

2017 WYOMING

COLLEGE

GUIDE

Plenty of choices

Wyomingites have an array of options when it comes to choosing a degree or career

Clearing up myths about paying for higher education

Students share what they wish they would have known as freshmen

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TABLE OF CONTENTS

In-state opportunities

Build your skills in Wyoming..... 4

Words of wisdom

Students share helpful tips..... 7

Myths vs. realities

What's the best way to pay?..... 9

Perspective

It's possible to study out of state. 12

Sticking to a budget

Plan now to succeed later. 16

Student work

Learn while you earn on campus. 18

Enjoying newfound freedom

Balance fun and responsibility. 19

Tutoring

You don't have to study solo..... 20

Dual credit

Make the most of your studies..... 21

Picture pages

Glimpses of life on campus. 22

Scholarships

Get creative in your search. 24

Overcoming hardships

Resources can help you succeed..... 25



DAN CEPEDA, STAR-TRIBUNE

A student eats lunch in the cafeteria at Laramie County Community College in Cheyenne. Attending community college is one way to pursue higher education in Wyoming.

Build your skills with educational opportunities in the Cowboy State

GAYLE M. IRWIN
For the Star-Tribune

Looking to shape your future? Wyomingites have no shortage of options when it comes to pursuing a degree or career.

Community colleges

Seven state community colleges give students opportunity to obtain associate degrees. Western Wyoming Community College,

founded in 1959, offers 60 different associate degrees plus certificate programs related to the oil and gas industry, said Erin Grey, director of admissions. Most students (91 percent) are Wyoming residents, 8 percent come from out-of-state and 1 percent are international students, she said.

“Our purpose is to get students an associate’s degree and help them transfer to a four-year insti-

tution or to go on to work-force,” said Grey.

One of the advantages of attending community college is “smaller class sizes, personalized attention,” said Kyla Foltz, Casper College (CC) director of admissions services.

“Our class sizes are much smaller than a university so students get to know their classmates and they get more opportunity to

ask questions ... therefore, they understand the content of the class much better.”

That appealed to Alyssa Schaff. The Casper College sophomore and Kelly Walsh High School graduate decided to attend Wyoming’s first junior college for other reasons, too, including the fact she could live at home, which saves money, and could continue working with young children at

her church.

“I love the idea of staying in Casper – it’s much more personal, and that’s a big plus. Also, I can continue doing things I enjoy that relate to my education – like working in the church nursery and teaching first- and second- graders on Wednesday nights – while getting my degrees.”

Schaff majors in elementary education, one of nearly 140 degrees and certificates offered by the college, and minors in early childhood education. She plans to attend the University of Wyoming at Casper (UW-Casper) this fall, keeping many of the same instructors and classmates.

“The teachers are nice and helpful; they know us and we know them,” she said.

Advanced degrees

That’s one of the advantages of attending UW-Casper or one of the other university branches in the state, but there are others, including staying in one’s own community while seeking an advanced degree, whether a person is 20 or even older.

“A lot of our students are non-traditional – working adults that are place-bound and can’t go to Laramie,” said Jeff Edgens, director of UW-Casper.

These include professionals, like teachers. Many courses are online, also appealing because students can work at their own pace, continue their jobs, and not leave home, he said.

UW-Casper offers 18 bachelor’s, 13 master’s and several doctoral programs, he said.

“We’re able to reach out across the state and make a positive difference in the lives of people.”

UW-Casper started 40 years ago with just three bachelor degree offerings. Other branches sprang up during those decades.

“Wyoming is a big state. To put branch campuses across the state is a much more cost-effective use of resources, and it’s located in the student’s hometown – they’re able to get what they need without



GAYLE IRWIN, FOR THE STAR-TRIBUNE

Alyssa Schaff currently attends Casper College and plans to stay in Casper and obtain her bachelor’s degree in education from UW-Casper.



JENNA VONHOFE, STAR-TRIBUNE

A student walks into the University of Wyoming Union building during winter break in Laramie.

leaving home,” he said.

For those, however, who desire to strike out on their own, the University of Wyoming in Laramie provides that opportunity but at a lower cost than attending an out-

of-state school.

