CONGRATULATIONS!

You all have put in the hard work and have made it to the end of your first year of college! We are so unbelievably proud of you! Thank you for your continued participation in the UT LEAD program! It has been so great getting to know you all and read about all of your wonderful experiences!

SPRING SCHOLARSHIP IS NOW OPEN!

Don't forget to apply for the UT LEAD Scholarship! The scholarship will remain open until Monday, May 13th at 11:59 PM! It is not too late to log your experiences on VOLink and apply! Please visit the link below for the application!

https://volink.utk.edu/submitter/form/start/262441
NEED SOME TIPS FOR FINALS?

GET ORGANIZED AND PRIORITIZE- CHECK YOUR FINALS SCHEDULE, IT MAY BE DIFFERENT THAN YOUR NORMAL CLASS SCHEDULE! PRIORITIZE YOUR STUDY TIME AND ASSIGNMENTS BASED ON YOUR FINAL EXAM SCHEDULE.

STAY CONFIDENT AND TAKE CARE OF YOURSELF- BE AWARE OF YOUR MENTAL AND PHYSICAL HEALTH NEEDS! MAKE SURE TO TAKE BREAKS, GET THREE MEALS A DAY, AND DRINK PLENTY OF WATER. IF YOU ARE OVERWHELMED, REACH OUT TO THE COUNSELING CENTER AT 865-974-2196.

DROP IN TO SEE AN ACADEMIC COACH- NERVOUS ABOUT NEXT YEAR OR JUST WANT TO PLAN AHEAD? AN ACADEMIC COACH CAN HELP! STOP BY THE STUDENT SUCCESS CENTER FOR DROP-IN COACHING!

STRUCTURE YOUR STUDY TIME- RESEARCH SUPPORTS THAT UTILIZING THE STUDY CYCLE CAN HELP STUDENTS RETAIN INFORMATION BETTER! TRY TO STRUCTURE YOUR STUDY SESSIONS USING THE GUIDELINES LISTED BELOW!

THE STUDY CYCLE!

1) Set A Goal- for the first 1-2 minutes decide what you want to accomplish during your study session.
2) Study With Focus- for the next 30-50 minutes interact with the material, organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc,
3) Reward Yourself- for the next 10-15 minutes take a break, call a friend, play a short game, get a snack, stretch
4) Review- for the last 5 minutes of the cycle go over what you just studied!
On March 5th, UT LEAD students put their knowledge to the test! They competed in the UT LEAD Excellence & Achievement Event: Midterm Trivia! Categories included Vol knowledge, test taking strategies, and pop culture!

"MY KNOWLEDGE OF THE UNIVERSITY GAINED FROM THE TRIVIA NIGHT HELPED ME USE THE RESOURCES OFFERED TO ME."

- UT LEAD PARTICIPANT

**BEST HIKING TRAILS!**

1. Imerys Trail
2. Tharp Trace
3. Ijams River Trail
4. Forks of the River
5. House Mountain
HAVE YOU EVER THOUGHT ABOUT STUDYING ABROAD?

WE SAT DOWN WITH ALEXIS WILKERSO, FELLOW UT LEAD STUDENT, WHO IS HEADED TO PARIS THIS SUMMER TO STUDY ABROAD. SHE WANTS TO HELP MORE LEAD STUDENTS FULFILL THEIR DREAM OF TRAVEL. THE FIRST STEP? FUNDING!

TIPS:

- TALK TO ONESTOP ABOUT HOW YOU CAN USE YOUR AID PACKAGE
- BE FLEXIBLE WITH YOUR PROGRAM AND LOCATION
- CONTACT CENTER FOR INTERNATIONAL EDUCATION.

Center for International Education
865-974-3177
studyabroad@utk.edu

CUTEST PET CONTEST WINNER!

WOW WHAT A CUTIE! THANKS FOR THE ENTRIES AND DON’T FORGET TO FOLLOW US ON INSTAGRAM. @UTLEAD1
On April 24th, UT LEAD students attended the UT LEAD hosted event Diversity: Have Your Cake and Eat it Too! Students traveled to three different stations to learn about diversity!

Mr. Anderson Olds challenged students in the Game of Zones to confront their biases, determine the difference between equity and equality, and think about how they can use what they learn in everyday life!

Dr. Megan King, Academic Coach, led students in the Wheel of Diversity! Students spun the wheel to determine which question they would answer about their background and how they have experienced diversity in their own lives!
At the "Throw Me a Bone: What Does Diversity Mean to You" station students were challenged to choose one word that demonstrated what diversity meant to them.

Their answers are below!
STUDENT SPOTLIGHT: MICHELLE CLAXTON

A BIOMEDICAL ENGINEERING MAJOR WHO PLANS TO WORK IN REHABILITATION, MICHELLE IS VERY ACTIVE ON CAMPUS, A CHARACTERISTIC SHE CREDITS TO INVOLVEMENT WITH UT LEAD.

"TRY TO PUT YOURSELF OUT THERE. TRY TO TAKE ADVANTAGE OF WHAT THE UNIVERSITY HAS TO OFFER!"

Follow us on Instagram

Check out UT LEAD on Instagram @UTLEAD1 for upcoming events, spotlights, and giveaways!