



# School of Continuing Studies INSIDE LOOK NEWSLETTER

➤ JUNE 2022

## MEET THE TEAM



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# 2022 SUMMER TERM

On June 20th, we kicked off 2022 Summer Term. This is the second year that the School of Continuing Studies has partnered with the College of Arts & Sciences. This term supports many students whose academic paths were affected by the pandemic.

This year, we offered multiple classes in-person, online, and in a blended format. Students are now well into their second week so support might be needed in various courses. Similar to last year, we have partnered with Academic Success & Disability Services to provide tutoring for those more difficult classes. If you or a student you know needs additional support, please contact us at [info-scs@redlands.edu](mailto:info-scs@redlands.edu) so we can guide them to tutoring support and services.

We will begin to plan for the 2023 Summer Term in the next few months. We aim to offer more LAI-related courses, continue to provide on-campus housing, and offer coursework at the Marin campus.



# FAREWELL TO CAMILLE HOUSTON

Camille Houston, Enrollment Assistant for the School of Continuing Studies (SCS), will be transitioning to a full-time Enrollment Assistant for the School of Business & Society beginning July 1st.

Camille joined SCS part-time in September 2020 and has helped support prospective students by guiding them in the registration process. During her time with SCS, she completed the Human Resources Certificate and is currently working on her Master of Science in Organizational Leadership degree from the Redlands School of Business & Society.

Camille, you have been an indispensable part of the SCS team. We know you will continue to do well and achieve great success. SBS is lucky to have you. We look forward to continue partnering with the School of Business & Society and Camille Houston in her new full-time role.



# STUDENT SPOTLIGHT

Each session, the School of Continuing Studies asks professors to nominate students who have stood out for their academic ability and performance, positive attitude, and work ethic. The SCS team then votes on all of the nominated students to make a selection. This month, we are delighted to congratulate Angela Scott on being selected as Student of the Session!

Angela is a fourth-year undergraduate at the University of Redlands and is taking classes through SCS to count toward her Business degree. She made the decision to return to school after a 31-year hiatus, during which time she was focusing on her family and career. She now has a stable career in Human Resources assisting with worker's compensation, two grown daughters, and a granddaughter, who cheers her on with notes of encouragement saying, "You can do it Grammie!"

Like many adult students who return to school after many years away, Angela was hesitant at first, but was determined to show her family that "it's never too late to be the person you want to be." That same persistence and determination have served her well as she's navigated being a student and working professional, adjusting to school during the COVID-19 pandemic, and transitioning to online learning.

As we asked for nominations from instructors, Angela's professor stated that "she has demonstrated thorough engagement, communication, and initiative in the course. Although she hasn't been in the classroom for a while, I have witnessed her continued tenacity as her work continues to shine." She also commented on how Angela is able to seamlessly tie in course content to her work experience, displaying her ability to apply what she is learning in a practical manner.

As she has navigated the challenge of returning to school as an adult with so many different competing priorities, Angela has expressed appreciation for her professors and advisor for encouraging her and ensuring that she knows she's not alone in her educational journey.

Angela, we are proud of you, and can't wait to hear about all the amazing things you will accomplish as a University of Redlands graduate!

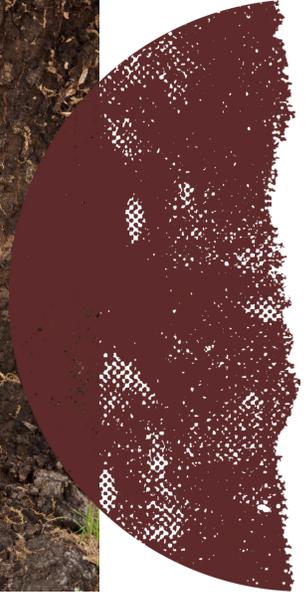


# SELF-CARE TIPS

Summer is here, and while life goes on, it is essential to make time to reflect and reset to be the best you can be. Summer is the perfect time to invest in self-care and begin habits that will carry over to the fall term!

