



COLLEGE BOUND

**Planning your future? Deciding on a college?
Wondering whether a technical school or a
university is the right choice for you?**

2024



Supplement to: McLean County Independent, The Leader-News,
Central McLean News-Journal, Center Republican, The Beacon and Hazen Star

MAYVILLE STATE UNIVERSITY

Make it Mayville State! Whether you're just getting started or finalizing your choice, you have goals. We have options ... on-campus and online ... and we'll guide you every step of the way. Our helpful enrollment specialists make it easy!

Mayville State University offers top-quality education, legendary personal service, and much more for an outstanding value. The MSU campus is located in the heart of the Red River Valley, between Grand Forks and Fargo, N.D. At Mayville State, students have the opportunity to pursue a wide range of interesting and valuable academic offerings, and they receive the attention and direction they expect and deserve from their instructors.

Student success is the number one priority at Mayville State. On-campus and online students alike will find helpful and supportive faculty and staff who are willing and able to help. Academic and student support services are available to all students.

The cost to attend Mayville State University is very affordable. Financial aid is available, along with opportunities to earn scholarships. Check out exciting new scholarship opportunities available for new first-time and transfer students at www.mayvillestate.edu/scholarships!

Mayville State offers 80+ majors, minors, and program opportunities. Students may explore opportunities in nursing, agribusiness, accounting, teacher education,



and allied health, and more. Whether you wish to pursue a career as an educator or a medical professional, or you are interested in a wide variety of other career paths, Mayville State has exciting degree programs for you, and you can study online or on campus, whatever works best for you!

For information about Mayville State University, call 800-437-4104 or go to www.mayvillestate.edu/MakeItMayville. Search Make it Mayville today! Your success starts here!

A large advertisement for Mayville State University. On the left, a dark blue vertical banner contains the Mayville State University logo (a stylized 'M' and 'S' shape) and the text 'Mayville State University' in white. Below the logo, the text 'MAKE IT MAYVILLE STATE!' is written in large, bold, white capital letters. Underneath, it says 'There's still time to apply for Fall 2024.' followed by 'Exciting scholarship opportunities for new first-year and transfer students!' and 'As a student, you'll enjoy affordable and flexible online and on-campus options enhanced with the personal service you deserve.' At the bottom of the banner is the website 'mayvillestate.edu' in white. To the right of the banner is a photograph of a smiling young woman with long blonde hair, wearing a light blue sweatshirt with 'MAYVILLE STATE' on it and a black backpack. In the top right corner of the photograph is a QR code.

Variables to consider when deciding where to apply

Students' college decisions are among the most significant choices they will make over the course of their lifetimes. Many students lay the foundations for rewarding careers during college, and the friendships formed during university years often last a lifetime.

Students cannot utilize a magic formula to ensure they choose the right college or university. However, on-campus visits and discussions with current and former students can provide invaluable insight into what life is like at a given college or university. In addition, students and their families can consider a host of variables as they try to decide where to apply for college.

- **Cost:** The high cost of college is well documented, but prices vary significantly. According to the Trends in College Pricing 2023 report from the College Board, the average cost of tuition and fees at a public, four-year, in-state school was \$11,260 in the 2022-23 school year. The average cost of tuition and fees at a private, nonprofit, four-year school during that same academic year was \$41,540. That's a price difference of more than \$30,000 annually. Many students borrow money to finance their college educations, and high schoolers must consider the amount of debt they're willing to take on when making this pivotal life decision.

- **Campus life:** The atmosphere on and around campus is another variable to consider when deciding where to apply to college. College is the first taste of independence many young people experience. Though students are often excited by that prospect, it's important to recognize that the atmosphere on campus will go a long way toward determining how enjoyable life at a given college or university may be. For example, students who are looking forward to living on campus may not find that transition as enjoyable if a school has more commuter students than resident students. In addition, some students may prefer an insulated college environment, while others may be looking for opportunities to engage in city life that goes beyond campus activities. Students can identify what they want out of campus life and then choose schools based on how closely their environments align with those priorities.

- **Curriculum:** Curriculum merits ample consideration,



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even among students who are uncertain about what they want to study. For those who know what they want to study, arrange to speak with department faculty and current students when visiting the campus to identify if a given program aligns with your academic interests. Curriculums are designed differently at each university, so programs under the same major can be vastly different from one school to the next. Students who are not sure what they want to study can look for colleges and universities that offer a wide range of majors, minors and concentrations.

