



# the MIND reader

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## College and Beyond By: Lindsay Simineo

As I look at kids leaving for their first year of college, I am shocked at the difference between the way the freshman year looks now, compared to how it looked when I went 11 years ago. In 2003, there was no campus WiFi, so bringing your laptop to class had nearly no benefit. Laptops at the time still weighted on average 6-7lbs, so many people didn't want to haul them around. Books were still a required purchase, as there was no other way to get the material other than written form, and written notes were still the main form of communication. In 2014 none of these things ring true.

Because we are in a new technology era, there are many different tools that one can use to make college life easier. Since engaging in post grad work, some new tools I have found to be life saving. Others are just good to know.

If I was going to advise a 2014 freshmen, this is what I would say:

#1.) Buy a Kindle.

I cannot stress this enough. The benefits to owning a Kindle in college will make a night and day difference. Amazon has done a great job of creating the biggest digital library, beating many of the other e-readers when it comes to book availability. With that big of a library, there is a good chance that many of your textbooks can be downloaded. A digital textbook is about 30% the cost of a printed copy. The more textbooks you are able to download, the more money you will save.

Many kindle owners report that their Kindles have motivated them to read more. Books are bulky and overwhelming, and many times they get tossed aside in cars or pushed under beds. A digital copy makes reading assignments feel more manageable, hiding how huge your boring textbook is.

A Kindle can help you study more efficiently. Kindle allows you to highlight and take notes while you read. It then allows you to look up these notes and highlights separately. This makes writing papers easier when you need to cite your textbook. It also is much easier to look at a sheet of your highlighted sections or notes, instead of flipping through a book for them.

Finally, I would recommend you get the basic Kindle model. You may have the money for a flashy Kindle Fire that will double as a tablet and let you play games, but you don't *need* it. The fun parts of the tablet will distract you from what you should be doing, **reading**. Get the basic model, and it will let you do just that. This leads me to my second point.

#2.) Spend your money where you should: Laptop.

You don't need the fanciest Kindle, phone, or an iPad. You are not Iggy Azalea. You are a college student. What you do need is a very nice quality laptop. Freshmen have a tendency to try to buy all the fancy gadgets, just because they can, taking money away from the laptop budget in order to afford it. Huge mistake. Yes, you may have fun toys, but they aren't able to let you type, print your papers, or do research. Buying a cheap laptop could cause you headaches later, when things aren't printing or saving as they should. Also, if you prioritize on a high quality laptop, it will more than likely last you through multiple degrees (if you decide to go for a Master's degree), or one degree and the first couple years of your career. Your college career will go much smoother if you have a computer you can count on. (Continued on Pg. 2)

## COLLEGE and BEYOND! (cont.)

“The beautiful thing about learning is that no one can take it away from you.”

- BB King

“Education is our passport to the future, for tomorrow belongs to the people who prepare for it.”

- Malcolm X

“Learning and teaching is messy stuff. It doesn't fit into bubbles.”

- Michele Forman, 2001 Teacher of the Year

“The more that you read, the more things you will know. The more that you learn, the more place you'll go.”

- Dr Seuss

“A teacher's job is to take a bunch of live wires and see that they are well-grounded.”

-D. Martin

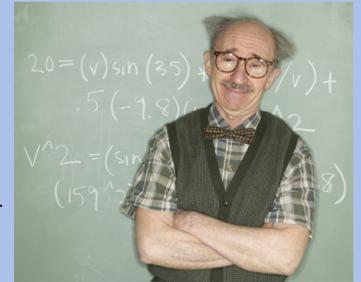
#3.) Go to class.

This seems like a no brainer, but it is amazing how easy it is to skip class when the only person holding you accountable is you. Friends will ask you to go get burritos or buy fireworks, and that will sound like so much more fun than going to Biology. The problem is that not going to class will instantly make you behind. Keeping up with the amount of reading in college is where most students struggle. Going to class helps fill in the gaps left behind by unread chapters and keeps you on pace with the class. Going to class will instantly make you more successful than your peers who are ditching and relying on reading alone. Being successful will become much more important, since you are paying to be there.

#4.) Know your Professors.

This is not high school. Parents are not dropping you off or making sure your homework is done. Professors are not being paid based on how well you do. This is all on you. YOU are paying to be here. Therefore, run the show, be the captain of your ship. Being the captain of your ship involves knowing and talking to everyone involved in its voyage, like your professors.

Professors have office hours for a reason. Reading doesn't make sense? Go in and ask questions. Having issues with a major project? Let the professor know your issues. Have a common hobby with your professor? Go in and talk about it. I once had a professor who loved airplanes, having much of his collection on display in his office. I would go by and get him to talk about his collection, just to build rapport. By doing this you will not only get more out of your education, you will meet some really cool people, which professors usually are. By doing this, if you get in a bind, need a referral for a job or to grad school, or an emergency happens during finals week, you will also have a great support system willing to help you in your time of need. (Continued on Pg. 4)



## Getting SMART About Goal Setting By: Kristen Cooper

With a new school year upon us, now is a great time to instill solid goal setting techniques in your household. Every family member can benefit from goal setting; this isn't just a necessary skill for your kids! As a parent, modeling goal setting at home is a perfect way for your kids to learn! S.M.A.R.T. is an acronym used for a 5 step goal making process; specific, measurable, achievable, relevant, and time-based. S.M.A.R.T goals are used to go beyond the realm of fuzzy goal-setting into an actionable plan for results.

