



# DHAN

## DIETETICS & HUMAN NUTRITION UNIVERSITY OF KENTUCKY



### Department of Dietetics and Human Nutrition Newsletter

September 2012

#### So Much to Do, So Little Time

With the fall semester well underway, many students are learning how to best manage their time. Here are some suggestions from The Study for improving your time management:

- Set realistic goals. Don't try to do too much.
- Do school work when your energy level is at its highest. If you are a morning person, do school work in the morning.
- Break large tasks into smaller ones. Then focus on completing the smaller tasks one at a time until you are finished.
- Work for realistic periods of time. If you work best at 1 hour intervals, don't try to cram in 2 hours of studying.
- Avoid study marathons (like all-nighters).
- Mix it up! Switch subjects after a while or try to alternate between doing things you enjoy with things that you find challenging or boring.
- Create an effective place to do your school work. Make your work place comfortable. Try to keep distractions to a minimum (like phones, TV, and friends).



In addition to the tips above, here are some handouts from The Study to help you plan more effectively. Simply click on the documents below to open.

- [Weekly Study Plan](#) [PDF]  
A classic! A simple weekly plan you can use to map out a typical week. Be sure to include classes, jobs, time for homework, eating, sleeping, etc.
- [Use a Schedule](#)  
This handout will get you thinking about where all your time is going during the week. By creating a schedule, you can eliminate cramming and decrease stress.

#### IMPORTANT DATES

##### September

- **September 19** - Wednesday - Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund

##### October

- **October 1-November 21** - Monday through Wednesday - Students are prohibited from changing academic majors
- **October 15 - Monday** - Midterm of 2012 Fall Semester
- **October 29-November 20** - Monday through Tuesday - Priority registration for the 2013 Spring Semester

## IMPORTANT Change in Microbiology Schedule- BIO 208

The biology department recently confirmed that STARTING in 2013 BIO 208 will no longer be offered in the spring semester. The options for students taking the course are face-to-face in the fall or by distance learning in the Summer I Session. This could modify your schedule, so be aware of this change before registering for classes at the end of October.

## Undergraduate Research Open House- September 19<sup>th</sup>

Interested in undergraduate research but don't know where to start? Then drop in to 211 Funkhouser between 9:00 AM and 11:00 AM for some breakfast and conversation with peers and research advisors. The first 5 visitors will receive a free t-shirt!

## External Scholarship Opportunities- Fall 2012 Informational Sessions

External scholarships and fellowships are awards that are funded by sources independent of the University of Kentucky including non-profit groups, government agencies, and companies.

Criteria for scholarships vary but generally include academic performance, financial need, community affiliations, and unique elements important to the sponsoring organization.

Visit their website to find out more information about specific scholarship opportunities: [www.uky.edu/externalscholarships](http://www.uky.edu/externalscholarships).

Here are the dates of upcoming informational sessions:

- Sep. 19: Goldwater & Astronaut Scholarships
- Sep. 26: Carnegie Junior Fellows Program; Rhodes, Marshall, & Mitchell Scholarships
- Oct. 3: Truman Scholarship, Henry Clay Internship, & Wildcats in Washington Program
- Oct. 10: Udall Scholarship

## The SophoMORE Advantage- September 17<sup>th</sup> - 20<sup>th</sup>

All next week there are special events tailored specifically for sophomore students. The events include a leadership fair, study strategy refresher, education abroad scholarship workshop and open house, an internship fair, and many other events. See below:

## You are invited to join the Student Dietetic & Nutrition Association

This is a great way to become more involved with volunteer and leadership opportunities in the dietetics, nutrition, and medical fields.

All meetings are at 5:00 PM in Erikson Hall Room 203.

Upcoming meeting dates:

September 26<sup>th</sup>

October 10<sup>th</sup>

October 24<sup>th</sup>

November 7<sup>th</sup>

November 28<sup>th</sup>

December 5<sup>th</sup>

### MONDAY SEPT. 17

#### Leadership Fair

Come learn about opportunities to strengthen your leadership skills  
11:30 a.m. to 2 p.m., Student Center Patio

#### Get Involved with Your Success

A short presentation given by the Office of Student Involvement  
12pm, 12:30pm, 1pm, Student Center 106

### TUESDAY SEPT. 18

#### Education Abroad Scholarship Workshop

3-7 p.m. The Hub, Young Library. Free food!

#### Study Strategies Refresher for Sophomores

7-8 p.m. Room 308A Complex Commons; Snacks and Giveaways!

### WEDNESDAY SEPT. 19

#### Education Abroad Open House

11 a.m.-2 p.m. 315 Bradley Hall; Free food!

#### Undergraduate Research Office Open House

Learn the benefits of engaging in faculty-mentored scholarly work  
9 - 11am, 211 Funkhouser Building  
Free food!

### THURSDAY SEPT. 20

#### Am I in the Right Major? What Can I Do with My Major?

12 p.m. and 2 p.m. Room 101 Stuckert Career Center

#### Internship Information Session

3:30 p.m., Room 203 Stuckert Career Center

#### How to Prepare for a Career Fair

3:30 p.m., Room 101 Stuckert Career Center  
(for additional session times,  
visit [www.uky.edu/careercenter](http://www.uky.edu/careercenter))