- **Reputation:** A school's reputation is another factor that merits consideration. Reputation is a somewhat fluid variable, and it's not always the best barometer to use when assessing a college or university. However, if a school has an especially strong reputation among businesses and professionals in the field a student hopes to enter, then this can be a crucial variable when deciding where to apply.

These are just a handful of the variables students and their families can consider as they try to decide where young men and women will end up during the next phase of their academic journeys.

Narrow down your college choices

- **Employ the "match," "reach" and "safety" formula.** A match school is one you're likely to get into. A reach school is one that is more selective and could be a bit of stretch for acceptance. A safety school is one that's likely a guaranteed acceptance. Choosing around three to four matches, two safeties and at least one reach is a good cut-off.

- **Decide where you "don't" want to go.** Maybe you don't like the hot weather, so certain southern schools may be out. If you do not like large lecture halls, schools with a huge student population and large classes can be eliminated.

- **Consider cost.** Before applying to schools, thoroughly research all costs. Compare them to what the expected family contribution will be, and approximately how much aid money can be expected from each school.

- **Course of study is a major consideration.** Eliminate any school that doesn't offer your intended major. Eliminate schools that do not offer the courses you desire.

- **Rate the campus.** Visit as many schools as you can in person. First-hand impressions are important considering this is where you'll be spending time for the next four years.



Are you ready to embark on an extraordinary academic journey that will shape your future?

**LOOK NO FURTHER THAN DICKINSON STATE UNIVERSITY,
WHERE EXCELLENCE MEETS OPPORTUNITY!**

Nestled in the heart of the picturesque Badlands of North Dakota, Dickinson State University offers a unique blend of academics, personalized attention, and a vibrant campus community. Whether you are a prospective freshman, a transfer student, or a graduate student seeking to advance your career, DSU has something to offer.

QUALITY ACADEMICS: At DSU, you will be guided by dedicated faculty who are experts in their fields, committed to your success, and passionate about teaching. Our diverse range of programs span various disciplines, including business, education, nursing, science, welding, diesel technology, and more. With small class sizes and hands-on learning experiences, you will receive the individualized attention you need to thrive academically. Can't attend in person? No problem! Dickinson State University offers programming online.

A WELCOMING CAMPUS COMMUNITY: Beyond the classroom, DSU offers a vibrant campus community where you will forge lifelong friendships while having the opportunity to participate in exciting extracurricular activities, including NAIA athletics and more. From student clubs and organizations to intramural sports and community service opportunities, there is always something happening on campus to enrich your college experience and make memories that will last a lifetime.

PERSONALIZED SUPPORT SERVICES: At DSU, we understand that every student is unique, with their own strengths, challenges, and aspirations. That is why we offer a comprehensive range of support services to help you succeed both inside and outside the classroom. From academic advising and tutoring to career counseling and wellness resources, we are here to support you every step of the way on your academic journey.

ENDLESS OUTDOOR ADVENTURES: Located amidst the stunning natural beauty of the North Dakota Badlands, DSU offers opportunities for outdoor exploration and adventure. Whether you are hiking along scenic trails, exploring historic sites, or enjoying recreational activities like camping, fishing, or skiing, you will find prospects to recharge and rejuvenate in the great outdoors right at your doorstep.

A BRIGHT FUTURE: When you choose Dickinson State University, you are not just choosing a college – you are choosing a pathway to a brighter future filled with endless possibilities. With a strong reputation for academic excellence, a supportive campus community, and a stunning natural setting, DSU is the perfect place to launch your next adventure and make your mark on the world.

Don't wait any longer to begin your academic adventure – join us at Dickinson State University and let your journey to success begin today! Visit our website at dickinsonstate.edu to learn more and start your application process.

Your adventure starts here!

Dickinson, ND | dickinsonstate.edu | (701) 502-4390

DICKINSON STATE UNIVERSITY

Your adventure starts here!

1453 TOTAL ENROLLMENT

13:1 STUDENT TO FACULTY RATIO

30+ CLUBS AND ORGANIZATIONS

80+ ACADEMIC PROGRAMS

data as of fall 2024

APPLY NOW!

dickinsonstate.edu/apply



Master the college essay with these tips

Aspiring college students can expect to do a lot of writing as they travel down the path to college admissions. Many schools require applicants to submit an essay or personal statement. Some schools may have an entire list of separate writing prompts that need to be answered. For example, Princeton University requires five supplemental pieces of writing: one of up to 500 words, one that is up to 250 words, and three short responses of up to 50 words, in addition to an essay that is a mandatory component of the standard application. Princeton also requires applicants submit a graded written paper.