Self-care is more than doing a face mask. The meaning of self-care is any action that looks after your health and happiness. Self-care is for everyone. You don't need an online yoga subscription, a 1000-piece-puzzle, or an endless supply of face masks. However, those do sound amazing. If that doesn't sound amazing, here are five ways to add self-care to your routine to help you feel better.

1. Schedule time to do nothing. Let's be frank; doing absolutely nothing can also be self-care. While some people naturally say yes and are opportunistic, saying no to that "extra" commitment keeps your plate balanced while it puts your needs first. Try doing nothing guilt-free by scheduling it in your calendar and communicating to people around you that it is your time. It's not their business what you are doing.
2. Drink water first thing in the morning. Here is an easy one! Have a bottle of water next to your bed every night or the morning. We often wake up slightly dehydrated after a night's sleep, which usually means starting your day off feeling crappy. Drinking water as soon as you wake up will help you feel better.
3. Reflect on five things every day that didn't suck. No matter how bad your day was, we all have something to be grateful for – a home, family, health, a job, etc. Focusing on what you're thankful for can help put things into perspective and not emphasize the stressors you might also be dealing with. Don't wait until Thanksgiving to be thankful!
4. Move for at least 30-minutes a day. You don't have to do a full, high-intensity workout every day, but getting in at least some kind of exercise, whether it's a solid gym session or a walk during your lunch break, will help your mental and physical health. Even better: You don't have to do it all at once—take three 10-minute strolls if you can't do a full half-hour.
5. Volunteer an hour a month. Giving back is good for the soul, plus it boosts community morale. If everyone volunteered just one hour a month, imagine the difference it could make in the world! Whether you give back with a donation or volunteer your time and talents, it'll feel like you're making a difference.



# STUDY TIPS & TRICKS

## STUDY HABITS BASED ON LEARNING STYLE

Just like every person is different, every student is different. Each of us have preferred ways of learning that lend to our natural strengths and tendencies. If a particular subject comes easily to you, you may not have to be intentional about the way you process information. However, if there's a subject you tend to struggle with, it might be a good idea to adjust your study habits based on your learning style.

If you don't already know what your preferred learning style is, start by taking the VARK Questionnaire at <https://vark-learn.com>. This short self-survey will help you identify which of the following four learning styles may apply to you.

### 1) VISUAL

Visual Learners prefer to see information as pictures, diagrams, or drawings. They may be easily distracted in lectures with no visual aids and remember the layout of a text or the gestures of the instructor more than the actual content. They tend to do well with written rather than verbal instructions.

### 2) AUDITORY

Auditory Learners enjoy audio books, videos, and lectures. They typically ask many questions, eagerly engage in debates and discussions, and learn by talking with others. They may need to have written directions reiterated verbally in order to understand how they should proceed.

### 3) READ / WRITE

Read / Write Learners understand best by making lists and outlines and taking notes. They are typically very organized, and tend to take lots of notes during lectures, maybe even rewriting them after class. They enjoy written instructions and handouts and may want to clarify verbal instructions in an email after the fact.

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# STUDY TIPS & TRICKS

## 4) KINESTHETIC

Kinesthetic Learners prefer hands-on learning activities, including moving, touching, and experiential learning. They tend to understand complex problems by working through real-life case studies and trial-and-error. While they may struggle with being able to sit still or taking organized notes, they have a strong ability to demonstrate what they are learning by role-playing and participating in group work. Once you know what your learning style is, you can start to experiment with specific study habits that align with your learning style.

If you need help understanding your learning style and/or implementing any of the suggested study skills, please reach out to us at [info-scs@redlands.edu](mailto:info-scs@redlands.edu)



### Visual

- Graphic organizers
- Mind maps
- Interactive online notes
- Flashcards
- YouTube videos
- Color code notes & readings



### Auditory

- Audio textbooks
- Podcasts or YouTube videos
- Record voicenotes and video sessions
- Subvocalize [speak aloud to yourself] while reading or taking notes



### Reading/Writing

- Combine reading, note-taking, and outlining
- SQ3R reading strategy
- Rewrite notes in your own words
- Email study buddy, tutor, or professor to summarize what you learned



### Kinesthetic

- Write down questions to tape around the house & answer when you see them
- Walk around while reviewing material
- Take movement breaks in between chapters



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