



**I WILL ACHIEVE**

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**ARE YOU A SUCCESSFUL ONLINE STUDENT?**

There's no question that online classes are much different experience than in-person classes. If you want to be successful in your online classes, you're going to want to be sure you do the following:

1. Make sure you have all the required technology for your courses. This can mean anything from a computer, tablet or laptop to an e-book.
2. Organize your space. Create a learning space with all the supplies you need where you can comfortably learn while "in class."
3. Schedule your time appropriately. Be sure to schedule time for your classes (whether they are online on your own time or online live at a specific time), homework, job, exercise, personal time, etc.
4. Participate in the course. This can mean anything from asking questions, participating in discussion boards or leaving your camera on so your professor knows you're "in class."
5. Ask for help, attending online tutoring sessions and get assistance with technology if needed.
6. Take good notes, review course materials ahead of class, and try really hard not to skip any content. It may show up on a quiz or exam.

For best practices & helpful hints check out this link: <https://tinyurl.com/y6a8qvvo>



**HIGHER ED PROGRAM FUNDING DEADLINES**

Academic  
 Nov. 30, 2020 | April 30, 2021  
 \*June 30, 2021

Vocational  
 Oct. 31, 2020 | Jan. 31, 2021  
 April 30, 2021 | \*July 31, 2021

\*Denotes mandatory deadline for all students to reapply each year.



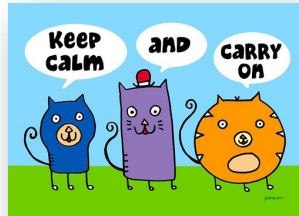
The beautiful thing about learning is nobody can take it away from you.  
— B.B. King

## REFRAMING WHEN FRUSTRATED

During these unprecedented times, it may seem as though you are feeling overwhelmed, unprepared and discouraged. There are a few different strategies you can practice to change your perspective and avoid the feeling of losing control. The first is to acknowledge that you have choices that range in size.

Secondly, make sure that you practice setting achievable goals every single day. Goals can range from committing to taking a 15-30 minute walk that day, meditating for five minutes or setting a deadline for a work project. Changing the way you think about situations can help switch you focus. Think glass half full mentality.

Stay positive using positive self-talk (ex: "I can handle this. I can deal with this without getting upset.") and use coping strategies to help calm down when dealing with stressful situations (try deep breaths or counting backwards from 100).



Next time you feel irritated, try to figure out the cause of your annoyance and use some of these strategies to both reframe and stay calm. [Check out the entire article here.](#)

## FAFSA: FREE APPLICATION FOR FEDERAL STUDENT AID

The FAFSA (Student Aid Report) is required of all Higher Education participants and must be submitted every year. [Complete the FAFSA Form here.](#)

## WEBINAR: A NEW APPROACH TO PAYING FOR COLLEGE | Wednesday, Oct. 14, 2-3 PM

Going to college is one of the most momentous occasions in a student's life; but as college costs continue to rise at nearly twice the rate of inflation, paying for college has become one of the greatest challenges. Graduates leaving with too much debt may be forced to delay saving for a house or starting a family. In this webinar, you'll learn a three-step process to assist families with how to shop for colleges that will provide the most financial aid based on the financial need of the family and/or the merit of the student. [Register here.](#)

## NIKE N7 2021 INTERNSHIP/SCHOLARSHIP

Nike N7 is looking for a student passionate about Native American culture and communities for a 2021 summer internship. Learn more [here](#) and [here](#).

## NATIVE PATHWAYS GUIDEBOOK

Check out Native Pathways Fall Education Calendar to learn more about the FAFSA, self-care, internships, and college fair opportunities. [Learn more here.](#)

**Orientation**  
WEDNESDAY, SEPT. 30 | 3PM  
LIVE facebook.com/saltriverschools  
Learn About  
Funding! Deadlines! And more!  
Advisors are here to help you navigate your higher education journey! This event will be recorded & available for later viewing.  
480-362-2500  
HE.SALTRIVERSCHOOLS.ORG

Did you miss our live **orientation** event? If so, check out the full video, featuring our amazing staff and great information about funding, deadlines, our Guided Pathways, and even a tour of our offices! [Click here to view the video and information we shared!](#)