It is never too early for high school students to begin thinking about the college essay experience and start formulating ideas about topics they would like to cover. A vast array of schools utilize the Common Application to receive student applications. The Common Application offers a full set of essay prompts (which remained unchanged for the 2023-2024 academic year) to spark thought. An example of one prompt was: “Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?” Students also have the option to share an essay of their choice.

Essay writing is important. The essay should be original and genuine, and applicants can use it to share their voice. Some additional essay-writing tips also can help students stand out.

- **Choose a topic that is consistent with your authentic self.** Select a topic that is consequential and shares much about who you are as a person.
- **Avoid line after line that seems pulled out of a thesaurus.** Rather, choose words you might use in general conversation.
- **Write about something that is important to you that had a meaningful impact on your life.**
- **Making an admissions officer laugh is a rare feat,** and it’s generally best to avoid using one-liners or clichés when writing an admissions essay. However, those who



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feel that levity is needed and humor indicates who they are as a person can weave it in carefully.

- **The essay is not a place to list your awards and accomplishments,** particularly if they are mentioned elsewhere on the application.
- **Write a strong opening that draws in the reader.** Many admissions personnel are reading scores of essays per day. To ensure they get through yours, you’ll need to command their attention.
- **Answer the prompt accordingly.** Avoid incorporating previously written pieces into what the essay prompt is asking. Start fresh on each prompt.
- **Always proofread and edit, then do it again.** Colleges want to see that you can write and that you have command of spelling and grammar.
- **Make sure you stick to the recommended length.**

Essay writing is something that high school students will do with greater frequency as they begin applying to college.

Tips for incoming college freshmen.....

1. Go to class
2. Do your laundry on weekdays
3. Take your bike
4. Join clubs
5. Get to know your professors
6. Actively develop the habit of working ahead
7. Keep scouting for scholarships
9. Use the resources you’re paying for
10. Seek out your adviser
11. Make a weekly schedule
12. Be candid with your roommate(s)
13. Make sure you’re feeding your body healthy fuels and exercise
14. Pay a bit towards your student loans
15. Consider a small part-time job, especially in your field
16. Take your keys anytime you leave your dorm room
17. Know your procrastination triggers
18. Find a favorite study nook
19. Get to know the dining hall options
20. Call home
21. Don’t give up on the classes you want
22. If you’re undecided, reach out to career services
23. Shower shoes (trust us on this)
24. Eye masks, ear plugs, and fans
25. Map out your classes before the first day of school
26. Comparison shop for your books
27. Read the syllabus and put important dates in your calendar immediately
28. Scope out next year’s living situation

NORTH DAKOTA STATE COLLEGE OF SCIENCE



North Dakota State College of Science – The Smarter Way to College

What to kick-start your future in a place that's all about you? Then explore North Dakota State College of Science (NDSCS) – where college life is designed for you to thrive academically, socially, and athletically. Let's take a closer look at what makes NDSCS the smarter way to college!

Academic Excellence and Diversity

NDSCS is not your average college; it's a hub of opportunity with over 100 career pathways covering fields like agriculture, manufacturing, health sciences, transportation, construction, and liberal arts. Imagine gaining hands-on experience through labs, workshops, and real-world projects, all in just two years! Our small class sizes and dedicated faculty ensure you get the personalized attention and support you need.

But it doesn't stop there – NDSCS celebrates diversity! Students from all walks of life come together in our vibrant community to learn, grow, and forge connections that last a lifetime.

A Vibrant Student Life

Who says college life is all work and no play? NDSCS offers a variety of activities and organizations for everyone. From athletic teams and fitness facilities to cultural clubs and student government, there's something for every interest. Our commitment to creating a supportive and inclusive community is reflected in services like counseling, tutoring, and career guidance.

Living on campus opens the door to endless opportunities for friendships and lasting bonds. Once a Wildcat, always a Wildcat – that's our motto!

Athletics and Wellness

Sports enthusiasts, listen up! NDSCS is where the actions at. With six NJCAA athletic teams, intramural sports, and two competition teams in clay target shooting and Esports, there's no shortage of opportunities to stay active and healthy. Our state-of-the-art Wildcat Wellness Center, weight room, indoor track, and swimming pool make fitness convenient and enjoyable.