“We have by far the lowest undergraduate tuition for residents of any university in the country, and that’s not even taking into consideration the Hathaway Scholarship

program,” said Chad Baldwin, UW’s associate vice president for communications and marketing. “It’s about value; this is a major research university at a really low cost, and it’s a bridge to the world.”

More than 200 areas of study as well as athletics and campus organizations are available to the 12,000-plus students who attend UW.

“We have a lot of ways for students to be involved,” said Baldwin. “We have a strong study-abroad program, and we feel like the student opportunities for research are really strong for a four-year school.”

UW was established in 1886, before Wyoming became a state. Just under 70 percent of the students are state residents; there is also a strong presence of international students and faculty, he said.

Students can also attend Wyoming Catholic College, in Lander, which offers a liberal arts education, or colleges out-of-state. No



COURTESY GUYLA GREENLEY

Geoff Cooper, a former Natrona County High School student, joined the Army after high school and is now stationed in Hawaii. He and his sister Jeanna (pictured here with Geoff) were part of NCHS' ROTC program.

matter which higher education option one chooses, planning helps.

"Start the process early; don't wait until the last minute," said Foltz. "Apply and visit more than one college to find out which one is right for you."

Other options

There are also options for those who aren't college-minded. Former Natrona County High School student Geoff Cooper chose the military. He serves as an Army medic, recently relocating to Hawaii. He enlisted to "do something," he said, and though he has, the jobs of checking eyes, drawing blood and treating blisters weren't what he had in mind.

"You can go wherever the Army tells you to, but that doesn't mean you're going into the job you signed up for," said Cooper, who had hoped to obtain field experience.

Whether he re-enlists four years from now or not, the Specialist E-4 recognizes two great benefits of being in the service.

"Leadership and medical skills – I can use these for the rest of my life."

Cooper advised those considering the military, "Know what you're getting into before you join, because it isn't easy. Don't join if

you're weak."

If neither college nor the military sound appealing but automobiles rev one's engine, WyoTech may be the right fit. Managed by Zenith Education Group, the Laramie school offers certifications in automotive technology, collision refinishing technology, diesel technology, motorcycle technology, and marine technology – each with specialties as well. WyoTech students spend at least nine months, 40 hours a week, gaining knowledge and skills.

"In nine months, they are career-ready; we get them skill-ready for jobs," said Caleb Perriton, campus president.

About 400 companies, including Caterpillar, AutoZone, CarMax, FedEx Freight, and Indian Motorcycles, seek out WyoTech graduates.

Hayden Clark attended two years after high school. Now a body technician for H.S. Customs in Logan, Utah, he applies his WyoTech training almost daily, he said.

"Everything I learned at school, I've used at work."

He'd recommend WyoTech to others who enjoy automobiles, but with a caution.

"Be prepared to work if you go to



PHOTO COURTESY OF LAURA GRAF, ZENITH EDUCATION GROUP

WyoTech, in Laramie, has been part of the Wyoming advanced education system for more than 50 years. Here students participate in the high performance powertrain program, which allows students to experience the performance side of the auto industry while preparing them for careers in those industries.

WyoTech," he said. "It's a school that doesn't just let you sit there; it gets you out of your comfort zone and pushes you to be better."

Wyomingites have options to

advance their skills and knowledge. Research, preparation, determination, and hard work are keys to success, whichever path one chooses.

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JENNA VONHOFE, STAR-TRIBUNE

Students walk to and from the University of Wyoming Union building during winter break in Laramie.

Words of wisdom

College students share what they wish they'd known as freshmen

We asked college students what information they would have liked to have before they started their higher education journey. Here is a sampling of their answers.

School-wise, I wish I knew how easy it is to get overwhelmed if you take on a tough course load and join too many clubs, trying to experience everything. Pacing yourself with experience and school is very important. Money-wise, I wish I knew how precious coupons are and how awesome the Dollar Store is.

– **Katy Grogan, University of Wyoming**

...

Be sure you pick a major you enjoy. It seems obvious, but if you aren't sure going into your first semester, don't be afraid to check "undecided" and take a variety of classes.

– **Mackenzie Beagles, University of Wyoming**

Continued on next page

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Taking a look at where you're going to be living is probably the biggest thing you have to be comfortable with — either sharing a bathroom and showers with multiple people or with one person like at Casper.

