



THE NONTRAD NEWS - ISSUE #7.

You are receiving this email , the Nontrad News, because you signed up for it online and ok'd it in the email that followed. Thank you!

You can click here: [Unsubscribe](#) to unsubscribe.

The Nontrad News is for people going back to school after a break, people thinking about it, and all the people who help them.

June 2010: Summertime for Nontraditional Students

Hello again, Nontrad News readers. I hope this issue finds you well and happy.

Here in Kentucky it is hot and humid. It is perfect weather for plants and lawns. I have had a bird nest on the front porch. I took some photos of it. Here are my two postings about it on my personal blog. Birdwatchers can click below to see the nest and birds.

Baby birds are living on my outside buglight! -

<http://betsyanne.blogspot.com/2010/05/new-baby-birds-are-living-on-my-outside.html>

The baby robins fly away today - <http://betsyanne.blogspot.com/2010/05/baby-robins-flew-away-today.html>



More study skills tips

Nontraditional students, here are more study tips that can help you in school, as requested on the Nontrad News poll. I hope you find them helpful.

Here are the tips:

#1. Get organized. If you are taking more than one class, make sure you have a separate notebook for each class. Have a pen or pencil and extra lined or unlined paper always handy.

#2. Don't be late for class. And go to every class. If you are online, make sure you are there - on time - each time the class has a chat or online lesson. You will then be sure your computer is correctly set up and save a LOT of time.

#3. Get your assignments done early - well BEFORE any deadline so you have time to fine-tune them, check for spelling, and neaten them up.

#4. If you own your book(s), **use a highlighter or type notes** from them to remember important points you may need to know for a test.

#5. Keep all due dates and class times handy in an appointment calendar that you check every day.



My links:

[Scholarships for Nontrads - page one](#)

[Scholarships for Nontrads - page two](#)



[Get Motivated!](#)

[Articles about Nontrads](#)

[Find Your State Page on the Nontrad site](#)

[Links to free clipart sites](#)

#6. Break up every assignment into smaller pieces so you get done faster and it isn't as much work. Write down each mini-deadline on your calendar - and stick to it.

Here are some pages and sites that can help with study skills:

Study Skills for Nontraditional Students

-http://www.nontradstudents.com/study_skills.html

Software Suggestions for Nontrads - <http://www.nontradstudents.com/technology.html>

and Nontrad Secrets from Frank <http://non-traditional-students.blogspot.com/2009/03/nontrad-secrets.html>



Topic of the Day: Positive Thinking and affirmations - do they apply to nontraditional students?

My answer? YES, very much. Some older students feel negative about themselves - - they don't believe in themselves. So much time has gone by since they were last in school that they doubt if they can keep up with other students. This attitude can hold them back.

Some ways to help with this problem are to get positive feedback from others, such as friends or family. If that kind of help is not available, older students can provide it for themselves.

One way of doing this is to substitute a positive thought (an affirmation) for every negative one they have. They are then affirming that they CAN do it.

More ways to be positive - can they help you personally?

Another big yes. And here are some good ideas. One other way of being positive is to reward yourself for every step forward.

And think about the future - what you are working to achieve. You can imagine what your life will be like after school is done - - will this mean a bigger paycheck? More respect? Maybe a down payment on a new house?

A better education can mean these things and a lot more. You may even want to make a list or a bulletin board decorated with words and pictures that mean something to you to help you stay motivated.

A big thanks goes out to you this issue.

I want to take this time to thank you for signing up for this newsletter. I hope it is very helpful and motivational, too.

Nontraditionally yours,


Elizabeth (Betsy) Sheppard

The Garden Spot, Kentucky



Again, have a great couple of weeks!

I will be working hard to improve this newsletter each time I do it. Thank you for your comments and suggestions. You can contact me anytime at lizann447@yahoo.com. Thank you!

My Links	More Interesting Blog Posts 
Nontrads on Facebook	
The Nontraditional Student website	Positivity and what you tell yourself - taking baby steps http://non-traditional-students.blogspot.com/2010/06/postivity-vs-what-you-tell-yourself.html
Find Scholarships and Grants	Fear and the Nontraditional Student
Check out other Nontrad News Newsletters!	Do you think you can't do it?
My free ebook: The Best Free Art and Photo sites	June 2010
Unsubscribe	The Nontrad News #7