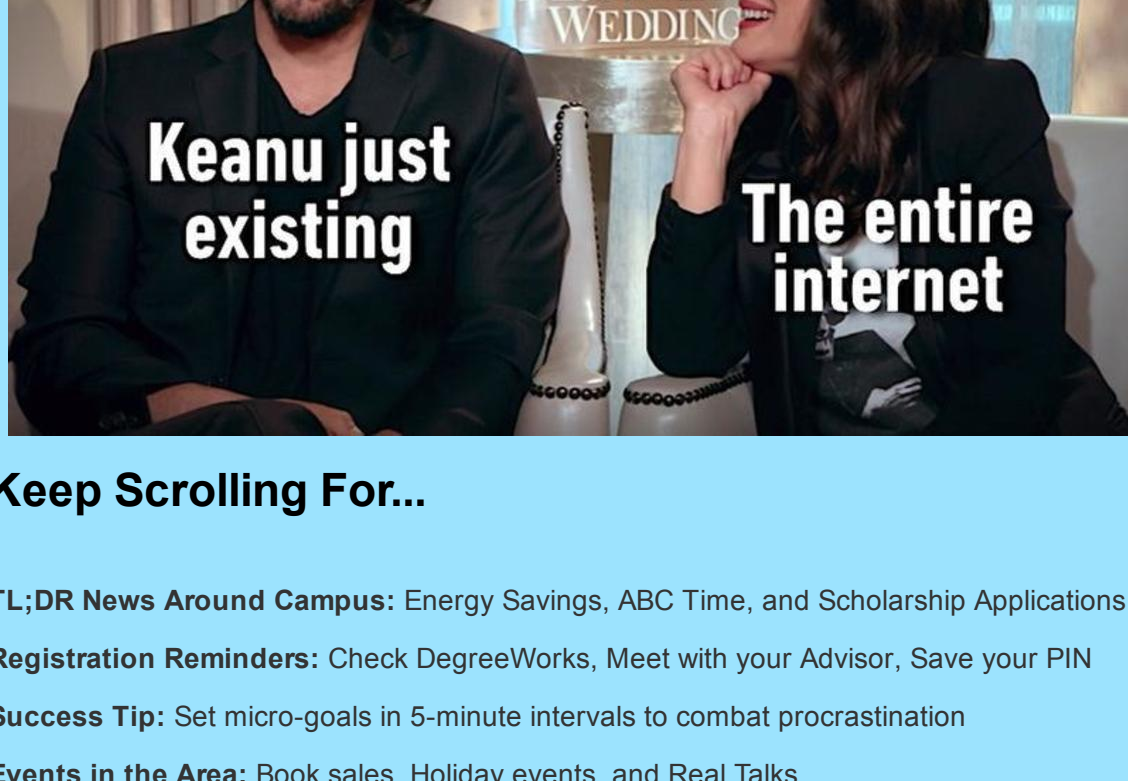




This article about Keanu Reeves' way of life might be goals. [Tweet us or DM us with goals for your best life.](#)



## Keep Scrolling For...

**TL;DR News Around Campus:** Energy Savings, ABC Time, and Scholarship Applications

**Registration Reminders:** Check DegreeWorks, Meet with your Advisor, Save your PIN

**Success Tip:** Set micro-goals in 5-minute intervals to combat procrastination

**Events in the Area:** Book sales, Holiday events, and Real Talks

**Videos to Watch:** Disney +, a TikTok on notes, and a Thanksgiving Dinner prep



### Our athletics lead in spirit and academics.

**Congratulations to our HSS Student Athletes!** The UNC Bears sport the highest [Graduation Success Rate](#) in the Big Sky Division. Support our teams—and your classmates—by showing up or streaming [the games](#). **Go Bears!**

### UNC has the green when it comes to energy savings!

Our campus has [reduced energy consumption](#) by 33% and saved over \$2.2 Million in energy costs. Check out how you can make a difference by joining your 700+ staff, faculty, and students in the [people.power.planet](#) program.

### Time to pick for Spring!

[Registration will open this month](#), so visit your advisors, pick your list of classes, and save the PIN. When working with your advisor and building your schedule, consider your **ABC time for productivity**.

- A Time reflects your most productive hours (the best 2-4 hours for challenging homework, serious studying, and full-on concentrating).
- B Time reflects your baseline productive hours. Use this time to create plans, to-do lists, reading summaries, paper outlines, and more general tasks.
- C Time reflects your no-go zones (the worst 2-3 hours for your productivity). Try NOT to schedule any classes during your C Time to increase your likelihood to attend, focus, and learn.

The SSRC will host Registration Rushes throughout the month to support you. **AFTER** you visit your faculty advisors, bring your PIN and class options to the Success Resource Center—we have computers (courtesy of Gender Studies) and snacks. We will help you navigate URSA and answer questions. [Check your BearMail for an invite in the coming weeks.](#)

**If you are looking for an [interim course](#) that fulfills LAC credits, consider:**

- AFS 201: African American History
- ANT 110: Intro to Cultural Anthropology
- ENST 100: Intro to Environmental Studies
- GEOG 100: World Geography
- MAS 110: Contemporary Chicano Literature
- or SOC 170: Social Problems, 221: Sociology of Gender, 237: Race Racism Power

And check out the schedule (through URSA) for courses within your major or minor program!