— **Rachel Gregory,**
Casper College

•••

If there were things that I wished I knew about college in high school is the financial struggle, or hoops, you get tossed through. Upon having a social life, schooling, and trying to get things done, adding financial trouble on top of all that makes it 10 times harder to focus on everything.

— **Kirsten Palmer,**
Casper College

•••

Honestly, I wish I knew what was expected of me as a student. I knew the ropes in high school: participate in class discussion, have school spirit, do my assignments and be an athlete. The majority of my first semester at Sheridan College, I kept my head down in class and did my assignments usually hours before it's due. Now that I have a better feel of what is expected of me, I have gotten in the habit of preparing earlier and not stressing myself out about splitting my life into social, academic and work.

— **Allison Reed,**
Sheridan College

•••

I wish I had known all of the opportunities CWC had to offer — we have actual “real-life” job opportunities here. I have worked in marketing, at the radio station and at Wyoming PBS, all while I attended college.

— **Logan Kay,**
Central Wyoming College

•••

There are so many programs to help you with tuition, books and



DAN CEPEDA, STAR-TRIBUNE

Students walk along the Casper College campus in Casper.

other expenses that you might not know about. Sometimes you might not realize that until you get into the first or second semester; there is a lot of financial help there.

— **Eric Bennett,**
Central Wyoming College

•••

I wish I had known the deadlines for scholarships; that would have been helpful.

— **Mikayla Zimmerman,**
Laramie County Community College

•••

That it's OK to not know exactly what you want to do with your life.

College is the place to be to decide those things, so don't freak out. You don't need to map your life out to a T to have a successful future.

— **Stephanie Liggett,**
Northwest College

•••

I wish I would have considered the value of a community college education before I headed straight into a four-year institution. I also wish I would have been more mature about my mindset in my first semester of college.

— **Jesse Harvey,**
Northwest College

•••

I wish I would have known that every choice I will be making in college is going to affect me for the rest of my life. I also wish I would have applied for scholarships while I was in high school.

— **Jaques Ndengeyingoma,**
Northwest College

•••

I wish that I knew that if I wanted I could withdraw from classes or drop them altogether. I feel like a lot of students do not know this information.

— **Blake Kenoyer,**
Northwest College

— *Compiled by Abby Dotterer, Star-Tribune staff writer*



JENNA VONHOFE, STAR-TRIBUNE

Fans in the student section celebrate a Wyoming touchdown during the Mountain West Championship in December at War Memorial Stadium in Laramie.

Myths & reality

Experts talk about paying for college

Spring 2017

ABBY DOTTERER

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College is expensive, and there are multiple ways to pay the hefty price. Because of this, myths abound about the best way to finance higher education.

Scholarships? The FAFSA? What about student loans? To find the best way to pay for college, students need to double-check what they hear.

Continued on next page



DAN CEPEDA, STAR-TRIBUNE

People walk on the campus of Laramie County Community College in Cheyenne. There are plenty of myths circulating about paying for college.

MYTH #1

Student loans are always a bad way to pay for higher education

Loans are debated as either a source of debt or a way to invest in yourself.

According to The Institute for College Access and Success, an independent nonprofit organization's website, 32 percent of 2015 public and nonprofit school students graduated without debt, whereas the other 68 percent graduated with an average debt of \$30,100.

For the state of Wyoming, the average debt for 2015 was \$22,683.

On the other hand, though, college can help you create the future

you want — and that has to be paid for somehow. Loans can do the job, as long as students carefully consider the long-term consequences.

Laurie Johnstone, Casper College's scholarship and enrollment services systems coordinator, says student loans should be a "last resort" when paying for college.

Also, if you use loans, make sure to take out only what you need, Johnstone says.

Laramie County Community College Student Services Specialist Sarah Erickson, who is repaying student loans herself, says

that she thinks student loans being perceived as bad "is a common thought."

In many high school financial literacy classrooms, loans are covered in a unit on how to pay for college. In finance guru Dave Ramsey's high school finance curriculum, "Foundations in Personal Finance: High School Edition," loans are not advised.

Erickson says that what really needs to be taught in these classrooms is that "there is responsibility of taking out a loan" and that they can be an "important finan-

cial resource."

Aaron Courtney, assistant manager of financial services at the University of Wyoming, says that before students borrow, "they should know what they're getting into."

