



**I WILL ACHIEVE**

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**#AimHigher**

**TIPS FOR GOOD STUDY HABITS  
 WHILE LEARNING VIRTUALLY**

Things have been evolving rapidly with the Coronavirus outbreak, and the switch to remote learning may seem overwhelming. These practical tips and resources can help you as you navigate distance learning.

- **Get dressed:** Avoid the temptation to stay in your PJs. Start your day by getting dressed in your normal school clothes and you'll get in the mindset of heading to class. Otherwise you might find yourself in the mood for lounging on the couch.
- **Create a workspace:** Do you have a favorite spot to study when you're on campus? Whether it's your dorm room, a coffee shop, or the library, creating a similar space at home can help you focus.
- **Establish a routine:** Have a morning routine at school? Whether it's grabbing a cup of coffee, having breakfast or hitting the gym, try to find ways to replicate your normal class-day rituals. This will help you mentally prepare to study.
- **Turn off distractions:** Turn off your phone, stay off social media—do whatever it takes to stay focused while working. This isn't always easy in our connected world, but there are tools available to help set limits and stop distractions.
- **Take breaks:** With no walking to class or commute to consider, take advantage of the downtime and allow yourself to step outside, exercise, or find other ways to relax and regain your focus.
- **Ask questions:** Stumped by something? Don't be afraid to ask for help. In addition to guidance or resources from your instructor, you'll also find support from Higher Education program staff.

Take things day by day, and reach out to your instructors, Salt River Higher Education program advisors, and/or classmates, as needed. Remember, you're not alone—we are in this together!

**HIGHER ED PROGRAM FUNDING DEADLINES**

Academic  
 Nov. 30, 2020 | April 30, 2021  
 \*June 30, 2021

Vocational  
 Oct. 31, 2020 | Jan. 31, 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

## SCHOLARSHIP TIPS

If you are going through financial hardships while you are attending college or just want help paying for college, there are scholarships available if you qualify.

Applying for scholarships can be time consuming but very rewarding. Here are some tips:

- Create a new email address specifically to use on your scholarship applications. That way your scholarship emails can be organized in one place.
- Visit scholarship websites, such as:
  - \* [studentaid.gov/understand-aid/types/scholarships](http://studentaid.gov/understand-aid/types/scholarships)
  - \* [www.salliemae.com/college-planning/college-scholarships/types-of-scholarships/scholarships-for-college-students/](http://www.salliemae.com/college-planning/college-scholarships/types-of-scholarships/scholarships-for-college-students/)
  - \* [www.scholarships.com/](http://www.scholarships.com/)
- Follow up with each scholarship application you submit.
- Aim to apply for one scholarship each week; after one year you've applied for 52 scholarships!

## HAPPY HOLIDAYS FROM HIGHER EDUCATION

We want to take a moment to thank our amazing Higher Ed students for their hard work, patience, and perseverance. Although 2020 was full of many unknowns, the challenges we faced also helped us recognize the silver linings in our lives. What are you grateful for?

- ◇ I am so happy to be home with my family after living a busy life of sports and school functions. —*Ivory Lucero*
- ◇ My silver lining has been being able to dedicate time to practice self-care and (improve) my cooking skills. —*Davina Leon*
- ◇ I have taught myself the mechanism of a sewing machine. I enjoy the art of needlework and the innovational thoughts and designs I am able to construct on fabric. I also love FAMILY time and learning to remain close through hard times —*Denelle Prieto*
- ◇ My son started at a new school that provides a better learning environment and opportunities (even virtually) for him to excel in school. —*Tonya Coakley*
- ◇ I've been able strengthen my relationships with loved ones. —*Mario West*
- ◇ My wish of spending more time with my husband and animals came true. —*Joyla Gates*
- ◇ My silver lining has been remembering that storms don't last forever and spending more time making memories with my beautiful children and husband. —*Rebeca Ronstadt-Contreras*
- ◇ I have become closer to family members who help my two daughters with school while I work from home. Also, while I'm still working on perfecting it, I have been learning and practicing how to mosaic.—*Erica Outcalt*

Wishing you all a happy and joyous holiday season. Remember to acknowledge and appreciate the good happening around us. Thank you to our essential workers and our beautiful Salt River Community.

