

Important Dates

Keep track of what is going on with the LFYS Program. Keep this for your Calendar.

2013-2014 W.E. PROSPER

- September 21
- October 26
- November 16
- December 14
- January 18
- February 22
- March 29
- April 18
- May 3

From 1-3 at the Westside Community Center

REAL LIFE REAL CHOICES

- September 30
- October 14
- November 11
- November 25

From 4-5:30 LFYS Office 8th Floor RSU Building

FINANCE FOR YOUR FUTURE (FFYF)

TBA

VOLUNTEER EVENT FOR SALVATION ARMY

- November 23

10 am – 1 pm 101 N Bucy @ Gymnasium

QUARTERLY MEETING

- January 11



P.O. Box 33
Bartlesville, OK 74005

Fall Issue
2013

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Office Hours and New Location



We are now located in the RSU Bartlesville Campus on the corner of University and 4th Street. Our office is located on the 8th floor Room 820.

Our New Office Hours

Monday 9-6
Tuesday 9-6
Wednesday 9-4

Contact Us

P.O. Box 33
Bartlesville, OK 74005
www.loweyoungscholar.org
918-766-6675



Introductions

Julie Pranger and Kristin Towns Join LFYS Team

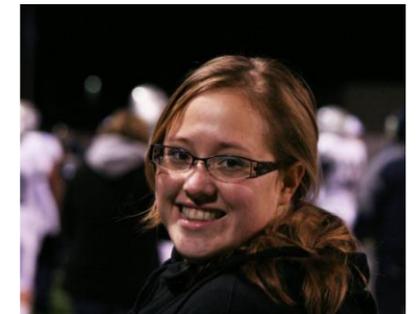
We would like to introduce you to the two newest members of the LFYS Team, Julie Pranger and Kristin Towns.



Julie Pranger

Julie started working for Lowe Family Young Scholars Program, Inc. in July 2013. Julie grew up and graduated in a small town named Kansas, OK. She then pursued a college degree at RSU in Claremore, Oklahoma. She has a Bachelor of Arts in Corporate Communication and an Associate of Arts in Psychology. She donates a lot of her time to local organizations such as: Downtown Bartlesville Inc., Ray of Hope Advocacy,

BBBS, and ARC Group Homes. She currently serves as a Recruitment Advisor for the sorority Alpha Sigma Tau at RSU. Some of her favorite hobbies are playing the guitar, volunteering, photography, fishing, and hunting. She loves watching documentaries in her down time. She enjoys spending time with her family, friends, and sorority sisters and feels very blessed to have such wonderful people in her life.



Kristin Towns

Kristin Towns just joined the LYFS program in August and is excited to continue with the program. Kristin was a graduate of

Bartlesville High School with a 4.0 GPA and is now a part time student at Rogers State University. She is majoring in Business with the Marketing Option, and just received her Associate in Business Administration. She became interested in Marketing after being a student of the Marketing

Management Program at Tri County Technology Center. In her down time she likes to spend time with her family and friends, and she likes to watch movies and read. She has experience in filling out college applications, scholarships, and the FAFSA, and will gladly help any students that need her assistance.

"We are both very excited to be a part of the LFYS Team and looking forward to see students further their education."

Recent Matches

Welcome to all of Our New Matches

Pictured below is student Keyonna Schutz, left, whose hobbies include cheer and crafts, and her mentor Jennifer Weaver who is employed at OWU.



Pictured above are student Marisol Aranda and her mentor Heather Utzman. Marisol is in Honors Math and has been looking into possible careers.



Pictured below are Ashley LeCoq, middle, and her mother Sunshine Hicks, right, with their new mentor Jeannie Bennett, left. Jeannie enjoys knitting and quilting for charity and Ashley likes doing charity work as well.



Pictured to the left is student Bailey Stillwell whose favorite hobby is reading, and she stands with mentor Jane Sears, who also loves reading and cooking.



Pictured above, student Chris Harris stands with his mentor David Lewis. David's hobbies are sports, chess, and reading. Chris' hobbies are reading and drawing.

WELCOME TO ALL OF OUR NEW MENTORS! WE LOOK FORWARD TO WORKING WITH YOU.

How to Manage Your Time as a Student

www.wikihow.com/manage-your-time-wisely-as-a-high-school-student



List the Exact Due Dates

This will help to alert you when things need to be done and will help with making a schedule.

Set a Time Limit on How Long you Study for Each Class

This helps you to not go overboard on one subject and neglect the others you need to work on. Take your time and concentrate, don't rush.

Get At Least 6-9 Hours of Sleep

Getting more or less than you need can be distracting.

Try To Take Showers before Going to School

You'll be more refreshed, alert, and relaxed as you start the day.

Go Over Scholarships Essays and College Applications with Your Parents

Parents, mentors, or school counsellors will provide help and answer questions.

Think of how non-educational activities are affecting your schedule.

Try to work with work to find a schedule that works with your school schedule, if you cannot commit to your studies, you need to take action.

Don't Neglect Your Health

Eat healthily and try to exercise 30 minutes every day.

Sort Your Life as a Teenager

Analyze your goals, what you spend time on, and what support you have to achieve those goals.

Prioritize Your Weekly Schedule as a Student

Make sure to put your academic studies first, then extra curriculum activities, and social life. Friends will understand if you explain to them you need to study or catch up on college related work.



Scholarship Search Websites

You can search for scholarships at:

- FastWeb.com
- SchoolSoup.com
- FinAid.org
- Scholarship-monkey.com
- ScholarshipExperts.com
- Scholarships4School.com

Our Last Volunteer Activity

Pack the Backpacks

We thank everyone for all of their help and support for the Pack the Backpack Volunteer Event. You all helped to make it a success. The Pack the Backpacks Drive is an annual Project to provide students in Washington County with the school supplies they need to start school in the fall.

This program had fantastic results in 2012 in the Bartlesville Area. For all of the partnered schools, 2,495 backpacks were provided for the students who signed up. In addition, the school supply drive also helps an additional 100-200 students who didn't meet the sign up deadline. To look at the results by school you can visit: <http://www.packthebackpacks.org/results/home.php>



Our Last Quarterly Meeting Topics

- Volunteer Project recap/ announced Pack the Backpack Dates.
- Students that attended summer camps gave presentations.
- Discussed attendance policies and changes.
- Discussed dental program updates.
- Schedule college selection process and goal setting meetings.
- Talked about Naviance.

If you were unable to attend the meeting and have any questions, you can contact Kristin or

Ask LFYS

Q: How can parents or mentors help students with homework stress?

A: decrease Stress :

- Use a Planner to Keep Track of Assignments-Checking Off Assignments helps to give a feeling of accomplishment.
- If possible, follow along with homework assignments if posted online.
- Try to give student a quiet place to study, free of distractions.

<http://www.wikihow.com/Manage-Your-Time-Wisely-As-A-High-School-Student>

Salvation Army Food Basket Program

One of the next volunteer events coming up is the Thanksgiving Food Basket Volunteer Program with the Salvation Army.

By volunteering your time, you will help assemble and deliver Thanksgiving type food to families throughout our area.

It will be on November 23, 2013 at 101 N. Bucy. We will send out a reminder with the time, date, and location.

We look forward to seeing you there.