The Consumer Financial Protection Bureau says that with the average repayment schedule, it takes 10 years to pay back student loans. That is a decade living in a tight financial situation.

"I think there's more education that needs to come about with loans," Erickson says.

MYTH #2

The “sticker price” is definitely what you will pay

Students can cut the large tuition amount they see during their research of potential schools through grants and scholarships. Potential college students also should not be afraid to haggle to get more out of school financial aid packages.

By applying for scholarships and grants, college costs can be eased little by little.

“Students need to know that scholarships and grants are available to them,” Erickson says.

For Wyoming, many students strive for the Hathaway scholarship, which at most pays at most \$1,680 per semester. The scholarship can be used at UW or any state community colleges.

To bring down the sticker price, UW’s Courtney says, “students have to factor in the net price and put the effort into finding scholarships.”

Johnstone says that when paying for college, “if there’s a will, there’s a way. If you want to go, you need to explore ways to pay for college.”

MYTH #3

You will not get financial aid unless you have straight A’s

While many scholarships reward merit, most are given based on financial situations.

According to CollegeBoard, a nonprofit organization that aims to expand access to higher education, two-thirds of full-time students in the 2014-2015 school year used grants and scholarships.

Johnstone says that despite what many people think, it isn’t true that you must have a “4.0 GPA and a high ACT score” to receive aid.

She also said students don’t necessarily have to attend full time to receive aid. While most students do go to college full time, going part time leaves time for a job and other priorities.



FILE, STAR-TRIBUNE

The Casper College Student Union/University of Wyoming at Casper facility houses classrooms, faculty offices and a dining hall.

MYTH #4

Out-of-state colleges will break the bank

Although colleges often have a higher sticker price for students who don’t live in that state, it doesn’t mean some schools aren’t generous with aid.

Going to college out of state is not “any less of an experience than staying in state,” says Johnstone.

Tuition reciprocity programs such as the Western Undergraduate Exchange decrease tuition costs for students in western states if they choose to go to another cooperating school in the west. For this cost decrease, an application is required.

Courtney says when students are looking at colleges, whether it be in state or out, “they need to

Resources

During their college search, students need to find clear information on how to pay the price.

On where to find that help, UW Enrollment Management worker Mary Aguayo says, “High school counselors are a great resource. They can answer a lot of questions and steer students towards financial aid information nights and other great programming.”

Aaron Courtney, Assistant Manager of Financial Services at the University of Wyoming, says that in research students should “get to the the bottom of what it will truly cost.”

PERSPECTIVE

Program helps students study outside Wyoming

MARGO COLALANCIA
Western Interstate Commission
for Higher Education (WICHE)

“I can afford to study out-of-state? You’ve got to be kidding!”

Students — and parents who are bankrolling their kids’ education — are often amazed to learn that they can afford an undergraduate education outside of their home state, thanks to a program called “WUE” that’s been around for almost 30 years. Some say it’s like winning the lottery.

In 1987, the Western Interstate Commission for Higher Education (WICHE), a nonprofit higher education interstate compact, forged an agreement with its member states called the “Western Undergraduate Exchange,” or “WUE.”

WUE is a multilateral regional agreement and tuition discounting program whereby a resident of one WICHE member state can go to college at a participating public institution in another WICHE state and pay 1.5 times the resident tuition of the enrolling institution — or less. WICHE’s 16 members include: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, North Dakota, New Mexico, Nevada, Oregon, South Dakota, Utah, Washington, Wyoming and the U.S. Pacific Territories and Freely Associated States (currently represented by the Commonwealth of the Northern Mariana Islands and Guam).

WUE is the biggest program of



FILE, STAR-TRIBUNE

University of Wyoming students make their way across campus in September 2014 in Laramie.

its kind the nation; a total of 159 institutions — community colleges and universities — participate in the network. In 2016-17 alone, more than 38,300 students saved an estimated \$341.5 million by paying the reduced WUE rate, instead of full nonresident tuition. Annual individual savings ranges from about \$225 up to \$21,000 per student, but on average, a student this year is saving about \$8,900. Since the first exchanges began in 1988, western residents have saved an estimated \$3.2 billion on some

Thinking ahead

You have access to more than 400 master’s and doctoral programs in other WICHE states — at the resident tuition rate. Check out the Western Regional Graduate Program to see your options in engineering, natural resource management, some 140 health care professions and many more fields of study that may not be available in your home state.

