



www.metro-college.com

Newsletter

Oct. 16—Oct. 29, 2017

Deadlines & Important Dates

Metro College

Oct. 16—Fall 2017 Student Agreement Signing and Book Reimbursement Deadline

JCTC

Oct. 1—Spring 2018 Registration begins

Nov. 22-24—Thanksgiving Holiday

Dec. 1—Last day to withdraw with instructor's signature and receive "W"/End of class work

Dec. 4-10—Finals Week

UofL

Oct. 20—Last day to withdraw

Nov. 3—Spring 2018 Registration begins

Nov. 22—26—Thanksgiving Holiday

Dec. 4—Last day of classes

Dec. 5—Reading Day

Dec. 6-12—Final Exams

Dec. 12—Degree Date

Dec. 15—Commencement

MC Information

CAPP Completion for Spring 2018

Time is running out to complete your CAPP requirements in order to sign your spring 2018 student agreement before Institutional closings at JCTC and UofL in December. The last day to complete a CAPP requirement at a JCTC MC Office will be Dec. 14 and the last day at UofL will be Dec. 21. Schedule your appointments now on your MyMC Page, to ensure you receive a convenient appointment time. Appointment availability in November and December will be less convenient for third-shift work schedules. Contact a student development counselor with any questions.

NOTE: Beginning Jan. 2 and running through Jan. 12, opportunities to complete CAPP requirements will be limited throughout the week and most will be offered on Fridays only by appointment at the MC Downtown office.

The 2018-19 FAFSA is Now Available

The 2018-19 FAFSA is now available to complete. Go to www.fafsa.gov submit your application today! Keep in mind that you will use 2017 income tax data for this application. Metro College students who have signed at least one student agreement, must have an official and complete FAFSA in order to sign student agreements. Be sure to monitor your Student Self-Service or ULink account to complete additional steps with the Financial Aid office to prevent a delay in signing your agreement.

Spring 2018 Student Agreement Information

Once you have registered for spring 2018 classes, come into one of the MC campus offices to sign your student agreement. Student agreements must be signed prior to your school's tuition deadline in order to receive tuition deferment.

JCTC Deadline: Jan. 5

UofL Deadline: Jan. 12

Be sure your 2017-18 FAFSA is official and complete with the Financial Aid at your school. Returning MC students with outstanding checklist items will not be able to sign. In addition, returning students must be current with CAPP requirements to sign. Contact a student development counselor for details.

Do You Know About the MC Online Career Guide Program?

Interested in connecting with industry professionals for career guidance? Whether you're seeking career advancement opportunities at UPS or desire career opportunities outside of UPS, one of the best ways to prepare for your next career goal is to gain insight from industry professionals. Connect with industry professionals in your career field for valuable career advice: Resume Review, LinkedIn Profile Review, and/or Career Portfolio Review. To learn more, log in to your MYMC page at www.metro-college.com or contact a Student Development Counselor.

MC Specific Campus Orientation Classes for Spring 2018 at JCTC

Are you planning to take a FYE105 class at JCTC during the spring semester? Then consider the MC-cohort class. This class will help you understand JCTC's resources, academic requirements, and services while providing customized content for MC students. The course at JCTC is offered as an 8-week, hybrid course: part in-person, part online.

Check Your MyMC Messages!

Have you logged on to your MyMC Page lately? Did you know we send you messages throughout the year that serve as reminders, provide information, and identify actions you need to take to receive MC benefits?

We encourage you to check your messages at least once a week throughout the year. Now is the time to review your messages to ensure you receive your MC benefits. In addition, if you have any questions about the MC program, school, or work, you can send a student development counselor a message through the "Ask A Counselor" section. The counselors can provide you with the correct information or refer you to the appropriate department or person. Responses will be provided within one business day.

Metropolitan College Spotlights



Alumni Spotlight: Kevin Kester

Written by Renecia Griffie Davis

(Kevin) Kester is an accomplished founding faculty member of the Endicott College of International Studies in Daejeon, South Korea, and an international consultant to United Nations agencies. Kester has always had an interest in global affairs and international travel; he has traveled to over 40 countries and every continent. “Thanks to UPS, I could see the world,” said Kester.