### Scholarship applications open today (November 1).

The [UNC Foundation Scholarship](#) application is located through URSA under the Financial tab. You must complete this application every school year for funding opportunities. This system will recommend scholarships you may be qualified for!

### And as flu and cold season sets in:

Stay in touch with your professors, supervisors, and study buddies to stay caught up. Tweet us with your go-to cold remedy to help your peers out. You can find more information on [Health Topics](#) through the Student Health Center.

## Registration Reminders

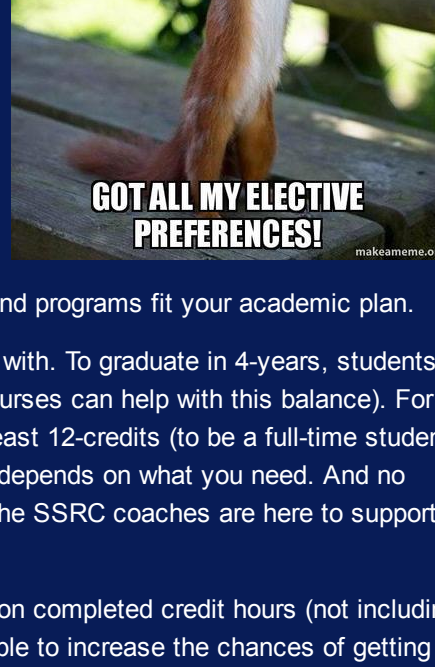
A quick guide to maximizing your time with your advisors.

1. **Look at DegreeWorks** to determine what classes you need to complete. Anything in **Green** is good. **Blues** are the current classes. **Reds** are the requirements you still need to fulfill.
2. **Check your 4-year plan** for [your degree](#) to help you map the courses to focus on this Spring.
3. **Consider your options** for Interim and Summer courses to keep on track over breaks.
4. **Think about study abroad or internship** interests as these opportunities can influence the 4-year plan.

If you plan on [studying abroad](#), check which courses and programs fit your academic plan.

5. **Identify what credit-load** you feel most successful with. To graduate in 4-years, students average 15 credit hours per semester (and Summer courses can help with this balance). For most financial aid packages, you will need to take at least 12-credits (to be a full-time student). Some students take more, and some take fewer: it all depends on what you need. And no matter your course-load, your advisors, mentors, and the SSRC coaches are here to support you.

**Registration Schedule:** Registration dates are based on completed credit hours (not including your current classes). Try to register as soon as possible to increase the chances of getting the schedule you want. Students with 105 credits or more register on November 12. Students with 0 credits (this is your first semester) register on November 22. [Find your exact date](#) under Registration Information in URSA. Visit the SSRC Registration Rush to computers and assistance.



## Success Tip of the Month: Start Micro

Just pick one, teeny-tiny, concrete step to get started. Procrastination and motivation are frequent conversations we have in the Student Success Resource Center. Whenever your coaches feel unmotivated to start a project, we determine one micro-goal to get the ball rolling.

A lack of motivation and reluctance to start projects often stems from being overwhelmed. The project, the chapter, the study guide may feel like too much to handle. This month set micro-goals to get the motivation moving.

And by small—we mean REALLY SMALL! One strategy to combat procrastination is to pick one task to complete in the next 5 minutes. Identify the first step: do it. Don't think about all the other steps until you complete the micro-goal at hand. Then, identify the next step: do that! And allow the momentum to pick up 5 minutes at a time.

Try mapping a 5-minute task list as such:

1. Gather the books, notes, and tools you need. Just gather them together.
2. Open the book to the page. Launch Word. Flip to your notebook.
3. Read the first paragraph. Create the headings on your outline. Highlight the keywords in your notes. *Remember to keep the task small and doable in about 5 minutes.*
4. Read the next two paragraphs. Write the topic sentences for each paragraph in your outline. Create definitions for three of your highlighted key terms.
5. Keep setting and completing your micro-goals until your study hour is complete! Then repeat with the other tasks in your life.

When we think in 5-minute intervals, the tasks shrink, and our [self-efficacy increases](#) (the belief that we can accomplish the goal). Once you are in the flow, let the momentum grow.

Still not feeling motivated? Make your micro-goal to [read this 2-minute article](#) about productivity.