Want to become a physician or another type of medical professional? Take a look at WICHE’s Professional Student Exchange Program. This year, Wyoming invested almost \$2.3 million

to provide access to an affordable healthcare education for some 100 Wyoming residents. Over the years, more than 2,000 health care professionals from Wyoming obtained their degree as a PSEP student and saved big on tuition. PSEP applicants also gain preferential admission in some highly competitive programs. PSEP graduates in most of the healthcare fields must return to Wyoming and practice for several years, but they’re happy to oblige. Depending on your field of study, count on saving between \$36,000 and \$130,000 on your degree.

501,750 tuition bills. Depending on where you're from and where you want to enroll, earning your degree may cost about the same and sometimes less than what you would have paid if you had studied in your home state.

Community colleges and universities like WUE just as much as students and families do. It helps them achieve their enrollment goals on several levels. The savings can entice students to enroll in difficult-to-fill majors. They can also elect to offer the WUE discounted tuition to only the most academically qualified applicants, to attract the brightest students in the region, which also boosts their graduation and retention rates. WUE also helps them diversify their student body; the more regional and ethnically diverse their students are, the richer the learning experience for all. Some institutions also use WUE to attract academically quali-

fied athletes in the region. Some graduates will probably remain in the state where they received their degree, and become part of the local workforce. For growing states, this is a plus.

WUE is a great option for Wyoming residents whose major is not offered in-state, or for students looking to experience a new environment during their college years. This year, 1,180 Wyoming students are studying in other WICHE states and are saving \$5.7 million on their tuition bills for the academic year.

Interested in exploring your options? Here are some tips on how to proceed. And remember, prospective students must apply for the WUE discounted rate at the same time they apply for admission. The WUE rate is never guaranteed. Students must request it and meet the enrolling institution's requirements. Here are a few simple guidelines:

1. Make sure your major is

eligible for the WUE discount at the WUE institution where you're applying. Some high demand majors are excluded. To find out, check your dream institution's WUE profile. Remember, if you change to a non-eligible major, the institution will charge you full nonresident tuition.

2. Read the participating institution's WUE eligibility requirements (GPA and ACT or SAT scores). About 20 percent of WUE institutions offer the reduced rate to only highly qualified applicants.

3. Apply directly to the institution where you want to enroll, and apply as early as possible. Check the institution's WUE application deadline. An early application will increase your chances if you meet all of the other qualifications where you want to enroll. Some institutions limit the number of WUE discounts that they will offer to

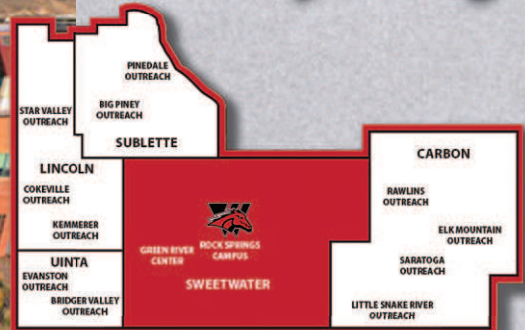
new students each fall.

4. If you're awarded the WUE discounted tuition rate, be ready to study hard and finish your bachelor's degree within four years. Most institutions limit the number of semesters that they will give you the discounted rate. Community colleges may also set a two-year limit for full-time students. WUE is for students who want to complete a full degree; it is not designed for a semester or one-year study experience.

For specific questions about admissions requirements, contact the enrolling institution directly. If you have general questions about the program after reading the FAQ, contact WICHE staff at info-sep@wiche.edu 303.541.0270.

Margo Colancia is the director of student exchange for the Western Interstate Commission for Higher Education.

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Sticking to a budget

Maintaining a spending plan now can also help you reach goals later in life

GREEN SHOOT MEDIA

The college years are usually lean financially so sticking to a budget is essential. Doing so will not only keep you in the financial black but will teach you the lessons you'll need when you start a new job, buy a house and start a family. Basic budgeting principles like saving as much money as you can and never spending more than you earn are critical to your financial health. And college is the perfect time to learn about these concepts.



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BUDGET BENEFITS

Making a budget and following through with it is part of being a responsible college student. It may seem mundane, but don't underestimate how important it is to your success in life.