Kevin Kester grew up economically deprived in London, Kentucky, a small rural town with a population of 8,157 at the time of the 2016 U.S. census, and consequently began with Metropolitan College program in the summer of 1999 (early in the program’s inception) to access tuition-free post-secondary education. Kester worked third-shift at UPS for approximately four years while maintaining a full-time course load at the University of Louisville.

Through the Metropolitan College program, Kester earned his bachelor's degree in music theory and composition from the University of Louisville in May 2004. After graduating in 2004, Kester went on to attend one of the world’s most prestigious universities, Columbia University in New York, New York, where he received a postgraduate certificate in Education and Peace Studies (2006). Kester’s other notable scholastic achievements include: Master of Arts in Peace & Conflict Studies (2007) from the United Nations University in San Jose, Costa Rica; Master of Arts in Education and International Development (2010) from University of Toronto in Toronto, Canada; and a Doctor of Philosophy in Education, Conflict and Peacebuilding (2017) from the University of Cambridge in Cambridge, England.

Kester continues to recommend the Metropolitan College program to others struggling to find a way to pay for college.

When asked in what ways has the Metropolitan College program helped you to succeed professionally, Kester answered, “It solidified my perseverance. Working third-shift for four years of university, on top of studying full-time (and attending 8 a.m. courses my Freshman year) definitely helps to build character and personal resolve. This work ethic, and the ability to juggle multiple projects simultaneously has continued to assist me in my international work.”

To read the full article, written by Renecia Griffie Davis, visit <http://metro-college.com/features/kevin-kester>.



MC Spotlight: Alastair Smith

Written by Renecia Griffie Davis

The University of Louisville (UofL) senior Alastair Smith is an aspiring marketing student and member of the Kappa Sigma Fraternity, who is passionate about sales and community service.

“I came to the University of Louisville because I heard about the Metropolitan College program and I wanted to graduate college debt free.”

Smith graduated from Oldham County High School in May 2015 with 46 dual credits from Jefferson Community and Technical College (JCTC). He earned his associate’s degree from JCTC in August 2016 and will earn his bachelor’s degree in May 2018. “I am excited to see what opportunities I will get once I graduate in May 2018,” said Smith. Smith desires to work in the sales industry in a role working directly with customers and prospects to explain product benefits and features; while also negotiating prices to close the sale.

Smith shared that one of his greatest accomplishments in life thus far has been becoming a part-time supervisor at UPS. Smith was recently promoted from package handler to part-time front line supervisor at UPS where he manages a group of 19 union employees. His team monitors and sorts packages for quality and are tasked with reducing scanning errors and increasing timely deliveries. Smith has gained valuable practical experience while working at UPS and recognizes firsthand how management theories learned from his business courses apply to the workplace.

Smith is passionate about community service and prides himself in being a people person and leader. Through his fraternity chapter, Kappa Sigma Fraternity, Smith has enjoyed and served in numerous volunteer opportunities throughout the Louisville community. “I have especially enjoyed volunteering at Wesley House Community Services,” said Smith, a non-profit organization that serves to provide affordable child care to working parents along with a number of workforce development and computer education programs to help every individual experience life more abundantly. Another cause near and dear to Smith’s heart is the RaiseRED Dance Marathon, the largest student-run philanthropy event on UofL’s campus that fund raises year-round to support the children, families, and doctors fighting pediatric cancer.

Smith admits that it can be hard to balance school and work, but he believes whole-heartedly that you can achieve anything with a high degree of self-motivation. “I’ve learned if you want to be successful you have to persevere and push through the tough times,” said Smith.

The Metropolitan College program, Smith explains, has afforded him the opportunity to graduate college debt-free, and for that, Smith is forever grateful. “I have had an overall amazing college experience that wouldn’t be possible without the help of UPS/Metropolitan College,” said Smith.

To read the full article, written by Renecia Griffie Davis, visit <http://metro-college.com/features/mc-spotlight-alastair-smith>.



UofL Information

University Writing Center Open

The Writing Center is now open to serve all UofL students, faculty, and staff. Our consultants provide feedback on writing at any point of your writing process. Visit <http://louisville.edu/writingcenter> to schedule appointments, view the writing group schedules, and browse our writing resources.

