Wow! Where has this semester gone? Mid-term is an academic reality check. Midterm grades serve different purposes for each individual student. For the most part, it is a great confirmation of how your hard work and use of successful study skills and techniques are working for you. For others, it serves as a time to re-evaluate your priorities, set goals and develop an academic success plan. In NOVA, your Peer Leader and NOVA Advisor are here to assist you.

We care about your success.

Congratulations to the NOVA Stars Registered Student Organization for being awarded University funds to support activities and social events. You can be involved in our student organization that is up and coming and offers a great way to meet new friends & connect to EKU. Check out the NOVA Stars!

The NOVA Stars had their informational in the McGregor basement to begin the semester. The organization (founded in Spring, 2009) is led by the President Jessica Miller along with Vice-President Meredith Veech, Treasurer Megan Shearer, Community Service Coordinators George Rothwell and Austin Clark, Corey Newsome and Tessa Osborne as Intramurals Chairs, and Secretary Aleana Yocum.

The NOVA stars hosted a Tie-Dye/Halloween party on October 25th in McGregor. New and old participants tie-dyed their new NOVA Stars t-shirts and really made it their own. This served as a fantastic opportunity to relieve some of that post midterm stress. We were happy to see everyone there. Thanks for coming, and look out for the next Stars event!
There was a Cupcake Social that took place October 24th: On the fourth floor by room 413 at 9PM which was also hosted by Jessica. There was a tie-dye event which was mentioned on the first page of the newsletter that had a fantastic turn out. There are so many new programs and opportunities to get involved with NOVA. Whether you like to dance or just hang out NOVA is a great way to get to know people and maybe make some life long friends in the process. So get a move on and become involved with NOVA!

Lexi Short has recently been selected to fill the position of student editor for the NOVA Star. She is a second year participant of NOVA and a sophomore at EKU. She is very excited to be a part of editing the newsletter. Lexi says, “I am thankful for this opportunity and I am anxious to get the ball rolling on this project. I love working so closely with the NOVA Team.” This will be the first of many newsletters to come this year for Lexi Short. If you have any advice or ideas for the newsletter feel free to contact her by e-mail at alexis_short22@mymail.eku.edu. You can also come speak to her face to face in the main office of the Turley House. She is one of the student workers on our staff. Any help is welcome and all ideas are encouraged!

We have figured out a way for our NOVA participants to become closer than ever. What better way is there to get to know NOVA than to live with the other participants? The NOVA living learning community is located in the McGregor Hall. This is a hallway full of our NOVA participants. Even the RA, Jessica Miller, is a part of the NOVA program (and the Stars President too!). The community provides support as well as programs for the residents living on the floor.

“Reach for the moon! Even if you miss, you will land among the stars.”
-Unknown Author

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Hello from Valerie in the NOVA Main Office. I would like introduce and welcome our new office clerical workers for the Fall 2011 semester. They are: Ashley Green and Lexi Short.

Ashley Green works 2 different jobs on campus, assists with one of the Psy 200 level undergraduate classes and is a student here at EKU. The most important aspect to of her life other than maintaining an excellent academic standing, is her wonderful daughter, A.K.A. her angel. By November she will be a member of an International honors society and plans to remain a member throughout her college career.

Lexi Short is a second year NOVA participant. She is a sophomore and a member of the Kappa Delta Tau service sorority here on Eastern’s campus.

Please feel free to stop by the office to say “Hello”-set up an appointment or see your advisor. Take time to stop by the student lounge on the 3rd floor of the Turley House to study, read, watch TV and just relax. The NOVA team has worked hard to provide a space for our participants and we love to see students utilize it. The third floor of the Turley house is comfortable all year round and is a terrific study environment. Don’t let it go to waste! You are always welcome here.

It is hard to believe we have already arrived at week eleven in the first semester of the year. Time really does fly as we begin to worry about classes, over work ourselves, and begin to just stress about life. It is important to remember to take time for ourselves. We often forget that we should take the time to better ourselves and others. There are many ways to do this, We just have to stop with our busy schedules every once and a while and really reflect on what life is all about.

Here’s a resource on how to manage your time: http://collegelife.about.com/od/academiclife/a/timemanagement.htm. These tips will help you realize what is important in your every day life and how to manage them. Remember…the glass can be half full!
With every newsletter we will have a new spotlight on a NOVA participant whether they have graduated or they are active participants. For this newsletter we have chosen Michael Ricke, Vocational Rehabilitation Counselor. Take it away Michael!

**Question:** How did your experience with NOVA help you throughout college?

**Answer:** I started out as a NOVA student in 2004. I came to EKU with a very vague knowledge of college life and didn’t have very many supports. The first semester I saw my peers become lost, homesick, and discouraged. They were becoming overwhelmed. It was my Peer leader and the NOVA staff that provided me with the help I needed to navigate my way through freshman year. The next year I was able to receive a scholarship through a leadership course that NOVA offered. This class taught me fundamentals of professionalism and leadership. I then went on to volunteer as a Peer Leader.

