SALT RIVER HIGHER EDUCATION

HIGHER ED NEWS

September 2020

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Monthly newsletter to Salt River Higher Education students and our Community.

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Salt River Schools

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GUIDED PATHWAYS TO SUCCESS (GPS)

Welcome to the 2020-2021 school year! The beginning of this school year might look and feel a little different. However, we want you to know that we are here to support you every step of the way. The Higher Education program staff are excited to assist you in your educational goals. We know this is a difficult time full of many uncertainties and we are here for you.

Many of you have noticed that the Maricopa County Community College District has a new focus on academic advising. MCCCD has implemented an all-inclusive redesign of the student experience called Guided Pathways to Success. The GPS approach aims to help students identify and enter a clear, coherent educational pathway early on, learn what they need to be successful in their career and further education, and receive proactive support they need to stay on the path toward timely goal completion. All colleges within MCCCD will utilize GPS via student advising this fall.

The Higher Education program has enhanced their own advising to mirror a similar approach taken by MCCCD beginning with students entering the 2020-2021 academic year. Program Advisors have been assigned specific pathways and will serve as subject matter experts in their assigned fields to better serve our students. According to Provost Dr. Karla Fisher, "with Guided Pathways, students can more easily explore their options, identify their educational and career goals and chart a clear, structured program to a successful completion."

For more information about the GPS advising system and tools being rolled out during this semester, visit www.mesacc.edu/coronavirus/gps-time-covid-19.

We wish you well, hope you are staying healthy and safe and look forward to helping you achieve your academic goals!

HIGHER ED PROGRAM FUNDING DEADLINES

Academic	Vocational
Nov. 30, 2020 | April 30, 2021	Oct. 31, 2020 | Jan. 31, 2021
***June 30, 2021**	April 30, 2021 | ***July 31, 2021**

**Denotes mandatory deadline for all students to reapply each year.*

> The beautiful thing about learning is nobody can take it away from you.
> **— B.B. King**

SMILING AND POSITIVE MOODS

"There are hundreds of languages around the world, and a smile speaks them all," (author unknown).

Research out of the University of South Australia "confirms that the act of smiling can trick your mind into happiness, simply by how you move your facial muscles." Say what?! Does this mean that a simple act of moving your facial muscles to form a smile could make you feel happier? "When your muscles say you're happy, you're more likely to see the world around you in a positive way," says Dr. Fernando Marmolejo-Ramos. "… If the brain can be tricked into perceiving stimuli as happy, this mechanism could be used to boost mental health conditions, such as reducing anxiety or depression."

This means that you should try to turn that frown upside down and initiate a smile on your face. Doing so, according to this research, may achieve a positive neurological reaction. Therefore, if your facial muscles say you're happy, chances are you and your colleagues may experience both your jobs and each other in a more optimistic light.

Maybe smiling really can help us get through these unprecedented times. Try it and let us know what happens.

For more information about this study, check out the entire article: https://bit.ly/3hEyvZp.

FREE APPLICATION FOR FEDERAL STUDENT AID
The FAFSA (Student Aid Report) is required of all Higher Education Participants and must be submitted every year. Complete the FAFSA Form at https://studentaid.gov/h/apply-for-aid/fafsa.

DORRANCE SCHOLARSHIP PROGRAMS
These scholarships provide financial and academic support for Arizona's eligible first-generation college students. Up to 36 scholarships are awarded annually to incoming freshman attending the state's three public universities: Arizona State University (Tempe), Northern Arizona University (Flagstaff), and University of Arizona (Tucson). The scholarship and program value are estimated at more than $100,000. Learn more here www.dorrancescholarship.org.

NIKE N7 2021 INTERNSHIP OPPORTUNITY
Nike N7 is looking for a student passionate about Native American culture & communities for a 2021 summer internship. N7 is a very special team with a specific & powerful mission. Learn more here https://bit.ly/3hGVHpS.

NATIVE PATHWAYS GUIDEBOOK
Check out Native Pathways Fall Education Calendar to learn more about the FAFSA, self-care, internships, and college fair opportunities. Learn more at https://collegefund.org/students/preparing-for-college/.