

# THRIVE Newsletter 9.18.19

## (All)

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### Important Dates

- **Last Day 50% Tuition Refund** (Wednesday, September 18)
  - Students who withdraw from a single course or all of their courses can request a half-tuition refund from the Bursar's Office (St. Thomas Hall, Room 103).
- **Last Day to Drop a Class with No Grade** (Wednesday, September 25)
  - Students may, with the permission of their respective Academic Advising Centers, drop a course without receiving a grade for that course.
  - Courses dropped prior to this deadline do not appear on one's transcript; it is as if one never registered for ("attempted") the dropped course.
- **Start Date for Filing FAFSA Online for Need-Based Aid** (Tuesday, October 1)
  - Access the 2020 - 2021 FAFSA by clicking [here](#) to be considered for need-based financial aid.

- **Royal Catering & Dining Services**

- Flexible night and weekend shifts are available on first floor DeNaples, Starbucks, and other retail dining locations.
- \$10.00 per hour
- For more information, please contact Joe Boyd [here](#).

- **Student Development Officer**

- Contact alumni, parents, and friends by phone to ask for donations to the University and establish relationships with the extended Scranton community.
- \$9.25 per hour (paid biweekly)
- For more information, please visit University Advancement [here](#).

- **99.5 WUSR DJ/Radio Show Host**

- Scranton's radio station is seeking volunteers to host a live radio show once a week.
- No experience necessary; interested students will be trained by staff members.
- For more information, please contact Mitchell Demytrk [here](#).

- **Weinberg Memorial Library Work Study**

- The Library Dean's Office, Research & Technology Consultants, and the Special Collections department are now accepting applications for work-study students!
- For more information, please visit the Library's website [here](#).

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## First-Gen Perspectives

### *Elizabeth Cox | Imposter Syndrome*

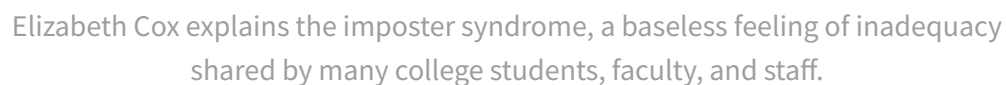
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Have you ever felt as though you don't "fit in" on our campus or as if other students are smarter, more talented, or harder working than you? Have you ever felt as though you don't deserve some of the things you've achieved and that once someone finds out that you don't have it all together, they will look at you differently?

If you have found yourself nodding in agreement while reading any of the above prompts, you are certainly not alone. Students, faculty, and staff members (including those who identify as first-generation) frequently report this ill-founded feeling of inadequacy, which scholars call the 'imposter phenomenon' or 'imposter syndrome.'

First-gen students familiar with the imposter phenomenon frequently characterize it as an

To learn more about the imposter phenomenon and some techniques for conquering it, watch the video below prepared by imposter-phenomenon-expert Elizabeth Cox.



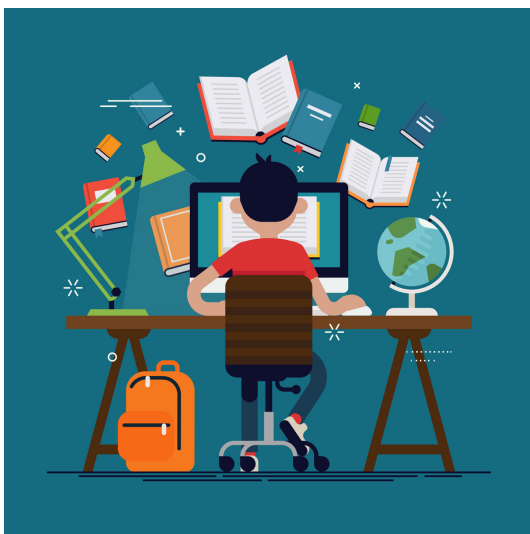
**Click Here for More First-Gen Perspectives!**

*Center for Teaching and Learning Excellence*

- o **Location:** Loyola Science



- **Location:** Loyola Science Center (LSC), 5th Floor
- **Hours:** Monday - Friday, 8:30am - 4:30pm
- **Contact:** [ctle@scranton.edu](mailto:ctle@scranton.edu) | 570.941.4038