Affordable Education and Career Opportunities

Ready to get an affordable education? NDSCS maintains cost-effective tuition and fees, and offers over \$1 million in scholarships. Through scholarships, grants, and sponsorships, 74% of our degree-seeking students attend tuition-free over two years. On-campus employment opportunities provide flexibility to work and earn, contributing to your educational expenses.

Plus, NDSCS graduates are in high demand across various business sectors, with a 97% placement rate. Your investment in education will pay off as you enter the workforce or pursue additional education.

Convenient Options for Every Student

Life can be busy, and we get that. That's why we offer flexible options for attending classes – on-campus in Wahpeton, at our NDSCS-Fargo location, or online. Pursue your educational goals on your terms without sacrificing quality or convenience.

Explore the Possibilities at NDSCS

The Wildcat family is ready for you! Whether you're a high school student preparing for college or a working professional looking to advance your career, NDSCS is here to help you achieve your goals and set your future in motion. Learn more today at NDSCS.edu/Become-A-Wildcat.

Your journey at NDSCS awaits – where education meets opportunity!

THE *SMARTER* WAY TO COLLEGE

Explore the **100+ career pathways** at NDSCS and get the **full college experience** in **two years** for a **fraction of the cost** of a four-year university.

2

**YEARS
TO A DEGREE**

74%

**DEGREE-SEEKING
STUDENTS ATTEND
TUITION-FREE**

**OVER
\$1 MILLION
AVAILABLE IN
SCHOLARSHIPS**

3

LOCATIONS
Wahpeton, Fargo, Online

30+

**LIBERAL ARTS
TRANSFER OPTIONS**

100s

**OF SPONSORSHIP
OPPORTUNITIES**

9

**ON-CAMPUS
LIVING OPTIONS**

900+

**STUDENTS
LIVE ON CAMPUS**

250+

**STUDENT EVENTS
& ACTIVITIES**

2

**COMPETITION
TEAMS**
Clay Target & Esports

3

PERFORMING ARTS
Choir, Band & Theater

6

NJCAA TEAMS
Football, Volleyball,
Men's & Women's Basketball,
Baseball, Softball

NDSCS

NORTH DAKOTA STATE COLLEGE OF SCIENCE
WAHPETON | FARGO | ONLINE



SCHEDULE A VISIT

Plan an on-campus or
virtual visit at
NDSCS.edu/Visit



APPLY TODAY

at **NDSCS.edu/Apply**

Information based on 2023 NDSCS data.



NDSCS HAS OVER **100 CAREER PATHWAYS**

- Agriculture
- Architectural Modeling & Design Technology
- Auto Body Repair & Refinishing Technology
- Automotive Technology
- Building Construction Technology
- Business Management
- Caterpillar Dealer Service Technician
- Construction Management Technology
- Culinary Arts
- Dental Assisting & Dental Hygiene
- Diesel Technology
(General, Case IH, Komatsu)
- Electrical Technology
- Emergency Medical Services (EMS)
- Health Information
- Heating, Ventilating, Air Conditioning & Refrigeration Technology (HVAC/R)
- Information & Communications Technology
- John Deere Tech
- Land Surveying & Civil Engineering Technology
- Liberal Arts Transfer
- Mechanical Systems
- Nursing
- Occupational Therapy Assistant
- Pharmacy Technician
- Plumbing
- Powersports Technology
- Precision Agriculture Technician
- Precision Agronomy
- Precision Machining Technology
- Robotics, Automation & Mechatronics Technology
- Unmanned Aircraft Systems (UAS)
- Welding Technology

Learn at [NDSCS.edu/Academics](https://www.ndscs.edu/academics)

Tips to help students choose a college major

Millions of students attend college after high school. The Education Data Initiative says there were 18,939,568 people enrolled in colleges in the United States in 2023.

At some point in their pursuit of post-secondary education, students will need to choose a major. Choosing a major can be challenging for students who have various interests and/or did well in multiple subjects in high school. The good news is that once a major is chosen, it isn't set in stone. Many students change their majors as they are exposed to different coursework in college. Here are a few ideas for choosing a major.

- **Don't be pressured by family.** Some students simply choose "the family business" route and select the same school and major as one or both of their parents. Make this a well-informed choice that considers various aspects and not just what Mom or Dad do for a living.