Disciplining yourself financially now will lead to more prosperity in your future. Students who scoff at the idea usually go on to make classic financial mistakes. Those mistakes can take years to fix – leaving you on the wrong side of the track before even getting your adult life started.

CREATING A BUDGET

The first step is to create a personal budget that allows you to quickly and easily see your financial information. This will include how much you spend, how much you earn, what your profit or loss is, and how much more you need to earn to turn a loss into a profit.

It doesn't take much time either, so start today with a piece of paper and a pencil. Sit down and write out this information so you can see it clearly. Set personal budget goals and keep track of them on paper. These goals can get lost in our heads sometimes as we balance homework and social responsibilities, so having a written list helps.

INCOME AND EXPENSE

Before you can have a budget, you need an income. The first step to creating a personal budget is to write down that estimated income for the next year and then divide by 12 to find your monthly allowance.

The income might come from a job, internship, gifts or money from your parents. Whatever the source, track it to the penny to maximize your savings and minimize your spending.

Next to your income, write down your expenses. These can be costs for rent, car payments, internet bills and food. Subtract your expenses from your budget to find out what you have left for saving and other spending. Keep this number in mind as you shop for new clothes, books or other entertainment.

Be aware that a budget will change as your life does, so regular updating is crucial. To keep your budget in check, differentiate between your "needs" and "wants." Food and shelter should always outweigh discretionary "wants" that can take major hits out of your income.





FILE, STAR-TRIBUNE

Daniel Humphrey shelves books Jan. 13 while working in the University of Wyoming's Coe Library over winter break.

Becoming a student worker has benefits

GREEN SHOOT MEDIA

Some students need additional financial aid, and a student worker position provides additional benefits. Working on campus can build

relationships and teach you about responsibility.

Many departments within your college offer student worker positions, so choose one that interests

you. If you're a fish and wildlife major, consider securing a part-time student worker role working in the fisheries department. If you're a journalism major, there

may be student worker positions on the campus newspaper or writing opportunities within the English department.

The key is finding a role that not

only helps pay the bills, but enhances your knowledge of your subject of interest. This can give you a leg up on the competition as you leave college for the workforce.

The process

Some students are low-income and need financial assistance in order to afford college. The first step is to apply for federal student aid. Filling out a Federal Application for Student Aide (FAFSA) is easy and only requires some basic information.

If the student qualifies, they can receive Pell grants and other state grants and can then be considered for a student work position. There is actually a federal allotment that goes towards a student work position.

Your next step is to call or go to your college's career services center. They are the job experts at the college and their staff will help you develop a resume, interview for positions, fill out applications and get linked up with with the department that is in alignment with your career path.

Work experience

The benefits of a student worker position are many. The student is only allowed to work a certain amount of hours, so that they can also go to class and fulfill their new job requirements. A lot of outside jobs interfere with a college schedule and overwork the student, so an internal student worker position is the preferred avenue for many students.

A student work position will provide entry level skills and work experience, and can also help build a solid foundation of successful employment history on your resume.

A student worker's boss and co-workers can give positive employee recommendations, and can become solid work references for future opportunities.

As you move along in college, other opportunities will appear. Graduate assistant positions are available for master's level and above. Internships come into play too and some of them pay solid rates for your work. Keep your eyes open to the various options on your campus and help prepare yourself for the competitive workforce.

Enjoy your newfound freedom responsibly

Walking this fine line takes critical thinking, planning

GREEN SHOOT MEDIA

For many students, college represents complete freedom for the first time, yet they also must learn maturity and responsibility. Toeing the line between these goals takes sensible decision-making and planning.