- **Expertise includes:**

- Individual tutoring
- Small group tutoring
- Study skill development
- Active reading strategies
- Writing consultations
- Accommodations for students with disabilities
- English as a Second Language (ESL) services

*Classes harder than anticipated? Want to turn an A- into an A? Want to earn some extra money? CTLE can help!*

- Learn how to request a tutor [here!](#)
- See drop-in tutoring session information [here!](#)
- Learn how to become a tutor [here!](#)



## First-Gen Student Spotlight

### *Amanda Dayton | Class of 2020*

*Amanda Dayton shares her experience as a first-gen student, including thoughts on imposter syndrome.*

**Why did you decide to attend college?**

I attended college because I wanted to



"break the cycle" in my family and create a better future for myself, as well as for my future family. I knew that a college education would open up more doors and present more opportunities!

***What has been the most rewarding part of being first-gen for you?***

One of the most rewarding parts of being a first-gen student is the sense of independence and accomplishment. There were many times when I was figuring [college] out on my own and did it successfully. Now that I'm a senior, I look back with pride on how much I've grown and how much I've accomplished while being in college!

***Have you ever experienced the imposter phenomenon? If so, how have you coped with it?***

I have absolutely experienced the impostor phenomenon. Sometimes when I look back on all I have accomplished, I question how I did it all and find it hard to take credit for those things. Many times I have had to remind myself that I'm working hard and didn't get where I am today by accident.



*Amanda Dayton ('20) is a Business Administration major. She is a member of the Business Club and Relay for Life.*

***What advice do you have for first-gen students at Scranton?***

My advice for first-gen students at Scranton would be to never stop! It's okay to fail, so be patient with yourselves and learn from your missteps. Reach out and ask questions, and find a first-gen mentor on campus who can be your sounding board and will help you through the process by answering your questions, listening to you, and understanding your journey. Finally, be proud of yourself! You're breaking new ground and making your own way at a great school - that's an amazing thing!

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## Programming Recap

### *Financial Planning & Study Skills*

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*Missed last month's events? Catch up on important topics below!*





# FINANCIAL PLANNING

Senior accounting & finance major Ryan Schultze discusses the importance of financial planning, explains how to create an effective spending plan, and presents a sample spending plan during Financial Wellness Workshop #1!

Download Ryan's sample spending plan [here](#).

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Cognitive scientists from The Learning Scientists and Memorize Academy present an overview of the six most effective study techniques for college.

For more information on effective study techniques, click [here](#).

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## Upcoming Events

- **2019 Family Weekend Celebration**
  - *Reconnect with loved ones, while attending activities and information sessions to help them understand the everyday life of a Scranton student*

student.

- Friday, September 20 - Sunday, September 22
- Event details, times, and locations can be found below:

[Click Here for Additional Information and RSVPs](#)

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- **Adam Carroll Presents: Mastery of Money**

- *Learn how to win the game we all play with money and earn complete financial freedom (i.e. get rid of your student loans) by age 30. Attendees will have the chance to win a **\$100 Visa gift card!***
  - Wednesday, September 25
  - 7:00pm - 9:00pm
  - Moskowitz Theater (DeNaples Center, 4th Floor)

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- **Fall 2019 Internship, Career, and Postgraduate Opportunity Expo**

- *Find a full-time job, internship, co-op, part-time experience, or interact with representatives from graduate and professional schools at this free networking event.*
  - Thursday, September 26
  - 12:00pm - 3:00pm
  - Byron Recreational Center

[Click Here for a List of Attendees and Preferred Attire](#)

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- **Financial Wellness Workshop #2 (Student Loans & Consumer Debt)**

- *Learn how to manage your student loans and other forms of debt in this interactive workshop. Those who attend all three workshops will have the chance to win a **\$100 Amazon gift card!***
  - Monday, October 21
  - 7:00pm - 8:00pm
  - Loyola Science Center (LSC 126)

**RSVP Here**



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