



## It's Cookies and Hot Cocoa Time

I love cookies.

The university may call it Reading Day, but here in Ed Studies, we call it **Cookies and Hot Cocoa Day!** Yes, it's time for our annual Cookies and Hot Cocoa "It's-the-end-of-the-semester-and-we-almost-made-it-

through-a-thon" Celebration. Come by the third floor of CLA on **Monday, December 11 between 1:00 and 3:00** for a much-deserved break from, well, reading and studying. We'll have (bet you know what's

coming) cookies! And Hot Cocoa! And maybe some tea for those not interested in the decadence of sweet treats. Bring a friend! All the cool cats will be there! (We will ugly cry if no one shows up, so please, come by!)

Did you say Cookies?!



## The Worldwide Reach of Ed Studies

There may have been a number of reasons you chose to attend IWU—the charming faculty and staff (that's us), the look of fall leaves reflecting off the shiny Aspiration fountain in front of State Farm Hall, the prospect of being a titan (TGOE, anyone?). However, one of the extraordinary things about being part of Ed Studies at IWU is the opportunity to engage in some pretty amazing research. Check out the video on our [website](#) with testimonials from our alums about their self-study experiences. Imagine, being a first-year teach-

er and having the opportunity to engage in the profession by sharing your own (not someone else's) research findings! How cool is that?! And as if that weren't enough, how about the global reach (yes, we said global) of our students' research? See this map? Each dot on that map represents a download of one of our very own Ed Studies students' research within the past WEEK. And if you pull out your handy-dandy magnifying glass to see this map, you'll notice that there has been a whopping 45,230 downloads of Ed

Studies student research in all. Forty-five thousand!!! Have no doubt—as an Ed Studies student, you will make a difference in your classroom, your school, and indeed, the world! And that's a pretty awesome bonus in addition to those stunning fall leaves reflected in Aspiration!



# Internship Opportunity



Want a study abroad experience along with a robust internship opportunity? You're in luck. Here in Ed Studies, we offer an internship in Mexico every May Term. Stay tuned for an engaging presentation by our own **Yesenia Martinez Calderon** who spent last May at the JFK American School in Queretaro, Mexico, under the direction of IWU alum Robert Calahan. She will share her own exciting experiences and answer your questions about this exciting opportunity. Applications are due **January 17**. Stay tuned for more information. And get that passport ready!

## Deeeeeeep Breaths, Everyone!

Well, it's the first week of December, and that can mean only one thing: STRESS! We know that end-of-the-semester projects and finals can really take a toll on one's well-being, so might we offer these handy-dandy suggestions for managing your stress?

1. Take some deep breaths. Inhale to a slow count of three and then exhale to a slow count of six. Repeat at least six times and feel some of the stress float away, far, far away. Ahhhh!
2. Schedule your schoolwork time. Using your old-school paper planner or your electronic Google calendar, block off time to work on those big projects. Break the big projects up into smaller, more manageable pieces, and then hold yourself accountable for working on those projects during that time. No cheating and binge watching Netflix. (See tip #3.)
3. Once you complete one of your scheduled work sessions, give yourself a quick reward with some downtime. Go for a walk or run. Close the curtains and dance. Eat an apple. Daydream. Watch one (and only one)

## A good time was had by all!

Ok, ok. This newsletter is a little late, but we wanted to thank everyone who came out for our Homecoming Brunch in October. What a great day it was! Check out these fun pics from our Ed Studies photo booth. There was food, laughter, and reconnections. And if

you're a future alum, remember—once an Ed Studies Teacher-Scholar, always an Ed studies Teacher-Scholar. There's no expiration date on your membership card! You're always one of us! Be sure to swing by Ed Studies for our annual Homecoming Brunch next year.

