

THE VALLEY COLLEGE ONLINE GAZETTE

Upcoming Events at the Valley Campuses!

- **Beckley Professional Make-Up Lessons:** Make-up artist coming in from Ulta Salon to give lessons on how to professionally do make-up and hair for interviews. April 6, 10am.
- **Beckley Job and Resource Fair:** April 7th, from 10am to 2pm
- **Beckley Career Development Guest Speaker:** Bonnie R. from MedExpress, April 14th at 10am
- **Princeton Job and Resource Fair:** April 20th, from 1pm to 3pm
- **Martinsburg Team at the March of Dimes' March for Babies:** April 23, 9am at War Memorial Park



**And Don't Forget:
Earth Day is on
April 22!**



Left: The Easter Bunny visits the Beckley campus!

Valley College Honor Roll

Congrats to these students on maintaining a GPA of 3.9 or higher during their program!

Kandy Alexander

Vicky Farmer

Kimberly Newman

Ashley Stilwell

Miranda Austin

Chasity Foster

Gloria Patrisso

Natascha Stull

Alicia Billups

Jessica Geris

Krista Pelphrey

Natosha VanDyne

Amanda Blankenship

Rex Hampton

Nina Ruppenthal

Ronald VanHorn

Keith Bowen

Stephanie Hill

Alivia Settle

Tammy Viands

Kara Croy

Heather Longerbeam

Tanya Shorter

Crystal Whittaker

Hope Dailey

Laura Mattern

Rebecca Stevens

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Time Management Tips from Your SSC

1. **Establish priorities:** Prioritize what needs to get done today and what can wait.
2. **Know yourself:** Schedule highest priority tasks when you do your best work. Morning person or night owl — know who you are.
3. **Be healthy:** Stress reduces performance. Eat healthy and get enough sleep.
4. **Build in flexibility:** Build slack into your schedule to help manage unforeseen obstacles. Life happens. Plan accordingly.
5. **Let the little things add up:** Don't wait for a big chunk of time to get things done. Small things can be accomplished in the spaces between other commitments.
6. **Know when it's survival time:** Midterms and tests are not time for moderation.
7. **Know when it's celebration time:** Celebrate milestones. Acknowledge a job well done.
8. **Compromise:** Occasionally, there will be not enough time to get things done the way you want. When those situations occur, trade in excellence for efficiency.

Attention all past or pending graduates: Step-Up Scholarship Increase!



Past or pending graduates: You are eligible for the Valley College Step-Up Scholarship!

This Scholarship allows you to **transfer your applicable credits** from your diploma into a degree program, as well as **give you \$2000 to \$4000** towards the cost of your program.

Contact your Admissions Team for a **free** credit evaluation!

Don't be a Fool
this April: Stay on
track!

Cheryl and Nick's Tech Corner

Are your eLecta videos skipping and making it hard to hear your instructor? Try clicking the "Use Catch-Up" box in the bottom-right hand corner of the eLecta window!

