

**From:** Anne Gardetto  
**To:** Lancers;  
**Subject:** Workshop on Managing Home, Family, and Studies  
**Date:** Wednesday, September 24, 2008 9:46:36 AM

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Dear Faculty, Staff, and Students:

Good morning. Just a reminder that the workshop "Managing Home, Family, and Studies—Returning Adult Students Share Their Experiences" will be presented today, Room 131 Tebbet, 12:00 noon-1:00 p.m. Student panelists include: Julie Abernathy, Shelley Miller, Frankie Frisbey, and Amanda Larsen.

This is an excellent workshop in assisting our students to make a smoother transition from home to school and to acquire firm footing as they begin/continue their academic experience here at Eastern Wyoming College.

Thank you for your encouragement of their attendance.

Sincerely,

Anne Gardetto  
EWC Student Services

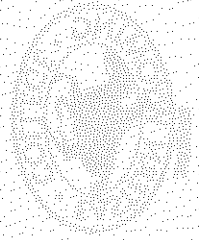
Dear Instructor:

Your assistance in disseminating information to students regarding the workshop "Managing Home, Family, and Studies" is greatly appreciated. This workshop will be presented Wednesday, September 24, 2008, 12:00 noon-1:00 p.m., EWC Tebbet Room #131. Luncheon snacks will be provided workshop participants.

This workshop is particularly beneficial to our returning adult students and assists them in acquiring firm footing as they begin their academic experience at EWC. Specific methodologies and strategies to enable a successful transition to school, juggling multiple roles, time management, development of successful class schedules, etc., will be discussed.

Thank you for assistance in announcing this workshop in your classes this week!

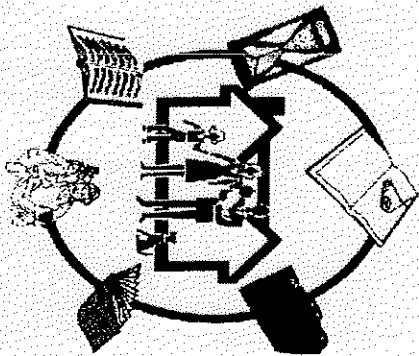
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3200 West C Street  
Torrington, WY 82240

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YOU ARE INVITED TO ATTEND A FREE

## WORKSHOP:

Managing Home,  
Family, and Studies



**DATE:**

Wednesday, September 24, 2008

**TIME:**

12:00 noon - 1:00 p.m.

\* Luncheon Snacks Provided

**LOCATION:**

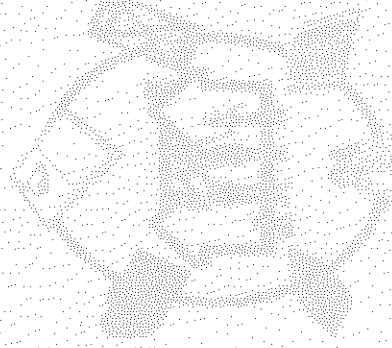
EWC Tebbet Room #131



THE UNIVERSITY OF WYOMING

MOHAWK

Adult Student  
Counselor



This workshop is sponsored by the Eastern Wyoming College  
Adult Student Peer Counselor Program

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## Managing Home, Family and Studies

Presented by: Anne Gardetto  
and a Panel of "Returned" Adult Students

Returning to school for adult students with families can be trying at times. The returning adult student may find him/herself under more pressure to meet family, school, work, and household demands. Learn how other students faced with similar situations have met these challenges!

Topics of discussion will include some of the following:

- Balancing multiple roles between home, work, and school
- Time management
- Designing a successful class schedule for a positive school experience
- Accessing financial aid
- Becoming aware of vital support services (campus, community-based), to alleviate particular concerns or problem areas
- Effective study strategies
- Enhancing family/spouse communication for increased academic support
- Developing home study centers
- Testimonials of students regarding the positive impact on children whose parents are actively pursuing higher education
- And much more!

FOR MORE INFORMATION OR TO PRE-REGISTER CALL:

ANNE GARDETTO  
307.532.8328

OR

EWC ADULT STUDENT PEER COUNSELORS