

# On The Right Path

A publication of the Southern Good Faith Fund Career Pathways program in Helena-West Helena

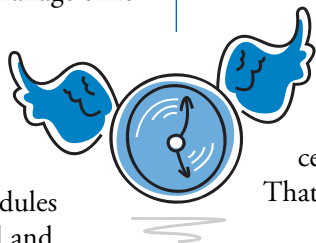
## Getting It All Done

Being successful in college requires an adjustment in how you manage your time. The typical college student has 12 or more hours of classroom work per week and an average of two hours to prepare for each hour in the classroom. The amount of time to be a college student is equal to working a full-time job. Many students juggle a schedule that includes part-time jobs, social activities, friends, and family. It's easy to understand that college students complain there isn't enough time to go around.

Since we can't add more hours to a day, it's important to manage time efficiently. The way we use time or waste time is largely due to habits. One of the best ways to manage time wisely is to create a schedule. Combining a general long-term plan (an entire semester) and detailed monthly, weekly, and daily short-term schedules will help you stay focused and stress-free.

Some suggestions for developing a time schedule:

- Plan enough time for study
- Study at the same time everyday
- Make use of the free hours during the school day
- Plan study periods to follow class periods
- Space study periods
- Plan for weekly reviews
- Leave some unscheduled time for flexibility
- Allow time for recreation



## Determination and Education: The Story of Christina Buie

Christina Buie, a wife and mother, thought becoming a cosmetologist would be a good way to help support her family. But she soon realized this was not her ultimate goal and wanted more in life. She always loved going to school and knew that a college degree was the path she needed to take if she wanted a career and the opportunities that came with it. She decided a career in education and teaching would let her have the same schedule as her children, two boys ages five and two.

Since her family earned only a single income, Christina wasn't sure how she would pay for the Praxis exam which is required for teaching certification in Arkansas.

That's when she was introduced



to the Career Pathways program in Helena-West-Helena. "The staff at Career Pathways worked really hard to help me with this test," says Christina. "It was a long process and a struggle, but with everyone's help the test was paid for and I successfully passed."

Christina graduated with honors from Phillips Community College in May with an Associate in Arts degree in general education. Her next step along her path to becoming a high school biology teacher is to apply to Arkansas State University and hopefully be awarded a scholarship. "My advice to any one is to believe in yourself and know that you can do whatever you put your mind to," Christina says with a proud smile.

## Check This Out!

If you dream of going to college, buying a home, fixing your existing home, or starting a business, you need to call **The Asset Builders program** and ask about the Individual Development Account.

IDAs are special savings accounts that help you save money quickly to achieve your dream. Every dollar you save is matched with \$3.

For more information call Mindy Maupin at 870.816.1104.

**Phillips Community College**  
of the University of Arkansas

**2006 Fall Semester**

Fall classes begin: August 21

Registration: August 17  
from 8 a.m. - 7 p.m.

**Phillips**  
COMMUNITY COLLEGE  
OF THE UNIVERSITY OF ARKANSAS

## It Pays to Change Your Spending Habits

Living paycheck to paycheck is stressful. No one likes it when money seems to disappear before it ever makes it to your pocket. But if something unexpected comes up, like a medical emergency, car repair, or job loss, many of us would fall behind on our payments and face serious financial problems.

That's why everyone should have an emergency fund to get you through tough times. Putting a small portion of your paycheck into a savings account that can only be used for emergencies is a great way to start.

### Start Small

You might be surprised how much money you can save by just cutting back on your day-to-day expenses.

For starters, pinpoint the leaks that suck up your money

and you will become more efficient at money management.

Think about where you could get a little bit of money—it can add up to hundreds even thousands before you know it.

- Take your lunch to school and work. If you spend \$5 each day on fast food at an average of 20 days a month, you could easily save \$40 per month.
- Drink water instead of soda. The cost of soda varies from .50 to \$1 which could save you \$10 to \$20 per month.
- Car pool and share the gas expense with someone.
- Try to put back something out of every pay check for a rainy day
- Consider opening a savings account, anything over \$0 is a plus.



## The Path to a New Career

Arkansas Career Pathways is a new program that enables local two-year colleges to offer free career training and college classes to those that qualify.

To learn more call today:

870.338.3279 or 338.6474 ext.1055

## Office

### Helena

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