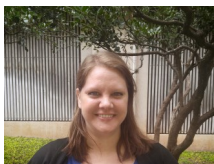




Top Stories



Welcome, Sarah!



Campus Checkpoint For Student Veterans



Spring Thesis/Dissertation Group



Spring Workshops



Recipe of the Month

Meet Sarah Price, Program Manager for PIVOT Roadrunner Transition Experience

A native San Antonian, Sarah Price's passion for helping students in higher education grew through her experiences as an undergrad and graduate student at UTSA. During her years in the Educational Leadership and Policy Studies program, Sarah worked as a Teaching Assistant with First Year Experience and served as President of the Graduate Student Association. Now, as Program Manager with PIVOT Roadrunner Transition Experience (RTE), Sarah is excited to help create a sense of community for students experiencing transition to UTSA and help them realize their role as agents of their own student experience. In her free time, Sarah enjoys photography, painting, and playing the French Horn. She loves cheering on the Spurs or the Rampage and hanging out with her sister Samantha (pictured) and other friends.



Campus Checkpoint for Student Veterans



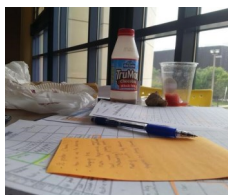
Our next Campus Checkpoint event is right around the corner! The TRC will host this networking opportunity for student veterans on Tuesday, March 1st from 4-6pm in the Denman Ballroom. We are collaborating with departments across campus to provide an opportunity for this important population of students to connect with each other and their campus resources. If you are interested in being a part of Campus Checkpoint, contact Heather Frazer at heather.frazer@utsa.edu or 210.458.7117. Tell a UTSA student veteran about this event and help us spread the word!

Spring Thesis/Dissertation Group



Once again we are offering a support group for graduate students writing their Thesis or Dissertation! The groups will meet once a week for six weeks. Dr. Stefanie Gonzalez-Lopez will facilitate two groups; one at Main campus and one Downtown. The Main Campus T/D Group will meet Mondays from 4-5 pm beginning January 25th. The Downtown T/D Group will meet Thursdays from 5-6pm beginning January 28th. Also, Director Lisa Johns will facilitate a group on Mondays from 4-5 pm at the Main Campus beginning January 25th. Topics for discussion include: writing timelines, working with your committee, maintaining confidence, overcoming writing blocks, managing stress, and preparing for your defense. If you have any questions, contact Stefanie at stefanie.gonzalez-lopez@utsa.edu or 210.458.4691.

Spring Expert Learner Series



Our undergraduate Expert Learner Series workshops provide students a collaborative opportunity to learn and discuss various study skills and strategies for academic success. This spring our Expert Learner Series workshops will be held in the Hawthorne Rm (UC 2.01.34) from 12-1 pm on the following Wednesdays:

- Feb. 10th: Making Time Work
- Feb. 24th: Making Connections through Networking
- March 2nd: Making Your Learning Experience Meaningful
- March 24th: Stress Management—Taking Care of Yourself
- April 13th: Tackling Final Exams

Contact Heather Frazer for more details.

Recipe of the Month: Brussels Sprouts w/Browned Garlic

Things You Need:

- 6 Cups trimmed Brussels Sprouts, halved (about 2 lbs)
- 1 Tbsp olive oil, divided
- 1/2 tsp salt
- 1/8 tsp black pepper
- Cooking spray
- 2 fresh garlic cloves, thinly sliced
- 1 Tbsp fresh lemon juice
- 2 tbsp. minced fresh cilantro (optional)

Here's How:

1. Preheat oven to 425 degrees.
2. Combine Brussels Sprouts, 1-1/2 tsp oil, salt, and pepper. Place sprouts mixture in a 13x9 inch baking dish coated w/ cooking spray. Bake at 425 degrees for 25 minute or until sprouts are crisp-tender. Keep warm.
3. Five minutes before sprouts are done baking, heat 1/2 tsp olive oil in a small skillet over med-low heat. Add garlic, cook 3 minutes or until golden brown. Remove from heat, stir in juice. Add to sprouts when done baking. Toss well and serve.



Hands-On Time: 10 minutes
Total Time: 30 minutes
Servings: 6

(Courtesy of realsimple.com)