Get Your Flu Shot Today!

Students, faculty, and staff can get free flu shots through UofL Campus Health Services now! Visit <http://louisville.edu/campushealth/services/flu-care-shots/flu-shot-schedule> for a schedule of times and locations and to download the consent form. Flu shots are also available on a walk-in basis at the Cardinal Station Center Clinic and the Health Sciences Center Clinic.

Cards Career Connection Powered by Handshake

Need a career counseling appointment? Looking for a federal work study position, internship, or job? The Career Development Center (CDC) introduces Cards Career Connection powered by Handshake to replace Cards CareerLink. The all-encompassing interactive web platform connects students and alumni with jobs, employers, and CDC staff members. Login today at <https://louisville.edu/career/cards-career-connection>.

Spring 2018 Registration is Coming!

Spring 2018 Registration begins **Nov. 3**. Now is the time to meet with your academic advisor to select the classes you need. Go to <http://louisville.edu/registrar/registration-information/pspring> to view the registration rotation schedule listed in alphabetical and classification order (i.e. freshmen, sophomore, junior, senior) to register as soon as possible.

Once you register for classes, come in and sign your student agreement. Keep in mind, all outstanding financial aid and/or CAPP requirements must be completed prior to signing.

Finance and Accounting Internship Opportunities at UPS

UPS Finance and Accounting currently has openings for internships. If interested, you will need your most current and updated resume to apply. Contact a Student Development Counselor to ensure your resume is formatted appropriately for these positions. Please keep the following in mind, intern positions are paid positions; the commitment is generally 1 year; and part-time and full-time positions may be available.

To apply, you can go to upsers.com and search for career opportunities or you can follow this [link](#), click on UPS internal job site and select Co-op/Intern.

For more direct communication, please reach out to Katina Barbee at 502-359-7869 or kbarbee@ups.com.

Graduating Cards, It's Time to Order Your Cap and Gowns

The ordering website is open for students to place an order for academic apparel for the December 2017 Commencement Ceremony. The deadline to order apparel is at **midnight, Tues., Oct. 31**. Graduation participants should visit the commencement website, <http://louisville.edu/commencement>, to place order and to view information on the ceremony.

UofL 2017 Pride Week, Oct. 25—Nov. 7

Come celebrate the 10th Anniversary of Pride Week at UofL and join the LGBT community for Pride Week 2017. Activities begin Oct. 25 with In Living Colored, tie dye event, at Community Park, National Pan-Hellenic Council suite from 6:00 p.m.—8:00 p.m. For a full schedule of events, go to <http://louisville.edu/lgbt/programs-1/pride-week-1>.

UofL Student Complaints

Students are encouraged to resolve complaints with the person or department with whom they have a dispute. However, should this approach fail or be inappropriate, students may submit written complaints through the online complaint form, at <http://louisville.edu/student/form/studentcomplaintform>. Once received, the complaints will be forwarded to the appropriate academic area or administrative unit for review. If you have questions regarding the process, please contact Samantha MacKenzie, Student Advocate at (502) 852-5787.

Living Away from Home for the First Time?

Living away from home for the first time? Feeling the freedom or already homesick? Make sure to get involved in campus activities. It's a way to build new friendships that may just fill that void if you miss your family. If you are experiencing overwhelming sadness being away from home, please contact the Counseling Center at 502-852-6585. If you're not sure how to get the help you may need, contact the Dean of Students Office at 502-852-5787 or dos@louisville.edu.

Cards Speak

Have you ever been concerned about a friend in crisis and not sure what to say to help them? Kognito At Risk is an online suicide prevention training program available for the UofL community. Kognito uses an interactive and visual format, allowing students to practice conversation skills in a safe environment. This training helps students promote mental health and prevent suicide. Anyone can complete the program 24/7. Learn more by visiting <https://louisville.edu/dos/facultystaff/kognito-online-training>.



JCTC Information

JCTC-DT Academic Success Workshops

The JCTC-DT Campus Library is offering free academic success workshops throughout the fall semester. All workshops take place on the 1st floor of the library.

Wed., Oct. 18, 12:00 p.m.

