fail; credit to audit or audit to credit)
- **February 8** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund
- **February 15** - Wednesday - Deadline for online matching registration for computer matching on D&D Digital is 11:59pm Central Time
- **February 27-March 9** - Monday through Friday - Midterm grading window is open. The mid-term grading window will close at midnight on March 9.
- **February 27-April 18** - Monday through Wednesday - Students are prohibited from changing academic majors
- **February 28** - Tuesday - Last day for filing an application for an August 2012 undergraduate degree online in myUK

What's going on around Campus?

National Eating Disorders Awareness Week, February 27 – March 2, 2012

The Century Project photo exhibit will be on UK's campus. The photos are of nude women, ages birth through 100 years. This moving exhibit is a great facilitator of discussions relating to women and their bodies – for example: body image, sexuality, eating disorders, sexual abuse/violence, media, male attitudes, and health (breast cancer/mastectomies, diabetes/amputations). The photographer will be on site, the entire week, and is happy to meet with classes/groups. <http://thecenturyproject.com/>

The Century Project

Photographer: Frank Cordelle

Tuska Fine Arts Gallery (across from Guignol Theatre in the Fine Arts Building)

February 27 – March 2, 2012

10 am to 7 pm

Open to the public

Phi Upsilon Omicron is an honor society for the Family and Consumer Sciences, and they are looking for new members. Undergraduate students in any major in the School of Human Environmental Sciences who meet the following criteria are eligible to apply for membership.

Undergraduate Students

* Cumulative GPA 3.0

* 40 semester hours earned minimum (at least 12 hrs. at UK)

* Demonstrate Spirit of Service

* Demonstrate Leadership

Qualified students need to apply by Wednesday, February 8, 2012. Membership applications are available on the table in the Advising Resource office, 112 Erikson Hall and should be returned to the Phi U Drop box in the same location by the deadline.

There is also an event being held this week for interested students to learn more about the organization. It will be held on Thursday, February 2 from 5:00-6:00pm in The Lemon Tree, 204 Erikson.

You may be eligible for an amazing opportunity - the **National Student Exchange**.

Through NSE you could attend one of nearly 200 colleges and universities within the U.S., Guam, Puerto Rico, the Virgin Islands, and Canada and **PAY YOUR UK TUITION**. You can exchange for a semester or a year at one of the program's great locations.

NSE gives you an opportunity to experience a different area with its unique cultural and academic opportunities.

Many of our returning students describe NSE as a life-changing experience which has made them more independent, self-confident and resourceful; expanded their risk-taking capabilities; and helped them better define their academic and career objectives.

You can get a complete list of participating schools and more information at www.nse.org and www.uky.edu/US/nse.html.

The priority application deadline for exchange during Summer 2012, Fall 2012, or Spring 2013 is **February 20, 2012**.

**Attention May 2012,
August 2012 and
December 2012 Graduates**

Saturday, Feb. 4, 2012

9:30 a.m.-5:00 p.m.

UK Student Center, Room 230

Join us for the University of Kentucky's Life after College retreat to gain valuable information and skills necessary to assist you with a successful transition from college into the workforce.

In one day, you will be provided with information on various topics such as relocating, benefits, money management, public speaking, diversity in the workplace, career strengths, professional presence and more! Door prizes, breakfast and lunch will be provided and each registered student will receive a gift for attending.

Cost to attend is \$5 per student.

RSVP required at:

www.ukalumni.net/LifeAfterCollege or by calling 859-257-3569.

You may also pay the day of the event.

Questions? Contact Meg Phillips at meg.phillips@uky.edu or Miranda Scully at miranda.martin@uky.edu.

Sponsored by: University of Kentucky Alumni Association, Graduate School, James W. Stuckert Career Center, Office for Institutional Diversity and Robinson Scholars.

Interested in Studying Abroad? Here are 10 Simple Steps to Education Abroad

First Steps

- 1. Attend a First Step Session-** Mondays & Tuesdays: 4 - 5PM
Wednesdays & Thursdays: 3 - 4PM
207 Bradley Hall
- 2. Get a Passport-** Visit travel.state.gov/passport for details. The WildCard UKID Center (107 Student Center) is a Passport Acceptance Facility. Visit <http://www.uky.edu/UKID/passport.html>
- 3. Explore the Programs-** Browse programs by region, field of study and much more using our [online search](#). You can also visit the Education Abroad Resource Room in 315 Bradley Hall.
- 4. Meet with a Peer Advisor-** [Education Abroad Peer Advisors](#) are available Monday - Friday from 9AM - 4PM in the Education Abroad Resource Room, located in 315 Bradley Hall.



Applying

- 5. Talk with an Education Abroad Advisor-** [Make an appointment](#) with the Education Abroad Advisor who covers the countries where you want to study abroad. Advising appointments occur Monday - Friday from 8am - 5pm on the 3rd floor of Bradley Hall.
- 6. Research Financial Aid and Scholarships-** Visit the Education Abroad Resource Room, [research options online](#), ask an EAPA or talk to your [Education Abroad Advisor](#) for more information.
If you are applying for the Education Abroad at UK Scholarship, the [online scholarship application](#) is due on March 1 (Summer, Fall and Year programs)
- 7. Make Your Decision and Apply-** Remember that you need to submit an application to Education Abroad at UK AND to your program provider.

Preparing

- 8. Attend a Pre-Departure Orientation-** This required session offers information for studying abroad. Topics include considerations specific to the particular country/region to where you will be going, cultural awareness and understanding, and reminders.

Going Abroad

- 9. Go Abroad!** - Enjoy your experience! Have fun, stay safe, and remember that you represent your country, the University of Kentucky, and all students studying abroad.

Returning

- 10. Make Your Experience Last-** You can find information on marketing your international experience on a resume or in a job interview by viewing the James W. Stuckert Career Center PowerPoint slides on returning from an Education Abroad program.