- **Select a subject you enjoy.** You do not want to be slugging through the next four or more years of school studying topics that bore you. Avoid potential burnout by choosing a major that interests you and offers a future.

- **Research a related industry.** Investigate which jobs have higher rates of openings and compare other factors like earning potential. While the goal is not simply to select the major that will lead to a job with the highest earning potential, you should consider majors that will lead to jobs that are stable and offer growth potential. The U.S. Bureau of Labor Statistics is a good start for data. It currently lists wind turbine service technicians and nurse practitioners as the fastest-growing occupations.

- **Determine how rigorous coursework will be.** Some majors feature more rigorous coursework than others. If you know that marathon study sessions and lots of research or writing projects are going to lead to extensive stress, it is probably best to consider another course of study. Indiana University Bloomington determined the most difficult majors based on the average time students spent per week preparing included architecture,



When choosing a major, students should weigh various factors to find a course of study that suits their interests and career goals.

chemical engineering and aeronautical engineering. Public relations, communications and criminal justice were among the less demanding majors, though it's important to note that excelling in any course of study requires hard work and commitment.

- **Check in with your academic advisor.** Academic advisors can guide you by offering career assessment quizzes and going over your grades. Such assessments may reveal skills that align well with certain fields of study.

- **Delay the decision.** If you truly do not know what you want to study, enroll in school undeclared. This will give you a chance to explore some general education "core" classes and feel out a school before making a larger commitment. Typically colleges will require a declaration of major by the end of sophomore year to allow enough time for completing that major's required courses.

When choosing a major, students should weigh various factors to find a course of study that suits their interests and career goals.

6 Popular majors to choose from

1. **Business:** Almost one in five bachelor's degrees awarded in 2020-21 were in the field of business.

2. **Health professions:** This field accounted for 13 percent of all bachelor's degrees awarded in 2020-21. Common specializations include health sciences, health care administration, nursing, and sports medicine.

3. **Social sciences and history:** NCES data indicates nearly one in 10 students majored in a social science in 2020-21. This includes specializations such as history, political science and sociology.

4. **Engineering:** Demand for engineers is expected to rise in the coming decades, and that should bode well for the 126,000 students who earned bachelor's degrees in engineering in 2020-21.

5. **Biological and biomedical sciences:** Bachelor's degrees awarded in biological and biomedical sciences increased by 46 percent between the 2010-11 and 2020-21 school years.

6. **Psychology:** NCES data indicates degrees in psychology accounted for 6 percent of all bachelor's degrees awarded in 2020-21.

DAKOTA COLLEGE AT BOTTINEUA

Dakota College at Bottineau has been around almost as long as North Dakota itself. The state constitution, ratified in 1889, provided for a forestry school to help promote the growth of trees on the prairies. We opened our doors in 1906 as the North Dakota School of Forestry.

North Dakota's landscape has changed a lot since 1889, both physically and culturally. Our graduates helped bring about those changes. And Dakota College at Bottineau has changed, too --- so that we can prepare today's students to build the landscapes of the future.

While you may be attending Dakota College at Bottineau for a quality education and/or athletics, don't forget about participating in our Student Life programming. Your first years of college will be among the most memorable in your life, and we hope you have a blast while here at DCB. Our Student Life department, along with Resident Assistants, Head Residents, faculty and staff, all work together to plan lots of fun and diverse activities, events and intramurals for you to be a part of outside of class and practice.

Come cheer on the Lumberjacks and Ladyjacks at our home games! Catch a baseball or softball game in the Lumberyard, watch hockey at the Lumberdome, and root for our basketball and volleyball teams in the Woodshed! We like filling the stands with our students, and our teams love the support.

Stop into the Student Center for a wide variety of games, TV, events and socials. Our Student Center has a pool table, a ping pong table, a foosball table and an air hockey table. We have big screen TV's and a 140" projection screen, all with a full cable package and internet access! Grab some friends for movie night and chill out in the Student Theater just for students. Our Student Life team hosts different events and activities throughout the year in the Student Center for students. We have a wide variety of events; Grocery Bingo, Door Decorating Contests, Socials/Dances, Movie Nights, Painting Nights, crafting days, Dorm Wars competitive activities like Dodgeball, Human Foosball, Slip n' Slide Kickball and more. Plus we offer unique presentations from local organizations.

If you need a little more competition in your life, you'll like our Intramurals program. Each month students host a different Intramural sport for all students on campus to participate in! Come play Dodgeball, Cornhole, Badminton, Blackout Volleyball and more with your peers.