Do I Really Need to Write That Down? Tips for Notetaking

Wed., Oct. 25, 12:00 p.m.

What's Your Style?
General Study Tips

Wed., Nov. 8, 12:00 p.m.

Test Anxiety and General Test Taking Tips

Tues, Nov. 14, 12:00 p.m.

Test Anxiety and General Test Taking Tips

Wed., Nov. 15, 12:00 p.m.

Test Anxiety and General Test Taking Tips

JCTC Parking and Transportation Info

Have you requested your parking pass yet? Parking passes are \$25 each semester and will NOT be covered by your Metropolitan College benefits. You must request the pass on your Self-Service account. Instructions are posted on your MyMC Page.

Also beginning fall 2017, JCTC students, with a valid Student ID, will be able to ride TARC for free!

Spring 2018 Registration

As of Oct. 1, all currently enrolled students are able to register for spring 2018 classes. If you are not sure of what classes you need to take, visit the Advising Center on your campus. Visit https://jefferson.kctcs.edu/academics/advising_center/index.aspx for campus-specific hours and locations.

Once you register, come into the on-campus MC office to sign your spring agreement. Keep in mind, that any outstanding Financial Aid procedures and/or CAPP requirements must be completed prior to signing.

ULtra News

Cardinal Preview Day 2017, Sat., Oct. 21 from 10:00 a.m.—4:00 p.m.

Want to visit campus? Cardinal Preview Day is one of the best ways to learn if a school is right for you. Cardinal Preview Day gives you and your family an opportunity to explore our campus on a student-led tour, learn about financial aid and scholarships, attend academic open houses and an information fair, and check out a residence hall. Check in at the West Plaza in front of the Student Activities Center (SAC & Red Barn).

L.E.A.D.

L.E.A.D. stands for Leaders Exploring Advanced Degrees. This series of programs is designed to expose students to the realities of admission to graduate and professional programs at the University of Louisville. Each L.E.A.D. visit usually includes an admissions presentation and tour of facilities. Some programs may include a mock lecture and/or a student panel. Lunch with the program representatives is provided for an informal Q&A session. **All events are held from 10:00 a.m.—1:00 p.m.**

Upcoming L.E.A.D. visits:

Oct. 27—Business

Nov. 10—Law

Nov. 17—Education

To register, go to louisville.edu/ultra/lead.

Metroversity

Take a class at UofL through Metroversity. In order to take a class at UofL through Metroversity, you must attend a pre-advising session to ensure eligibility, be full-time JCTC student in good academic standing, meet a 2.0 GPA requirement for 200 level classes and a 3.0 GPA for 300 level classes, and complete all pre-requisites for UofL class. Priority Registration takes place Nov. 27—Dec. 1. Schedule an appointment with an ULtra advisor before Nov. 27 for pre-registration advising.

JCTC Tutoring Services

JCTC offers tutoring services at the Learning Commons and in each of its math labs. Tutoring services and hours vary by campus, so go to <http://jefferson.kctcs.libguides.com/free-tutoring> to learn more about this academic resource available to you.

Interested in becoming a tutor at JCTC? You must have received an "A" in ENG 102, MAT 150, BIO 112 or BIO 137; Obtain two professional recommendations, at least one from your professor; and have successfully completed at least one semester of college coursework at JCTC. Applications are accepted throughout the year at each campus Learning Commons. If an opening is available that meets your qualifications, you will be contacted for an interview. For more information, go to <http://jefferson.kctcs.libguides.com/free-tutoring/apply-to-tutor>.

Contact Us

Student Development Counselors:

MC On-campus offices

JCTC DT: 502-213-4520

JCTC SW: 502-213-7376

UofL: 502-852-2749

Available:

Mon./Thurs. 9 a.m.-5 p.m.

Tues./Wed. 9 a.m.-6 p.m.

HR Representatives- UPS:

502-247-1875

Available:

Mon.-Fri. 10 p.m. – 3 a.m.

UPS Support Staff:

Kim Saylor

Office: 213-4525

ksaylor@ups.com

Available: Mon.-Fri. 9 a.m.—5 p.m.

Earn & Learn

EDCOR questions: 1-800-850-5181

HRSC: 1-855-877-4772