Some people never know what they want to be when they grow up. Participation in the NOVA program provided a means for me to find a niche which later developed into the career I am involved in currently. NOVA always kept me informed about service learning projects and other great opportunities. My junior year I was afforded the opportunity to go to Louisiana for Katrina Relief. Their sponsorship made it possible for me to serve and represent EKU during spring break.

Research has shown that post-secondary education retention is much higher with those who are actively involved with campus groups. Initially I started at EKU with the intent of obtaining an associates degree, but, through the encouragement of the NOVA program, I went on to get a Masters degree.

**Question:** What is/was your favorite thing about the NOVA Program?

**Answer:** My favorite thing about the NOVA Program is the faith that the staff and the Peer leaders had in me. They genuinely wanted me to succeed and expressed how it could be possible. I was finally given the respect and responsibility of being an adult. I knew that if I needed guidance on how to handle my responsibilities, the staff and the peer leaders were always open to discussing these issues.

**Question:** If you could change anything about your college experience what would it be?

**Answer:** If I could change anything about my college experience, I would not have let so many opportunities pass me by. The NOVA program presented opportunities to study abroad, go to cultural events, and participate in other forms of service learning. I wish now that I would have taken advantage of those opportunities.

**Question:** Now that you are out of college, what is the "real world" like?

**Answer:** It is so nice to have stability and to work a job that is rewarding. Even though 4 years seemed like a long time, and a year and a half seemed even longer for grad school, it was a short term pain for a long term gain. I value the lessons college taught me because they have transferred to my “real world” life. I miss my time at EKU and think of it fondly but feel that the NOVA program prepared me for the real world.

**Question:** What are you doing now?

**Answer:** I am currently working for the Commonwealth of Kentucky in the capacity of a Vocational Rehabilitation Counselor with the Office for the Blind. My job is to empower individuals with visual impairments and Blindness so that they can become gainfully employed. I am getting married October 1st to Amy Cleveland, which I met during my time at EKU. I am always looking for ways to actively support the NOVA program.

Thank you Michael, for taking the time to answer our questions. You are truly an inspiration to all of us in the NOVA program. It is great to see that you are still shining like the star that we have always known you to be! 
The Transition to College class for the NOVA Program has been off to a fantastic start thanks to our new PEER Leaders! We have a great group of young women and men working together to help the new participants adjust to the college life. While they work side by side with their new participants they will also be taking a class of their own from Stephen about mentoring others!

Every Peer Leader is hand picked for their amazing qualities and work ethic. These Fall 2011 Peer Leaders are no exception. Our peer leader staff is comprised of some of the brightest stars on campus and we wouldn’t have it any other way. They do everything they can to make sure our new participants get the most out of their college experiences. We are lucky to have such great leaders in our program.

Be on the lookout for announcements about our Leadership and Service Learning Class coming soon (GSD 225S!)

Meet the New Peer Leaders

Tori Johnson  Bre Ramsey
Carrie Middleton Malika ElSaadiq
Heather Jones Cheyenne Lewis
Surav Shrestha Kurtis Bolton
Chrissy England Chasiti Brooks
Maddie Schuler Megan Shearer
Trevor Jenkins

Click [here](#) to see pictures of our awesome Peer Leaders!
Do you get bored of doing the same workout routine? Maybe you played sports in high school but did not want the stress of collegiate sports along with all of your studies. Instead of hitting the gym by yourself you should join a team! The NOVA Program is trying to get involved in intramural sports on campus and it would be great to have as many students in the program participate as possible. There are multiple sports to choose from and most of the sports only have games once every week. That way it is easy to fit into your schedule and it is not very time consuming. There is a calendar for the upcoming intramural events at http://www.campusrec.eku.edu/intramural-sports-calendar

Contact Corrigan Newsome or Tessa Osborne for more!

“"To be a star, you must shine your own light, follow your own path, and don’t worry about the darkness, for that is when stars shine the brightest”
- Author Unknown

What’s your top 5?

You may have ordered a NOVA Shirt and wondered what the quote, “What’s your top 5?” on the back was all about. Dr. Michael Reagle, Associate Vice President of Student Affairs has been working hard with the NOVA program to figure out our top five strengths. This is a strengths-based program that uses the Strengths assessment tools to evaluate a person’s top five strengths. We can apply these strengths to become critical and creative thinkers who communicate effectively.

We are excited to have worked with Dr. Reagle as we apply our strengths to our lives. We would also like to send a big thanks to Dr. Reagle for taking the time to help the NOVA Program. Thank you Dr. Reagle, you are truly an inspiration to all of us and we hope to work with you again soon!
Don’t forget!

Advising and registrations days are coming up. Make sure that you find what dates are available for you and make an appointment with your advisor.

If you’re in NOVA, make sure to come by for some great advising!!

The EKU NOVA program is a Student Support Services TRiO project, funded at $337,546 in federal funds from the U.S. Department of Education for the 2011/2012 fiscal year to serve 206 eligible EKU students. This disclosure is made in compliance with the Public Law 108-447 Sec. 506.

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