We want you to enjoy your time at DCB. Our Student Life Team promotes a safe and respectful environment for all students on campus. We offer a positive and welcoming atmosphere, in and inclusive community. Start small and go far at Dakota College at Bottineau.

START YOUR CAREER IN TWO YEARS OR LESS

Visit Dakota College at Botineau



Campus Tours available

Schedule:

www.dakotacollege.edu/visit



Considerations for senior citizens looking to go back to school

The picture of a traditional college student is one in his or her late teens or early 20s. However, a deeper look may reveal that college student demographics are more diverse than one might imagine. In fact, senior citizens can rest assured that if they plan to return to the classroom, they're likely to find students around their age.

According to the senior citizen resource Elder Guru, just over 0.3 percent of university students are over 65. Even though that is a low number in the grand scheme of things, it is an indication that seniors have a presence on college campuses. And that number is expected to rise. Universities are increasing efforts to include seniors as important parts of their student bodies. Here are some things seniors considering going back to school may want to know.

- **Incentives are available.** Many schools are looking to expand their elder student body populations by making it easier for them to go to school. That means seniors may be able to attend for little to no cost through tuition waivers and discounts. Speak with an admissions officer about your options.
- **Lay the foundation for a new career.** A survey from the Rand Corporation found that 39 percent of workers age 65 and older who were currently employed had previously retired at some point. Going back to school may provide a foundation for new skills that can make it easier to advance in a second career. Heading back to classes also can help people stay competitive in a current job.
- **Engage and socialize.** Going back to school provides seniors with an opportunity to engage with their peers and younger students. Returning to school may expose older adults to new experiences, technologies and



No matter what stage of life you are in, college can be for you.

customs they may otherwise never have enjoyed.

- **Embrace the excitement of a new environment and its challenges.** Heading back to college can be challenging, which is something seniors looking for mental stimulation may enjoy. Senior Finance Advisor reports that heading back to school and lifelong learning has been linked to better health, improved financial situations and even a reduced risk of dementia.
- **Staying informed.** Going back to school can enable seniors to stay technologically informed and learn about movements and other factors that are helping to shape the modern world.
Seniors have many reasons to return to the college classroom, and such a pursuit can pay numerous dividends.

Tips to set up an ideal study space

- **Isolate from interruptions.** you can train your brain to recognize this is a study area and you may immediately become more focused.
- **Keep only pertinent materials nearby.** It may be tempting to check your phone or watch videos or television if those devices are close to the study area
- **Focus on good lighting.** Avoid using computers in dimly lit rooms, as that may aggravate eye strain.
- **Aim for ergonomics and comfort.** Choose a chair that is supportive and keeps you seated in a neutral position.
- **Store supplies nearby.** A zippered pouch or a tote bag that contains all of your study materials can be kept within reach.
- **Keep a clock in view.** Setting deadlines and time constraints on study time can encourage focus.
- **Utilize noise effectively.** Some people need absolute quiet to study. Others appreciate some white noise or music to sharpen their focus. Identify what works for you and incorporate that into your study area.

College Checklist

- Laptop & tablet
- Noise-canceling headphones
- Phone chargers
- TV
- Cleaning Wipes
- A Coffeemaker
- A big lamp
- Quarters
- A mini toolkit
- A surplus of school and office supplies
- A really long TV cable
- A cozy, colorful rug
- Trash can & Trash liners
- An umbrella
- Twinkle lights and other decor
- Command hanging strips
- A pile of pillows and blankets
- A big calendar (desk or wall) in addition to your planner
- A backpack
- A water filter & waterbottles
- Flipflops for the shower
- Shower Caddy
- Air Freshener Spray
- Towels
- A Fan
- A flashlight and/or booklight
- A lapdesk
- Foam mattress topper
- Laundry sturdy hamper
- Laundry detergent
- Portable air purifier
- Bed risers
- Lock box for personal items
- Sitting bed pillow
- Hangers
- Refrigerator
- Blender or Magic Bullet
- Storage containers
- Swiffer floor cleaning kit
- Food-storage containers
- Chromecast or Fire stick
- Storage bins and/or an ottoman
- Velcro towel wrap and microfiber towel for hair
- Hand sanitizer
- Mini Vacuum
- Snacks
- Photo Grid
- Neon Sign
- Printer & Printer paper
- At least one big microwaveable bowl

How students can better manage their time

Many people have a lot of demands on their time. There are only so many hours in a day, which means that the sooner a person can develop strategies for managing his or her time efficiently and effectively, the more successful that person can be.

