



COUNSELOR CONNECTION

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Seniors should think about managing time at college

Seniors headed to college in the fall would do well to recall two comments often made by college freshmen:

- I had no idea how much I would have to read and study; and
- I had to learn how to manage my time.

That leads to a simple conclusion: the more reading and studying required, the more important it is for students to manage their time.

The long-standing rule is that college students should study two to three hours for every hour they're in class. Taking 12 hours of classes and studying 24 hours for those classes means committing 36 hours each week. That's like a full-time job, which is why someone who takes 12 hours is called a full-time student.

The first task is to prioritize, and that basically comes down to answering a simple question: Am I here to get an education, or am I here to socialize? But answering "get an education" doesn't mean students can't have a social life. They can have both if they manage their time.



Let's look at a sample schedule. A student — let's call her Lakin — is taking 15 hours, but her Introduction to Yoga class is a two-hour course. Lakin probably won't need to study as much for yoga as for her other classes (although doing her yoga regularly may cut down on her stress level). That leaves 13 credit hours that Lakin needs to fit in 26 hours of outside-of-class study time.

Lakin has classes from:

- 10 a.m. to noon on Monday, Wednesday and Friday;
- 10 a.m. to 11 a.m. on Tuesday;
- 1 p.m. to 2 p.m. on Monday, Wednesday and Friday;
- 1 p.m. to 2:30 p.m. on Tuesday and Thursday; and
- 3 p.m. to 4 p.m. on Tuesday and Thursday.

That's 15 hours in class, plus travel time, since a one-hour class generally lasts 50 minutes.

There are 45 hours between 8 a.m. and 5 p.m. Monday through Friday, or 30 hours that Lakin isn't in class.

If she makes good use of that time and doesn't procrastinate, that leaves most of her time after 5 p.m. free. That leaves her plenty of time for a social life — or more studying if she needs it.





SME seeks entries for Digital Manufacturing Challenge

SME, a professional organization for manufacturing engineers, is accepting registrants for its 2019 Digital Manufacturing Challenge.

The challenge is to create innovative automotive after-market parts, chemicals, equipment and accessory designs that use digital design, additive and subtractive technologies.

Teams must create visual prototypes and recommend and justify process and material selections.

High school and college students are eligible to submit designs and will be judged separately by a panel of industry experts based on:

- Functionality and durability;
- Cost-benefit/value analysis;
- Use of direct digital manufacturing material and processes;
- Design integration and innovation;
- Marketing; and
- Social and environmental impact.

The winning team will receive a travel stipend, complimentary student memberships and passes to the RAPID + TCT event.

Submissions are due March 4. For more details and entry forms, visit www.sme.org/digital-manufacturing-challenge/.

KHEAA helps Kentuckians pay for higher education

Kentuckians seeking help to pay for college or technical training can take advantage of student aid programs administered by KHEAA. Those programs include the:

- **Kentucky Educational Excellence Scholarship.** KEES lets high school students earn money by getting good grades in school and doing well on the ACT or SAT.
- **College Access Program Grant.** CAP awards help financially needy students pay for classes at Kentucky's public and private two- and four-year colleges.
- **Kentucky Tuition Grant.** Students enrolled full time in associate's and bachelor's degree programs at the state's private colleges may be eligible for a KTG award.
- **Dual Credit Scholarship.** This scholarship is available to Kentucky high school and home school students taking dual credit classes at a participating Kentucky college or university.
- **Work Ready Kentucky Scholarship.** The WRKS helps Kentuckians who have not yet earned an associate's degree afford an industry-recognized certificate or diploma.

For complete information about these and other programs visit www.kheaa.com and look for "KHEAA-Administered Programs" under the "Paying for College" tab.

Nominations open for 2020 Kentucky Teacher of the Year

Nominations are now being accepted for the 2020 Kentucky Teacher of the Year awards. The awards are sponsored by the Kentucky Department of Education and [Valvoline Inc.](#)

Nominations may be submitted electronically at [kentuckytoy.com](#) and are due by Feb. 15. Any full-time public school teacher in the state with at least three years of experience is eligible. Teachers may be nominated by students, parents, teachers, principals, superintendents or anyone from the community who has an interest in honoring an outstanding educator.

All nominees must submit a formal application by March 1. Judging will take place in March by a panel of education professionals from around the state. As many as 24 Valvoline Teacher Achievement Award winners will be announced in the spring.

After site visits with nine semifinalists in April and personal interviews with the top three candidates, the Kentucky Teacher of the Year will be announced in Frankfort. At that time, all 24 teachers will be honored with cash awards and other mementos.

Teacher Achievement Award winners will receive a cash gift of \$500; two of the three finalists will receive a cash gift of \$3,000; and the Teacher of the Year will receive a cash prize of \$10,000, along with an ambassadorship opportunity. The Kentucky Teacher of the Year will then represent the state in the National Teacher of the Year competition.

Outreach Spotlight

Name: Kevin Wilson

Region: College Info Road Show

Where did you go to college?
Asbury College

What are your favorite hobbies?

I do medieval recreation which entails a lot: armored combat, rapier fighting, archery, equestrian activities (including helping run jousts), research, sewing, etc. I also go contra dancing just about every weekend and recently picked up Irish ceili dance (and will be learning sean-nós soon).

What is something on the top of your bucket list?

I want to travel to the British Isles.

What is your favorite emoji?



What is your favorite movie?

Star Wars Episode VI: Return of the Jedi

Apple or Android?

Android

What is your favorite part of your job?

I get paid to travel the entire state and help make a real difference in people's lives! What's not to like about that?

What advice would you give a high school student currently thinking about college?

