Homecoming BBQ ~ Music

Moon House Back Lawn
October 8
11:30 AM

Admission
http://uwacoehomecoming11.eventbrite.com/

Julia S. Tutwiler College of Education
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The School of Graduate Studies
Division of Online Programs
Is life throwing you a curve ball? Do you find yourself in a dilemma which leads you to believe your current state is not in need of change; however, the world around you is moving more rapidly than your current state can support?

It has been said that change is the only constant throughout the universe. Every day we face changes that may be small or large, instant or gradual, life changing or require minor adjustments. As a result, we may react with excitement, fear, anger, or increased anxiety. As creatures of habit, human nature generally leans toward the comfort of stableness and routines.

Should you find yourself trying to ‘hit that curve ball’ or ‘deal with that ‘dilemma’ which requires a shift or change, take a little advice from the nostalgic and gently whimsically classic character, Winnie the Pooh.

- "Know when it’s TIME for a NEw START!"
- Ask yourself, “When did you last have a thorough CHECK UP?”
- “Learn NEW THINGS and be inspired!”
- “Look the PART so you’ll feel READY for ANYTHING!”
- “Those with brain DON’T always know it ALL!”
- “You can always REMEDY an AWFUL MISTAKE.”
- “Leave behind the THINGS that DO NOT MATTER!”
- “You can have TOO MUCH of a GOOD thing!”
- “Reduce HEADACHES…find another way!”
- “Things are OFTEN BETTER than they seem!”
- “Always have a plan BEE!”
- “Look on the BRIGHT side!”
- “Think long-term!”
- “Don’t try too hard; let the HUMS get you.”
- “Be INVENTIVE when you’re in a TIGHT SPOT!”
- “A FRIENDLY paw will REASSURE!”

As you face inevitable changes in life, try to view each change as an adventure that will open new doors and pathways that lead to great opportunities. Remember, you can’t always control the circumstances, but you can certainly control your reaction.

Reference:

Be Prepared for Comprehensive Exams

by William B. Green-Burns, Ph. D.

The comprehensive examinations provide faculty and administrators with a measure of success that demonstrates whether the candidate has achieved the necessary student outcomes and level of mastery to be called a “master” or a “specialist” in his or her field or course of study. These exams are also a part of the credentialing process for graduates. The following steps in preparation for the comprehensive exams may lead to success:

⇒ Preparation begins when the decision to seek an advance degree is made. When a person decides to seek an advanced degree, he or she should begin to hone his or her communication skills in Standard English both written and verbal. This may mean taking a remedial or refresher course. Reading well-written literature is recommended. There are many refresher courses that can be done at home on the computer.

⇒ The next step is to contact his or her advisor to map out an appropriate educational plan. Many students have failed to reach their goals because they do not speak with an advisor until the last class.

⇒ If a person has been out of the “academic arena” for a time, a strong recommendation can be made for taking an at-home study skills course. Many good books and DVD’s are available for this purpose.

⇒ When a person signs up for his or her first course, preparation for the comprehensive exams should begin. If possible, the candidate should save his or her books. All syllabi should be printed and saved. Create a separate file for each course, with a copy of the syllabus and a copy of each assignment turned in to the teacher. Any correspondence from the respective professor should be kept. If possible, all tests should be saved. These tasks should be performed for each class.

⇒ Study for the comprehensive exams should begin a minimum of two months before the testing date. In the case of the Praxis, go to the links for the Praxis preparation tests.

⇒ Study each day. Study periods should be broken down into small sessions. Look for common themes in the material that you study. For example, in counseling, ethics are emphasized in every class. Break you classes down into sections and study each section. Take notes. Your own notes are important, for they are more meaningful to you.

The following was taken from a workshop on how to take the comprehensive examinations.

Preparing for the Comps

A. Be familiar with your remote proctor and follow protocol

B. Please do the following so that you will not be in violation of testing procedure

⇒ Position your proctor where you will be seen clearly

⇒ Turn off all cell phones and land line phones - do not talk or text

⇒ Turn off all other computers

⇒ Do not allow anyone into the testing environment

⇒ Do not talk to anyone

⇒ Do not have any notes or books in the testing environment

⇒ Do not leave the room

⇒ Turn off all radios and televisions

⇒ Make sure that you have taken the simulated remote proctor exam

⇒ Follow the comprehensive exam instructions to the letter.

General Preparation

⇒ Online: Set up the testing environment early-do not get “rushed.”

⇒ Do not stay up the night before and cram. If you are not prepared the night before you take the exam, you are too late to begin preparation. Get a good night’s sleep!!

⇒ Before the exam, eat a high protein meal-avoid starches and sugars

⇒ Avoid too much caffeine-Drink water prior to and during the exam

⇒ If you feel stressed, breathe deeply at a slower pace-this will help you slow your pulse rate

⇒ Take a deep breath and slow down your breathing-with your eyes closed, visualize yourself taking the exam without anxiety and successfully passing it

Taking the Test

⇒ When you open your exam take time to read ALL of the instructions and the test items before you begin responding

⇒ Begin with the question that you know the best, then answer the rest of the items in the order of the items that you know the next best and so on until you finish

⇒ When you finish a response, proof it sentence by sentence to make sure that you are saying what you wish to say

⇒ When you finish the entire exam, proof read it again

Writing suggestions

⇒ Do not write as though you are talking to your friends

⇒ Write as formally as possible

⇒ Explain all technical terms as if you are teaching the reader

⇒ “More is Better.” Add as much detail and explanation as you can

⇒ Make sure that each sentence has a subject and a verb

⇒ After you finish the exam, proof read it again.

⇒ Do not leave the room.

⇒ Turn off all radios and televisions.

⇒ Make sure that you have taken the simulated remote proctor exam.

⇒ Follow the comprehensive exam instructions to the letter.

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Advanced Degree Ensures Pay Raise

Teaching is one of the few career choices that guarantees a pay raise for earning advanced degrees. According to state department of education websites, a teacher with 10 years service in seven southeastern states, the average pay increase from the bachelor to master’s degree is just over $5,800. The average increase from the master’s to the Ed.S. is just under $4,400, making the total averaged increase from the bachelor’s to the education specialist degree just over $10,000 per year.

THE DEADLINE TO REGISTER FOR FALL 2 SESSION IS OCTOBER 10. FALL 2 CLASSES BEGIN OCTOBER 17.

GROWING FAST
The Chronicle of Higher Education recently named the University of West Alabama as the fastest growing public master’s program in the nation. Almost 88% of total graduate students at UWA are enrolled in online programs.

COMPREHENSIVE DEADLINE
October 7 is the deadline to register for the Fall II Comprehensive Exam. The Comprehensive Exam should be taken when you are within six to nine hours of completing your degree. Should you have questions, please contact the Online Advising Center at 1.877.892.1835 or email online@uwa.edu. Also be sure to check out the article about preparing for comps in this edition of Online OUTLOOK.

“FRIEND” US ON FACEBOOK
Stay in tune with everything going on with UWA Online by friending us on Facebook at www.facebook.com/uwaonline.