It can be especially important for students to explore ways to improve their time management skills early in their academic careers. Time management involves planning, and that includes allotting time for specific tasks. The following strategies can be useful for anyone looking to manage their time more effectively.

Establish a daily schedule

Staying the course may require a guideline detailing how you will spend your time. A good part of the day may be taken up by classes and assignments, but focusing on the other parts of the day also is key. Set up a plan for how you will treat each day. Block off specific times for exercise, meals, school, study, and any other responsibilities you have. Time blocking is a format by which you go through the moments of the day. You can block out by the hour or any amount of time you need.

Figure out where you're losing time

You need to know how you're currently spending your time before you can improve on time management strategies. Spend a few days jotting down a time log. This will help you determine if you're working efficiently or where you are losing time.

Make time for breaks

Burnout can occur when you work yourself too hard. That makes breaks an important part of time management. Breaks allow for time to call loved ones, text with friends, meditate, or engage in other activities unrelated to school. According to sleep researcher Nathaniel Kleitman, people's minds naturally crave breaks after 90 minutes of intense work. You may need breaks at different intervals. Learn to read your body's cues.

Break projects down

Many students avoid projects they feel are huge tasks. Breaking down the larger job into smaller ones can help students stay focused and reward progress. For example, if you need to write a 50-page research paper, make the first task finding source material, the next citing quotes and studies, and then resolve to write a set number of pages per day.

Schedule classes wisely

Some people are night owls while others thrive in the morning. Set up schedules so you're in class when you are at your most productive; otherwise, you could lag and waste time. This may not be possible for high school students, but colleges allow for more flexibility in scheduling.

Tips for dorm room and campus safety

Life on a college campus can be exciting, especially for freshmen enjoying their first taste of life away from home. As exciting as campus life can be, it also can be a bit nervewracking for students who have never before had to fend for themselves.

Administrators and security personnel work to make school environments as safe as possible, but incidents can happen on any campus. A recent report from Campus Safety and Security, there were 38,100 reported criminal offenses, including burglary and identity theft, on college campuses in the United States in 2017.

Students need not live in fear on campus, but embracing various safety measures can make life at school that much safer.

- **Hide or lock up valuables.** You never know what may catch the eye of a thief. Devices and cash are near the top of lists of most commonly stolen possessions, but a desperate student may steal notes or even expensive textbooks if he or she is struggling. Always close doors and lock dorm rooms when leaving. Keep valuables out of sight at school. Consider buying a dorm room safe and lock your locker at all times.

- **Prepare for emergencies.** Research the school's policies on emergency preparedness. Some have text alert systems for emergency situations like adverse weather conditions, while others have clear guidelines on what students should do if they feel threatened in any way. Participate in fire drills and learn the nearest exits and protocols for emergency evacuations.

- **Utilize the buddy system.** Most campuses are safe to move around, but it can't hurt to schedule certain classes, particularly if they take place after dark, with a friend so you can walk to and from classes together. Security experts say that elevators and stairwells are common places for assailants to target victims. If you ever feel uncomfortable, trust your instincts and err on the side of caution.

- **Install window alarms.** Many retailers sell battery-operated window alarms that can be adhered to windows.



Embracing various safety measures can make life on campus that much safer.

The alarms will activate if the window is opened or the glass breaks. These alarms can provide extra security even if your dorm room isn't on the ground floor.

- **Be alert when ridesharing.** The safety resource Safety.com says rideshare crimes are on the rise. Always identify your driver and vehicle before getting in and ask the driver to identify your name, as he or she will have it and your destination. Wait for the ride in a safe place, and try to avoid riding alone.

- **Maintain personal health.** Be sure to visit the doctor and stay current on necessary vaccinations, such as the one for meningococcal disease. The Centers for Disease Control and Prevention says the risk for meningococcal disease in college students is slightly higher than the risk in other teens and young adults who are not attending college. Other communicative diseases can spread more easily on campus as well.

Campus and dorm safety is multifaceted. Informed students can reduce their risk of being involved in accidents or being targeted by criminals.

Form & Function in your dorm room.....

- **Coordinate your vision.** Once you meet your roommate, discuss how you see the dorm room evolving.

