



Hey, first-gens -
we're thankful for you.

November '23 First-Generation Newsletter

Happy November, Patriots! We hope you're staying warm and keeping up momentum as we get closer and closer to the end of term. This month of thankfulness, we want to make sure you know how grateful we are for all your hard work and the culture of kindness you bring to campus. As always, please let me know if there's anything I can do to support your academic wellbeing!
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Talons up!





Spring Registration & Enrollment

Getting ready for the spring semester? We're here to help! On Monday, November 6th, we are hosting Ready, Set, Enroll for all undergrads in the UC lobby - come see your advisor* and get help registering for classes if you have not done so already! There will be swag and free Chick-fil-A for those who register at the event.



11/6/23

UC Lobby

11am - 2pm

*Click here to view
the Engage event!*



If you plan to register before Ready, Set, Enroll to ensure your placement in specific courses, see the opening dates for all undergraduates below. Remember -- you can put your classes in your shopping cart on MyUTTyler before your date arrives!

11/1 Registration for Spring 2024 begins for graduate/senior/Presidential Fellow/Honors/SI Leader/NCAA students

11/2 Registration for Spring 2024 begins for juniors

11/3 Registration for Spring 2024 begins for sophomores

11/4 Registration for Spring 2024 begins for freshmen

[Advising questions? Click here!](#)



National First Generation College Student Day - 11/8

We are so very excited to celebrate all of UT Tyler's first-gens on November 8th, 2023! Did you know that our first-gens comprise approximately 45% of our undergraduate population? That's incredible! Your stories, experiences, and journeys make our campus shine so bright!

11/7: I'm "1st" Vision Boards

Presented by: First Generation Patriots at UT Tyler
11am-1pm - UC Mabry Theater Foyer

11/8: First Generation Empowerment Speaker: Dr. Krist Swimberghe

Presented by: First Generation Patriots at UT Tyler & the Office of Academic Success
12pm-1pm - UC Mabry Theater

11/8: First-on-the-Fourth: Late Night Study, de-stress activities, refreshments, and extended office hours with Sidney Wilson to troubleshoot any barrier to your academic wellness!

Presented by: Sidney Wilson & Academic Success
5pm-2am - fourth floor of the Robert R. Muntz Library

11/9: First Generation Tabling

Presented by: First Generation Patriots at UT Tyler
11am-1pm - UC info table by bookstore

Please reach out to Sid Wilson
(sidneywilson@uttyler.edu)
with any questions!



Tips for Defeating Procrastination



1. Self-Examination

- Identify why you are procrastinating. Is there an assignment that's intimidating you? Is it a subject you dread? Is there something else you'd rather be doing?
- Figure out what's getting your way. We often get in our own ways when it comes to getting down to task. Are there other sources of stress pushing and pulling on you in different ways? Is it a matter of physical space or distractions? Is it something you can control?

2. Transform your thinking

- It's not all or nothing. Just because you might not get it done in one sitting doesn't mean it's not worth doing in chunks! It's easy to get discouraged by big tasks, but you can chip away at it if you just start today. Every day you'll have less and less looming over you!
- Keep up morale with positive self-talk. Keep your thoughts realistic - don't let anxious thoughts snowball into destructive behavior! Be wary of how negative self-talk leads to abandoning ship!

3. Utilize working in increments

- Time on/time off. Have trouble focusing for long amounts of time? Schedule mini-shifts of working and breaking, such as 30 minutes on, 5-7 minutes off. Power through the hour!
- Need deep study and integrated relaxation? Put away all distractions and give your work your full, undivided, and isolated attention for one hour, and then let yourself rest and enjoy your favorite distraction guilt-free.

5. Self-deadlines and small wins

- Next-level action planning. Set yourself gradual deadlines in the steps of your action plan to ensure you reach your goals throughout the assignment, whether it's finishing a book for class or finishing your part of a group project.
- When you meet your self-deadlines, make sure to reward yourself and celebrate! Train yourself to achieve your goals while celebrating your success; it keeps up confidence and boosts your quality of life!



Remember - you've got this, and you're incredible!

Call for Recipes - First in Family Cookbook!

This year, the Office of Academic Success is launching it's first annual First in Family Cookbook! Please send us your favorite recipes to include in our .pdf cookbook just in time for Thanksgiving and the holidays!

Email your recipes to: sidneywilson@uttyler.edu

Examples: anything from dorm-friendly snacks and treats, no-bake cookies, dump cakes, easy one-dish casserole, to your favorite from-scratch recipes handed down in your family for generations!

Foods of ALL kinds, cuisines, cultures, and dietary restrictions are welcome - the more the merrier!

FRIENDSGIVING



Need some help? Here are your resources!



[Financial Aid](#)

[Counseling Center](#)

[Student Accessibility Resources](#)

[IT Support](#)

[On-Campus Food Pantry](#)

[University Health Clinic](#)

click here for



Tutoring

STUDY SPACES

Did you know you can check out private study rooms on the third floor of the library?

[click here to reserve a space!](#)

[Join the First Generation Patriots student org](#)

[Used Upswing, the 24/7 online tutoring \(free!\)](#)

click here!



[Do you follow Academic Success on Instagram?](#)

Do you have an accomplishment for me to share in next month's newsletter? Email me!
sidneywilson@uttyler.edu