April 2-29
Registration for all current degree seeking students.

May 3rd, 2018
Last day of spring classes.

May 5-9, 2018
Spring 2018 Final Exams.

1
APRIL 25TH
Guardian Scholars Graduation
Williams Village Multipurpose Room A/B
5:30-7:30pm

2
APRIL 27TH
TRiO SSS & SASC Graduation
Abrams Lounge S336 C4C
5:30-7:30pm

3
MAY 10TH
CU Commencement
Folsom Field 8:30am
Come rain or shine!!!
Did you know that April is World Autism Month?

April 2, 2018 will mark the eleventh annual World Autism Awareness Day. What is autism? Autism is a pervasive neuro-developmental condition, which effects a person’s ability to communicate and interact with others and it impacts the nervous system. People that have been diagnosed with autism may have difficulties understanding “typical” social cues or behaviors and may face challenges interacting with people around them. Autism can affect 1 in every 68 people in the United States and is one of the fastest growing neurological conditions in the worlds. Autism looks different with each person, which is why autism is put on a spectrum.

To shed more light on autism there is an initiative that was created and is called The Light It Up Blue initiative. It was created in 2010 and has garnered lots of support. This initiative calls on the international autism community by asking that landmarks, buildings, homes, and communities light the world blue on April 2nd, which again is the World Autism Awareness Day in recognition of people living with autism. Last year, there were 170 countries from all 7 continents participated.

https://www.globalautismproject.org/about-autism/?gid=EAIaIQobChMIxvijpYj52QIVR7nACh1WpwydEAAYASAAEgI-CfD_BwE
Have you visited the Career Services office lately? If not, have you attended a Career Services panel with TRiO Student Support Services? The Career Services office here at CU Boulder can be very helpful with anything from major and career exploration to job interview practice, as well as resume and cover letter building assistance.

**Internships and Job Listings**

CU has databases full of internships and job opportunities just for students. It is recommended that students schedule an appointment with a career services advisor at least once per semester to begin and continue looking for internships and receive guidance on which jobs or internships fit the student’s skills at that moment in their academic career. For example, if a student is ineligible for an internship their sophomore year because of a lack of skills, that same student may be eligible for consideration once the academic year is complete and the skills have been learned.

**Career Guidance**

A common dilemma amongst college students is being undecided major wise as well as career wise. A career services counselor can be of great assistance in this case. A career services counselor can help students arrange job shadows but also talk about personal and job interests, and even recommend courses that will help students redefine and set their career goals.

**Resumes and Interview Skills**

No one is born knowing how to write a resume, but thankfully career services offers assistance with that too. Students can learn how to dress and present themselves in a professional manner as well as learn to write a resume and answer questions specific to the individual position being applied to. Career services counselors can help students practice and prepare for a future interview by walking through a mock interview with the student.

It’s never too early to start thinking about your future career, and with Summer break right around the corner, it isn’t too early to begin looking for a summer job or internship. Visit the career services office located in room N352 in the Center for Community for job and career assistance.
Is technology currently taking over our lives?

Today is the day where technology is the most advanced it has ever been during the time we humans have been on this Earth. Yesterday was also the greatest technology has ever advanced and the same will be for tomorrow. Every day, millions of hours of work are put into the advancement of new technology to achieve an infinite number of different goals. For example, there are scientists researching new technology to take us to Mars and there are also scientists researching new technology to make brushing our teeth even better. Nowadays, technology has even come as far as having a great impact on our daily lives. Smartphones and computers have integrated themselves into today's society and has changed everything. Here are five reasons from “theblaze.com” which can prove that technology has implanted itself into our everyday lives and how we can change that.

1. We know something is wrong when we prefer to deal with a machine rather than a person. It usually means we have become like a machine and demand machine like responses from others. We should make a special effort to engage with humans in certain transactions and contacts.

2. A problem exists when we cannot do without a machine for over 24 hours. It means the gadget has become a point of obsession and needs to be controlled. We should establish times—and even long periods—where we refrain from using our devices.

3. There is something wrong when our use of technological gadgets blocks out our perception of the world. This means we have become so self-absorbed that we ignore others. We should attempt to expand horizons beyond our devices by looking for more personal ways to find out what is happening around us such as discussing regularly world events with others.

4. Something needs to be done when we experience difficulty communicating and expressing our personality to others because of excessive technology use. This means we are losing the notion of nuance and spontaneity that characterize human action. We should then reassess whether we should use at all those offending devices especially video game consoles that become obsessive.

5. There is a problem when we feel a mania for speed and a nausea for reflection. It means that we experience difficulty in enjoying those truly human and proportional spiritual pleasures and joys like conversation, art, and silence. We must then make an effort to slow down our lives and thus reacquire a taste for those joys that give meaning to life.

