

JANUARY 2025 NEWSLETTER



SCHOLARSHIP SPOTLIGHT



The Army Women's Foundation Legacy Scholarship Program provides grants to women soldiers, past and present, and their lineal descendants to help them attain their educational goals. The AWF Legacy Scholarship Program offers financial support in four areas: Certificate Programs, Community College coursework, Undergraduate Degrees, and Graduate Degrees. Scholarships are awarded only for coursework from accredited institutions.

Scholarships are based on merit, academic potential, personal essay, community service, letters of recommendation, and financial need. The scholarship funds may be used to assist with tuition, fees, books, and school-documented room and board. Scholarships are awarded only to students attending accredited institutions. The funds will be sent to the academic institution for documented expenses and must be used in the academic year awarded.

ELIGIBILITY:

Applicant must be a woman who has served or is serving honorably in the U.S. Army, U.S. Army Reserve or Army National Guard or the lineal descendant of a woman who has served or is serving honorably in the U.S. Army, U.S. Army Reserve or Army National Guard. If there is any evidence that the applicant or the applicant's ancestor did not serve honorably, the application will not be considered. Eligibility requirements are non-negotiable, and appropriate evidence of Army service must be provided (e.g. DD214, discharge papers, letter from commander, etc.)

- Certificate Program AWF Legacy Scholarships: Applicant must be a high school graduate with a 2.5 Grade Point Average (GPA) or GED and must be currently enrolled in or accepted into an accredited certificate granting institution.
- Community College AWF Legacy Scholarships: Applicant must be a high school graduate with a 2.5 Grade Point Average (GPA) or GED and must be currently accepted into or enrolled in an accredited community college.
- Undergraduate AWF Legacy Scholarships: Applicant must be currently enrolled at or accepted into an accredited college or university and have completed 30 credit hours of course work with a minimum cumulative GPA of 3.0 or better. Credit hours must be completed prior to application deadline.
- Graduate Program AWF Legacy Scholarships: Applicant must have achieved an undergraduate degree with a cumulative GPA of 3.0 and must be enrolled in or accepted into a Graduate level program – Masters or Doctoral.

Apply for scholarships [HERE](#)

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ACADEMIC TOOLS



8 Tips to Start Your Semester Off Right

By Harvard Extension School

1. Find Your Study Zone

Even if your course is offered online, you'll need more than a laptop to do your best work. Find a place with limited distractions and noise levels conducive to concentration, like a quiet corner in your home or a local library.

2. Train Your Brain

Your brain is just like any other muscle in your body. The more you exercise it, the stronger and more agile it will be. Build up your strength with some interval training: The Pomodoro technique advises breaking down tasks into 25-minute intervals and taking five-minute breaks in between. Taking frequent breaks can improve mental agility and prevent burnout.

3. Get—and Stay—Organized

Get organized right from the start by getting in the habit of writing down all your assignments, upcoming deadlines, and important dates in one easy-to-see, easy-to-use place that works for you. Be sure to write down in advance as many of the assignments, projects, exams, and important dates as you can. Many of those should be available on the syllabus but pay attention to changes and update your calendar frequently as the course progresses. If you are taking a course with mandatory classroom time (either in-person or on the web), start by marking those times on your calendar or planner in advance. If you are in a self-paced class, consider booking regular "class times" into your calendar each week, so the classwork gets priority in your schedule and you don't fall too far behind.

4. Connect With Your Classmates

You're all in this together. Study groups can be a great way to explore challenging course concepts. Plan social outings to get to know your fellow students and remind each other to take breaks. If you're studying online, you can still make connections using apps such as WhatsApp, LinkedIn, Zoom, Skype, and Google Hangouts.

5. Get By With a Little Help From Your Friends

... and family, coworkers, and neighbors. Don't forget to celebrate your successes with them when they do help you along the way. Most people can't do this alone. Don't wait until the end of the term to realize you could really use some help.

6. Know Your Resources

Your school has great resources to help support you too! Many programs have tutors and specialized support centers to help you start and finish that paper, figure out that tricky math problem, or organize a complex project. Schedule an in-person, e-mail, or Zoom appointment; most tutors meet regularly on campus and online. And for additional help, many programs also have tools, and information on topics like improving concentration, overcoming perfectionism, strengthening your public speaking skills, preparing for exams, and managing stress and anxiety.

7. Make a Plan for Balancing Work, School, and Life

The best part about the wide availability of distance learning programs is their flexibility but still, going to school while working isn't easy. Talk to your employer, family members, and friends about your responsibilities going back to school so everyone understands that your time will be divided temporarily. On your own, decide what your main priorities are for the semester. Determining what comes first and what can wait until the term is over will help you keep your sights in focus when your to-do list starts mounting. Finally, aim to make time for yourself to exercise or do something for your health. An hour of physical activity can be energizing and rejuvenating.

8. Don't Wait to Ask Questions

Get ahead of potential problems and issues by asking questions right away. Whether you have questions about a specific assignment or project, or you need assistance with the course material, it's always best to ask questions or seek help as soon as possible. Waiting until the last minute might prevent you from completing an assignment or project on time.

TRIVIA

Give one example of when you would receive Military Connected Mentor program outreach emails or text.

The first 5 students to email the correct answer to veterans@suu.edu will be placed in a drawing for a Veterans Center trucker hat!