There is so much I wish I would have known about the whole college process when I was in high school, but honestly, I wasn't really interested in listening to the good advice people were giving me at the time. I was right, and I knew it ... except that I wasn't right about most of it, and that cost me and my family lots of money — money I'm still paying off today and will be for years to come. So I guess my best advice to high schoolers is to actually listen, especially to those of us who had to learn everything the hard way!



Tax tips for students

Income tax season is approaching, and students may want to consider these tips to help the process go more smoothly.

Although you may not have earned enough to be required to file, you may be able to get a refund if your employer withheld taxes from your pay. Before you file, discuss the situation with your parents. They may be able to claim you as a dependent, which could save them thousands of dollars.

Students and parents may be able to take advantage of these programs on their federal taxes:

- American Opportunity Credit, available for the first four years of college.
- Lifetime Learning Credit, available if a taxpayer or a dependent is taking college courses to acquire or improve job skills.
- Tuition and fees deduction, which lets taxpayers deduct qualified education expenses paid during the year for themselves or a dependent. The expenses must be for college.
- Student loan interest deduction, which lets people deduct up to \$2,500 per year on federal taxes for interest paid on federal student loans.

For more detailed information about federal programs, go to www.irs.gov to download the free Publication 970 Tax Benefits for Education.

Kentucky also offers a tuition tax credit for undergraduate students who attend state colleges.

Tax rules may change from year to year, so make sure you have the most up-to-date information before filing.

KET Young Writers art contest seeks entries

Students in grades K–8 are invited to submit stories and poems for the 2019 KET Young Writers Contest. The contest encourages students to submit their original stories, poems and illustrations.

The categories are:

- Grades K–3, Young Writers Illustrated Story Contest. Stories from kindergartners and first-graders should be between 50 and 200 words. Second- and third-graders should write stories between 100 and 300 words.
- Grades 4 and 5, Young Writers Short Story Contest. Stories should have 400 to 800 words.
- Grades 6–8, Young Writers Poetry Contest. Poems should have between 25 and 250 words.

Entries must be received by April 15.

To enter, students must submit original, single-author work. Only one entry per child is permitted. Illustrated story entries must include at least five original illustrations. Illustrated stories and short stories may be nonfiction, fiction, prose or poetry.

Complete rules and contest entry forms are available at KET.org/writerscontest.

KET will select winners at each grade level and award prizes.

Prichard Committee to lead family engagement drive

The Prichard Committee will lead a Family Engagement Center program in Kentucky under a five-year grant from the U.S. Department of Education.

The grant totals nearly \$5 million and will provide training for parents and school personnel in Eastern Kentucky, Northern Kentucky and Jefferson County. Regional centers will pilot family engagement efforts, with training provided by the committee. The focus will be on traditionally underserved families.

The committee is an independent, nonprofit and nonpartisan group of volunteers who work to improve education in the state. It was formed in 1983.

Kentucky was one of 11 states to be awarded funds under the competitive program.

State launches school proficiency dashboard

The state now offers a web-based tool that lets Kentuckians find the percentage of students at public schools who score proficient in each subject area by grade level.

The Kentucky School Proficiency Dashboard was developed by the Kentucky Department of Education and the Kentucky Center for Statistics. It can be found at kystats.ky.gov/reports.

The dashboard provides overviews, academic performance by race and economic status, and a comparison tool for each public school and district in the state.

It is one of four components of KDE's School Report Card. Two other components are also available: Open House, which provides more school and district data, and Infinite Campus, where parents can find information on their children using a smartphone mobile app.

A fourth component, still being developed, will highlight key information about schools and districts, including test performance, teacher qualifications, parental involvement and more.

Online report cards were required by the federal Every Student Succeeds Act, known as ESSA.



KDA sponsoring 2019 poster, essay contest

Kentucky students can submit original essays, digital images and works of art as part of the 2019 Kentucky Department of Agriculture's annual poster and essay contest.

The contest highlights the importance of agriculture to Kentucky's way of life and future. The theme for 2019 is Kentucky Farms: Growing Solutions for a Growing World.

Statewide poster and essay winners from kindergarten through 12th grade will be chosen, and an overall digital winner will be selected. Cash prizes will be presented to the winners at an awards ceremony. Winning entries may be displayed in the Commissioner's Office in Frankfort, at the 2019 Kentucky State Fair and on the KDA website.

Entries must be postmarked by Friday, March 22, and mailed to the Kentucky Department of Agriculture, c/o Elizabeth Gordon, 111 Corporate Drive, Frankfort, KY 40601. A completed entry form must be taped or glued to the back of each entry. If all information on the entry form is not completed, the submission will be disqualified. Winners will be notified by April 16.

For more information, including complete contest rules and entry forms, visit www.kyagr.com or contact Elizabeth Gordon at (502) 782-4125 or elizabeth.gordon@ky.gov.

Scholarship Spotlight

The Courier-Journal: Gannett Foundation/ Madelyn P. Jennings Scholarship

Eligibility: Must apply in the fall/winter of high school junior year and enter college in the fall term following high school graduation; take the PSAT/ National Merit Scholarship Qualifying Test in October of junior year in high school; be the child of a full-time employee of Gannett Co. Inc. on the date of the student's application and at the time the award is granted; and submit an application.

Award: \$3,000, nonrenewable

Deadline: Feb. 28 of applicant's junior year of high school

Contact: gannettbenefits@gannett.com

Kentucky Association for College Admission Counseling: Kimberly D. Merritt "Achieve Your Dreams" Scholarship

Eligibility: Must be a graduating high school senior and submit an essay.

Award: \$500

Number: 4; 1 from central Kentucky, eastern Kentucky, northern Kentucky and western Kentucky

Deadline: Feb. 17

Contact: counselor, www.kyacac.org/docs