Overall, technology is the best and worst thing in the world right now. It makes life so much easier but it can be secretly controlling. When was the last time you went into a coffee shop and there were not at least 10 people on their MacBook’s or on their phones? We all need to take a step back into the world and realize what we have in our lives that doesn’t require a power source. Instead of playing words with friends on the bus, look out the window at the mountains. Instead of staying inside on a weekend to play video games, maybe hang out with friends and go on a hike. There are so many things we can do to improve our quality of life without the use of technology.
COLLEGE CAN SOMETIMES BE OVERWHELMING AND WITH MIDTERMS JUST AROUND THE CORNER IT CAN BE A TIME FOR STRESS. BUT WORRY NOT! ACCORDING TO A RECENT STUDY PERFORMED BY MONTANE STATE UNIVERSITY, THE PERFORMANCE OF STUDENTS DURING EXAMS INCREASED DRAMATICALLY WHEN STUDENTS HAD BEEN CONDITIONING THEMSELVES BY REVIEWING NEW CLASS MATERIAL 12 TO 24 HOURS AFTER EACH LECTURE. IT HAS BEEN SCIENTIFICALLY PROVEN THAT RETENTION OF INFORMATION WORKS BEST WHEN INFORMATION IS REVIEWED AFTER LEARNING ABOUT IT FOR THE FIRST TIME WITHIN A SHORT TIME FRAME (12-24 HOURS). FOR MANY STUDENTS CRAMMING INFORMATION THE NIGHT BEFORE AN EXAM DOES LITTLE TO NO GOOD REGARDING TEST SCORES. IT IS EASIER TO SPACE OUT STUDYING. THE FOLLOWING FIGURE IS A QUICK FLOW CHART OF A SIMPLE WAY TO GET YOU STARTED.

https://www.google.com/search?q=the+study+cycle&oq=the+study+cycle&aqs=chrome..69i57j0i5.2574j0j7&sourceid=chrome&ie=UTF-8

http://www.montana.edu/aycss/success/resources/docs/ASC_handouts_theStudyCycle.pdf
What is a 'Financial Plan'

A financial plan is a comprehensive evaluation of an investor’s current and future financial state by using currently known variables to predict future cash flows, asset values and withdrawal plans. Most individuals work in conjunction with a financial planner and use current net worth, tax liabilities, asset allocation, and future retirement and estate plans in developing financial plans. These metrics are used along with estimates of asset growth to determine if a person’s financial goals can be met in the future, or what steps need to be taken to ensure that they are.

Read more: Financial Plan https://www.investopedia.com/terms/f/financial_plan.asp#ixzz59Q8RqF00
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Breaking Down ‘Financial Plan’: Financial plans don’t have a specific template, though most licensed professionals include knowledge and considerations of the client’s future life goals, future wealth transfer plans and future expense levels. Extrapolated asset values determine whether the client has sufficient funds to meet future needs. A good financial plan can alert an investor to changes that must be made to ensure a smooth transition through life’s financial phases, such as decreasing spending or changing asset allocation. Financial plans should also be fluid, with occasional updates when financial changes occur.

Elements of a Financial Plan

- Financial goals: A financial plan is based on an individual’s or a family’s clearly defined financial goals, including funding a college education for the children, buying a larger home, starting a business, retiring on time or leaving a legacy. Financial goals should be quantified and set to milestones for tracking.

- Personal net worth statement: A snapshot of assets and liabilities serves as a benchmark for measuring progress towards financial goals.

- Cash flow analysis: An income and spending plan determines how much can be set aside for debt repayment, savings and investing each month.

- Retirement strategy: The plan should include a strategy for achieving retirement independent of other financial priorities. The plan should include a strategy for accumulating the required retirement capital and its planned lifetime distribution.

- Comprehensive risk management plan: Identify all risk exposures and provide the necessary coverage to protect the family and its assets against financial loss. The risk management plan includes a full review of life and disability insurance, personal liability coverage, property and casualty coverage, and catastrophic coverage.

- Long-term investment plan: Include a customized asset allocation strategy based on specific investment objectives and a risk profile. This investment plan sets guidelines for selecting, buying and selling investments and establishing benchmarks for performance review.

- Tax reduction strategy: Identify ways to minimize taxes on personal income to the extent permissible by the tax code. The strategy should include identification of tax-favored investment vehicles that can reduce taxation of investment income.

Read more: Financial Plan https://www.investopedia.com/terms/f/financial_plan.asp#ixzz59Q8m3000
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Efrata Kirose is a Junior studying International Relations, she aspires to get her masters and later on work with Non-governmental Organizations. It was through her experiences while studying abroad in Chile that she realized how much she is interested in business and of her passion for contributing to the world.

In Chile, she realized that her goals for advancing her education are necessary stepping stones she must take in order to later on give back to her community and inspire others. This realization has caused her to take her classes more seriously and understand that there are many ways in which a person can impact and make their own contribution to the world. These forms are not limited to any specific major or to a specific point of ones life.

Efrata advises other students to put their education into prospect and to use it as a great initial “strategy” for making the most out of their classes. She also advises others to not let imaginary constrains limit their options. “Go try out different majors, try out different clubs, try out different spaces on campus. At the end of the day you find that you are the only one stopping yourself.”

If you are planning to study abroad she recommends that you first do as much research before hand! Utilizing Education Abroad is a great resource, but be aware that you will have do a lot of extra steps on your own. Efrata had to get a student visa, but the nearest consulate was in LA. That meant she had to fly to LA to get her student visa which, was not included in the “estimated costs” of going abroad. Efrata also advises others to take advantage of all the great opportunities that CU Boulder has to offer but also keep in mind that “you don’t need to travel far to change something about yourself, you can always become a better person where you are.”