Specific – States exactly what you want to accomplish (Who, What, Where, Why).

Measurable- How will you measure your goal?

Achievable – Be sure the goal is realistic and attainable, how can this goal be accomplished?

Relevant – Does this goal meet a need?

Time-Based – Set a specific time frame for your goal.

Let's say your goal for the school year is **be more organized**. The SMART approach will help you reflect on why this goal may not have been effective in the past. Using SMART, the goal could be:

*This school year, on the first day of school, I will organize my backpack by creating a folder or binder for each of my classes with places to keep my assignments, notes, and homework. After my backpack is organized, I will spend 10 minutes each day throughout the school year, when I get home I will go through the items in my backpack to make sure they are in the proper location. I will then dispose of any items I do not need or that do not belong in my backpack.*

The goal addresses what you want to accomplish, specifies a specific time of day to do the task, how often you will do the task, and how long you will take to do the task. This goal is realistic because it is focusing on one area, not every area that needs to be organized. It also does not require a large amount of time. The goal is relevant to the life of a student who needs to become more organized. The goal is time-bound because it sets parameters of when the goal will take place and the duration of the task. (1)

An Excerpt from Deborah Gilboa, MD parenting book:

## Get the Behavior You Want, Without Being the Parent You HATE!

Everybody wears clothes, so use this daily fact of life to teach your child to take great care of him- or herself. Teaching your child the ins & outs of dressing themselves will help delegate some of the daily work with clothing to your kids. You'll teach them necessary life skills and free yourself up for more urgent issues. Here are some pointers for each age group:

### Toddlers.

- Two- and three-year-olds are all about the choices, right? So make sure they can only choose between items that are acceptable to you. "Do you want the blue long-sleeved shirt or the red long-sleeved shirt?" Not "What do you want to wear today?" If you go that route you'll have that kid in a bathing suit and rain boots trudging through the snow. And you'll definitely get those looks from the grandparents.

### Preschoolers.

-Use your child's love for technology by checking The Weather Channel app together each morning. Use that information to encourage your child to make smart choices about clothes and outerwear for the day.  
-Sort socks. That really annoying chore for grown-ups is just a matching game for kids. Put them to work next to you making pairs for everyone in the house.

### Ages 5–7.

-Label that stuff. Kids lose all manner of things. I was a real "If your head wasn't attached you'd lose it" kind of elementary schooler myself. Teach kids an important step in finding lost things— practice that new name-writing skill (or sticker-peeling skill) by having them label anything they wear or take out of the house.

### Ages 8–10.

-Time to do the laundry! Yes! Have them sort, wash, dry, and fold; all of these are within the cognitive and motor skill abilities of most kids this age. They need to learn to do it, and you don't love it so much you can't give it up, right? Keep your delicates back, though.

### Ages 11–12.

-Do you argue about what "fashion" is acceptable? Draw boundaries, and be willing to explain them. If your child wants you to move one of those boundaries, ask for a compelling reason why. You may not agree, but the conversation is important and will teach her valuable skills.  
-Have a difference of opinion about hair? Tweens often want to experiment with cut and even color. Give in here if you can; it's just hair, and it grows back. Self-expression is important. (2)

## Quick Breakfasts for Busy Mornings

By: Julie Kostrey

Nutritionists continually tell us about the benefits of whole grains, low-fat protein, and those ever-important fruits and vegetables. Studies conducted by the Mayo Clinic conclude that those who eat good breakfasts are more likely to:

- ◆ Consume more vitamins and minerals and less fat and cholesterol during the day.
- ◆ Have more strength and endurance.
- ◆ Have better concentration and be more productive throughout the morning.
- ◆ Control their weight.
- ◆ Have lower cholesterol, which reduces the risk of heart disease. (3)

According to WebMD, while adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains need regular refueling often from food. When kids skip breakfast, they don't get what they need to be at their best. (4)

Check out these 15 delicious, nutritious, unique, and easy to make breakfast recipe ideas. Give them a try this school year to help you and all family members stay on a healthy track!

<http://www.parenting.com/gallery/on-the-go-breakfast-recipes>

## College and Beyond! (Cont.)

#5.) There is An App for That.

Need additional help? There is an app for that. There are apps for note taking, recording lectures, keeping track of assignments, flashcard making, reminders, etc. There are also apps that have many of these features in one program. Look around. You will more than likely find very useful apps for your learning style or educational needs.

I have found in my own experience that the most useful apps I use for organization and learning often cost money. Don't be afraid of spending five bucks on an app that you will use for the next four years. That's just a good investment.



College is one of the greatest times in your life. Not because of parties or trips; but because it is one of the few times in your life when you will be doing nothing but investing in yourself. My wish for all the college freshmen is that they take advantage of this time, enjoy who you are make yourself the best you can be. Hopefully some of these tips will help you take complete advantage of this opportunity. Good luck!



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