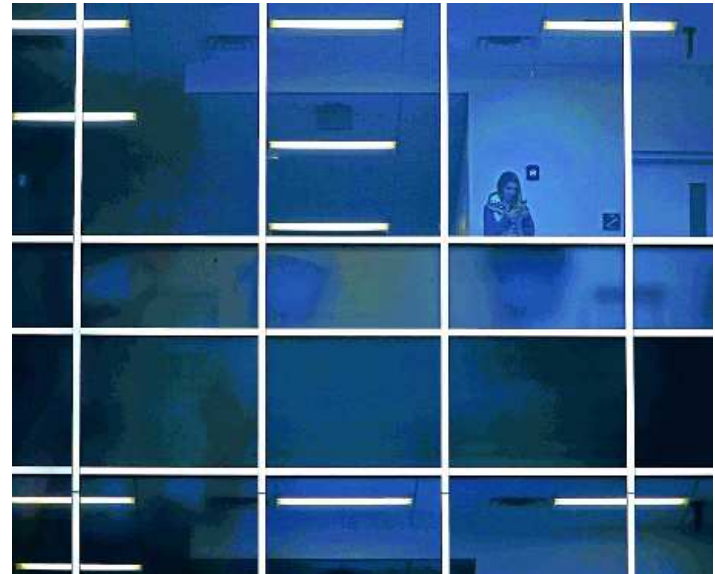
Especially if you are away from home for the first time, this freedom can be both exciting and overwhelming. The key to balancing fun and responsibilities is realizing that college is like a job. You are held responsible for your actions, and mistakes come with consequences.

Surround yourself with the right people and use common sense when making daily decisions. Remember that a lot of people are counting on you to complete your degree in a timely fashion.

Risk management

Freedom means students get to make their own rules and are in complete control of their lives. That is a good thing if the student makes wise choices, but the nightly news tells us the stories of excesses in every level of living in colleges and university. A lot of these behaviors are dangerous and unhealthy.

From dangerous drinking-and-driving accidents to sexual misconduct, there are many issues that have no place on a college campus. Some behind-the-scenes decisions that can have negative implications on a student's life can include skipping class, unwise spending



DAN CEPEDA, STAR-TRIBUNE

A lone figure is seen in the windows of the student union on an overcast afternoon Jan. 20, 2016, at Casper College.

and unhealthy eating.

Many students can trip coming out of the gate, putting them on an unfortunate course that can take years to correct. This underscores the importance of following common-sense principles when it comes to making decisions, and leaning on a strong support network of family and friends to keep you on the right track.

Good choices

A student's first taste of adult freedom should come fully loaded with the realization of the facts of life. Adult college life has responsibilities such as financial decision-making,

good self-care, making good grades and healthy social participation.

In a recent survey of more than 600 college students conducted by Student Health 101, 94 percent of students said they had to learn to take more responsibility for themselves during college, and 72 percent said their academics suffered because they spent too much time doing other things. Minor mistakes are common and almost expected from college students.

The key is not participating in activities that can have long-term impacts that leave you regretful for years to come.

To stay on top of studies, try tutoring

It's a support system aimed at helping you succeed academically

GREEN SHOOT MEDIA

Colleges provide a variety of tutoring services to help students free of charge. This can help you keep up on your coursework and stay ahead of new concepts. And considering all of the balls you are trying to juggle as a college student, every little bit of help is critical to your success.

There are many different types of tutors, including college-provided ones that may not cost you any money. There are also professional services offered by private companies that can help you with the learning experience.

Chat with your parents, college advisor and any other mentors in your life to find out if tutoring is right for you. If you're struggling to keep up with your coursework, it may be exactly what you need to succeed.

Kinds of tutoring

Tutoring is a resource that needs to be considered as a student enters college for the first time. This is a support system geared toward student success. In general, there are two types of tutoring available at college: Help-room and one-on-one.

Help-room tutoring is for for walk-in students. These programs are generally available during normal office hours of operation at the college. They are less formal, and



FILE, STAR-TRIBUNE

Austin Dudley helps Joanna York with an accelerated pre-calculus and trigonometry course last year at the Casper College Math Learning Center.

student tutors are employed to assist in classes that they have passed successfully. This is efficient for specific challenges that students are facing in the classroom.

More specialized tutoring is available in one-on-one sessions. These opportunities are available by appointment only and offer students individualized attention. There is limited availability for many of these tutoring programs so sign up early to take advantage.

Free online tutoring may also be available through some colleges,

although working hands-on in the same room with a tutor is generally preferred to ensure full retention and collaboration.

Subjects

Tutoring services are available for a variety of subjects. Almost every major requires core courses in addition to their specific major classes and electives. These classes can be tough.

Tutoring is sought often in college-level math classes, which can seemingly jump to a new level of

complexity compared to general high school math.

Math concepts generally build on previous chapters, so students can easily get behind and lost on new subjects. Some students actually develop anxiety about math, so don't be afraid to reach out for tutoring assistance.