## Out and About: Events in the Area

[Taste of Africa:](#) November 2

[Friends of the University Book Sale:](#) November 6

Hunting 101: November 9. Contact [chelsie.romulo@unco.edu](mailto:chelsie.romulo@unco.edu)

[Freedom 5k:](#) November 9

[Alumni Career Panel on Technology:](#) November 12

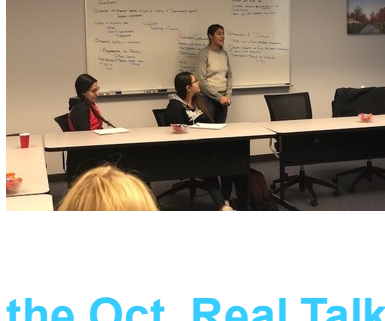
[Criminal Justice Employment Expo:](#) November 14

[Go West Film Festival:](#) November 11-16

[Denver Fashion Week:](#) November 9-17

[Diversity Advisory Board Real Talk:](#) November 18 and 19 about Family Conversations.

[Greeley Lights the Night Parade:](#) November 30



## Highlights from the Oct. Real Talk

Students gathered in Candelaria 1100 for coffee, cookies, and a discussion of JOKER (2019). The conversations covered film interpretations, social concerns (and positive aspects), persona studies, and Halloween choices. HSS faculty shared research insights and answered questions from students. Join us in November!

[UNCO Calendar](#)

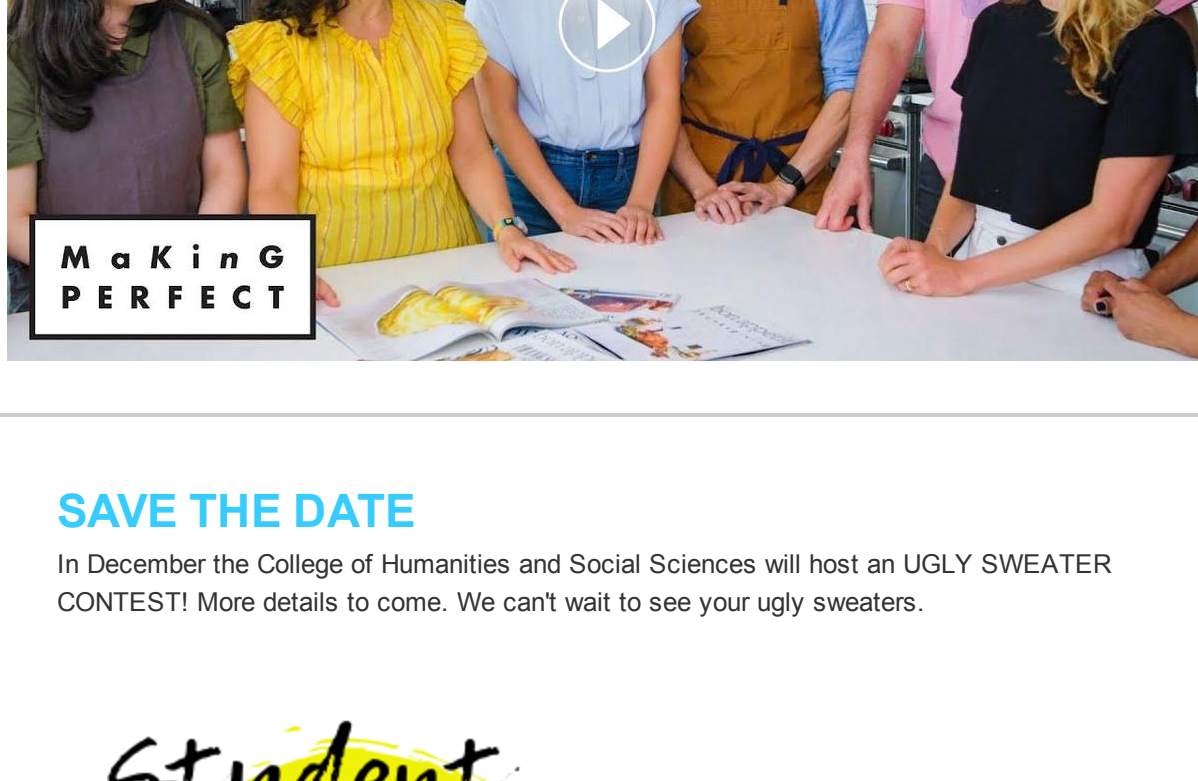
[Greeley Calendar](#)

## Like Videos? We like Videos!

Disney + (because we all neeeeed another streaming place) launches on November 12. Once you finish the work, the exams, and the tasks on your to-do lists, let the Thanksgiving Break movie binge begin with the [Disney Line-up](#).

This [TikTok on notetaking](#) might inspire you to TAKE notes. Adding color, doodles, and design can help some of us remember the content and information more effectively.

The Bon Appétit Test Kitchen (below) tackles typical Thanksgiving foods (though coach Hayley's favorite Thanksgiving foods are BBQ ribs and marshmallow fluff).

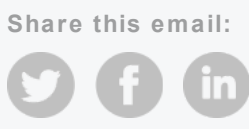


## SAVE THE DATE

In December the College of Humanities and Social Sciences will host an UGLY SWEATER CONTEST! More details to come. We can't wait to see your ugly sweaters.

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