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# Newsletter

Nov. 13—Nov. 26, 2017

## Deadlines & Important Dates

### **Metro College**

**Nov. 22—24**—CLOSED for Thanksgiving  
**Dec. 18—Jan. 1**—JCTC MC Offices CLOSED  
**Dec. 24—Jan. 1**—UofL MC Offices CLOSED

### **JCTC**

**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  
**Dec. 18 0 Jan. 1**—Campus CLOSED  
**Jan. 5**—Spring 2018 Tuition Deadline

### **UofL**

**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  
**Dec. 25—Jan. 1**—Campus CLOSED  
**Jan. 12**—Spring 2018 Tuition Deadline

## **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 offered on Fridays only by appointment at the MC Downtown office.**

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### **Complete the 2018-19 FAFSA Now**

The 2018-19 FAFSA is now available to complete. Go to [www.fafsa.gov](http://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.

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### **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.

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### **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](http://www.metro-college.com) or contact a student development counselor.

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### **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.

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### **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 Student 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

Do you have final papers to write for your classes? The Writing Center is 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.

### Academic Dishonesty Policy

Student Rights and Responsibilities Section 5: Academic dishonesty is prohibited at the University of Louisville. It is a serious offense because it diminishes the quality of scholarship, makes accurate evaluation of student progress impossible, and defrauds those in society who ultimately depend upon the knowledge and integrity of the institution and its students and faculty. For more information, <http://louisville.edu/dos/students/studentrightsandresponsibilities>.

### 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>.

### Have You Registered for Spring 2018 Yet?

Spring 2018 Registration began **Friday, 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](http://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](mailto:kbarbee@ups.com).

### Mindfulness Retreat with Health Promotion

Health Promotion is offering a mindfulness retreat on **Sat., Nov. 18 from 11:00 a.m.—3:15 p.m.** for only \$5! Are you looking to increase your capacity for mindful living: sleep better, less reactive, clear focus, and connection with purpose. Both beginners and those with meditation experience are welcome. It will include a healthy lunch and a chance to slow down during this busy holiday season. The event will be held at the Speed Art Museum. For additional call 502-852-1914.

### You're Invited to an Alternative Thanksgiving

The LGBT Center invites all students to join us for our annual Alternative Thanksgiving feast on **Tues., Nov. 21, at 7:00 p.m. in the Red Barn**. Come as-you-are to enjoy music, dancing, and all the comfort food you can eat! This potluck event only happens once a year—don't miss out. All are welcome!

### 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](mailto: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.

**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

**Tues., Nov. 28, 11:00 a.m.**

Research Tips

**Wed., Nov. 29, 12:00 p.m.**

Research 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

Have you registered for spring 2018 yet? 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](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.

### Prepare for Institutional Closings: Sign Your Agreement Now!

Due to institutional and holiday closings at JCTC, time is running out to sign your spring 2018 student agreement by the Jan. 5 tuition deadline. If you do not have a signed student agreement or have not made payment arrangements with the Bursar's office by Jan. 5, you will be dropped from your classes and will be responsible for paying late and reimbursement fees that may exceed \$150.

All JCTC Campuses will be closed Nov. 22-24 for Thanksgiving and Dec. 18—Jan. 1 for Winter Break. JCTC will re-open on Tues., Jan. 2.

### ULtra News

#### 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.**

#### 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:

**Feb. 2**—Engineering

**Feb. 23** – Public Health

To register, go to [louisville.edu/ultra/lead](http://louisville.edu/ultra/lead).

For more information on ULtra services and upcoming events, go to [louisville.edu/ultra](http://louisville.edu/ultra) or call 502-213-4538.

### 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.

### 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