College-level English and biology are also classes that can be difficult for college students to master. Tutors can help in all areas of these subjects, including studying, research, writing and comprehension.

Dual credit courses can be helpful for college prep

GREEN SHOOT MEDIA

There is a new standard when it comes to high school students preparing for college, and it comes in the form of dual-credit coursework. Many high schools, universities and community colleges have formed partnerships that allow a high school junior or senior to simultaneously earn college credit and high school credit for a particular course.

This can give students a big leg up on their general coursework degree requirements — before ever leaving high school.

College prep

Preparing for college can be an intimidating experience for high school students. Dual-credit courses help ease the transition, giving students a taste of college while still in their high school comfort zone.

If you're a high school student considering taking dual-credit courses, assess whether or not you have the time, energy, stamina and desire to take on college-level work first. Check with your high school advisor and college to see if there are dual-credit

opportunities available and what they entail.

Dual credit

Dual credit classes have standards that must be met. These are not pre-college or preparatory courses but college-level courses, so not all students will up to the task.

Most dual-credit programs are open only to juniors and seniors in high school, and typically students must maintain a certain cumulative GPA.

College courses offered for dual credit aren't all necessarily taught on college campuses; some may be offered in the comfort of your own high school by credentialed instructors.

The high school class must be identical to the one offered at the college. In other words, it will be

challenging and take a student to a new level of learning.

What kind of courses

The National Center for Educational Statistics reports that 76 percent of all high schools reported students taking dual credit courses with an academic focus. About 50 percent of all high schools report that students take dual credit courses with a career and technical/vocational focus.

Here are some of the courses that may be included in your school's dual-credit curriculum: literature, engineering, history, math, music, automotive service technology, computer applications, early education and more. Reach out to your high school office today to find out which courses you're eligible to take and get started on your college career today.



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JENNA VONHOFE, STAR-TRIBUNE

Marissa Brammer, a third-year business administration major, and Robert Berlin, a freshman engineering major, filter their chemical mixture of sodium hydroxide during their basic chemistry class last year in the Wold Physical Science building at Casper College.

CAMPUS LIFE

IN PICTURES



DAN CEPEDA, STAR-TRIBUNE

Samuel Mittleider studies on the fourth floor of the University of Wyoming at the Casper College Outreach Building.



DAN CEPEDA, STAR-TRIBUNE

Casper College renewable energy student Daniel Miller walks up to the Gateway Building before class.



DAN CEPEDA, STAR-TRIBUNE

Freshman Alex Lewallen pets therapy dog Annie last year at the Goodstein Foundation Library at Casper College. Annie visited along with therapy dog handler Charlene Bogel to help students relax during final exams.



JENNA VONHOFE, STAR-TRIBUNE

People meander through the University of Wyoming commons area during winter break.



Students facing hardships can still pursue degrees

GREEN SHOOT MEDIA

College can be tough, especially for students facing additional hardships. Fortunately, most college campuses have programs in place to help these students pursue their degrees.

Many students have physical disabilities that make it more difficult to get around campus. Learning disabilities also can have an impact on a student's ability to obtain and retain new information.

Non-traditional students

Non-traditional students are generally older than the average college student. Their numbers

are increasing in the population of most colleges, as many adults return to school to better their careers and earning potential.

Some of these students haven't been to school for years, making for a difficult transition, especially if they haven't come on board with technology.

Low-income students

A student's financial background also comes into play in the college experience. Low-income students are disadvantaged in the sense that they may not be able to afford many of the basics required to gain a college degree.

According to WhiteHouse.gov, low-income students often lack the guidance and support they need to prepare for college, apply to the best-fit schools, apply for financial aid, enroll and persist in their studies, and ultimately graduate.

Resources

College campuses have a variety of resources available to students, and some are especially important to the disadvantaged student. Many have built student success centers for this purpose. Embedded in these centers are general and specialized services

for disabled and disadvantaged students.

Your school will probably require you to provide documentation of a current physical or learning disability and need for academic adjustment. As a student with a disability, you need to be well-informed about your rights and responsibilities, as well as the requirements colleges must follow.

For low-income students, there are many financial aid and low-interest student loan options available. Explore options with your admissions department or college adviser.



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