- **Invest in high-quality linens and bedding.** HGTV recommends a duvet cover that can be swapped out to change the look of your bed when the mood strikes. Throw pillows and a throw blanket are ideal for lounging in style.

- **Opt for multi-use furniture.** Storage ottomans can keep belongings organized and also serve as extra seating for guests. A mirror behind your desk can serve as a vanity for getting ready when the shared bathroom is occupied.

- **Set aside a kitchen area.** While you may not be cooking a four-course meal inside your dorm room - and most schools limit which types of cooking can take place in dorm rooms - set up a kitchen station with some essentials. According to the storage and organizational company Spacewise, a rolling utility cart equipped with a coffee maker, small microwave, mini fridge, and some cube storage containers is the perfect place to have snacks and beverages at the ready.

- **Maximize storage.** Shelves over a bed, underbed storage, bedskirt organizers, closet caddies, and additional organizational gadgets can keep rooms tidy and functional

BISMARCK STATE COLLEGE

Bismarck State College's Great Plains Promise: Fueling Hands - On Learning and Academic Opportunity with Free Tuition

As a polytechnic institution, Bismarck State College (BSC) offers a college experience with hands-on learning at its core. Now, thanks to the BSC's Great Plains Promise, students have access to free tuition, eliminating financial barriers to their educational goals. Through practical education and financial accessibility, Bismarck State College strives to position itself as a place of inclusive learning and academic opportunity.

Representing a commitment to building North Dakota's workforce, the Great Plains Promise provides free tuition to eligible individuals during the 2024-25 academic year. For first-time freshman and transfer students with a combined household adjusted gross income (AGI) of \$80,000 or less, this program ensures that their first step to higher education begins on a foundation of financial security.

Families who may not qualify for the Great Plains Promise due to income are still encouraged to apply to BSC, fill out the FAFSA (Free Application for Federal Student Aid) and apply for BSC Scholarships. While families may not qualify for the Great Plains Promise tuition waiver, BSC offers many scholarships, waivers and funding options that are not income-based.

The Great Plains Promise tuition waiver program, available for the Fall 2024 and Spring 2025 semesters, is an example of BSC's dedication to fostering educational equity and opportunity. By covering any remaining tuition after all other eligible aid has been applied, the Great Plains Promise ensures that financial constraints do not stand in the way of academic success.

The benefits of attending BSC extend far beyond free tuition. As North Dakota's Polytechnic Institution, BSC is known for its hands-on learning experiences and cutting-edge programs tailored to meet the demands of an evolving workforce. With over 100 career pathways,

including certificates, associate and bachelor's degrees, students can explore different fields and take steps toward their career goals.

At the heart of BSC's educational model is its emphasis on practical, real-world learning. Through state-of-the-art facilities, industry partnerships and immersive learning opportunities, students gain the skills and expertise needed to thrive in today's competitive job market. Whether it's through internships, co-op programs, or research projects, BSC ensures that students will graduate with theoretical knowledge and real-world experience that sets them apart.

BSC's vibrant campus community offers a variety of extracurricular opportunities, from over 20 clubs and organizations to 12 plus intercollegiate athletic teams, including eSports and rodeo. Beyond the classroom, students can take part in the rich cultural and recreational offerings of the Bismarck-Mandan communities, from outdoor adventures to cultural events.

For prospective students and families, navigating the application process BSC and the Great Plains Promise is straightforward. By meeting eligibility criteria and completing the necessary applications, students can take advantage of the opportunity to pursue their educational goals without the burden of tuition fees. BSC's dedicated admissions team is on hand to provide guidance and support every step of the way, ensuring that no question goes unanswered.

Graduating with less debt doesn't mean sacrificing quality or opportunity. By providing free tuition through the Great Plains Promise and offering hands-on learning experiences, BSC is committed to growing North Dakota, the community and their graduates.

Learn more about the Great Plains Promise and find out if you qualify: bismarckstate.edu/GreatPlainsPromise

Tips for eating in college.....

- **Make smart choices in the dining hall.** Limit your desserts and go more for fruit based food.
- **Have healthy snacks in your dorm.** Popcorn, fruit, granola, nuts and so many other choices to choose from.
- **Opt for water.** Avoid soda, coffee, energy drinks, and many other sugary drinks. Add tea for flavor.
- **Eat superfoods that are low in price.** Veggies, peanut butter and oatmeal make a great swap and affordable.
- **Shop for groceries.** Use coupons, buy generic brand items, check out specials of the week.



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