



NOTES OF LAVENDER

The Lavender Fund is a scholarship and support program for single parents attending A-B Tech

SEPTEMBER 2016

RESOURCE SPOTLIGHT: Dial 211

Worried about money for groceries? Utility bills? Do you know someone dealing with substance abuse? If you think you may need assistance, of almost any kind, please check out **2-1-1**.

Some of the topics they can assist you with are:

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|-----------------------|-----------------------|--------------------|
| -Child care | -Financial assistance | -Suicide |
| -Christmas programs | -Food pantries | -Substance abuse |
| -Housing | -Counseling services | -Domestic violence |
| -Utility bill payment | -Legal aid/counseling | -AND MORE! |

There are two ways to find out about community programs through 211:

1. Dial **211** and speak with a professional who can help you find assistance or agencies in your area.
2. Search their database at 211wnc.org. You can refine your search by topic and location.

DID YOU KNOW?

The national average for community college students staying in school from one fall to the next is 58%.
 This year, fall 2015 to fall 2016, **89.4% of students supported by Lavender have either graduated or are still in school!**

STUDENT SPOTLIGHT: Angel Allen



I am currently enrolled in A-B Tech to get my two-year degree in Medical Office Administration. My goal is to graduate by May of 2017. I also plan to find a full-time position in a medical office as soon as possible. I am a single mother of a beautiful two-year-old little girl. When I realized that her father was choosing drugs over us we left and moved into a homeless shelter. That's when I finally decided to go back to school, because I realized that I could not rely on anyone but myself. I knew that going back to school while I have the chance could provide a good stable future for my daughter and me. My daughter is my biggest inspiration; she makes me want to succeed at everything I do.

TIPS OF THE MONTH

NUTRITION TIP: Big Bowls Make Big Appetites

Bigger dishes can cause adults to serve and consume more food, but a new study reveals that kids are also vulnerable to this bowl-size bias. Researchers at Cornell found that children will not only ask for more food to fill larger bowls—they'll also eat 52% more! Based on these findings, decreasing the size of plates and bowls may be an easy way to

prevent kids (and adults!) from over-consuming. More info at <http://foodpsychology.cornell.edu/discoveries/big-bowls-make-big-appetites>

HAPPINESS TIP: Gratitude Makes Everything Better

People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Research by psychologist Robert Emmons shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we're thankful—can significantly increase well-being and life satisfaction. For more info <http://www.happify.com/hd/the-science-behind-gratitude>

BUDGET TIP: Make a budget

Creating a *budget* may sound complicated, but all you need to do to get started is set aside some time and get organized—the benefits will make the effort worthwhile. The FAFSA website can help you set up your budget each semester and manage your finances by helping you track your income and expenses. Visit this page to get started <https://studentaid.ed.gov/sa/prepare-for-college/budgeting/creating-your-budget>

IMPORTANT DATES: September

Thursday 9/1 – Fall Festival/Activity Day schedule 11am-1pm

Monday 9/5 – College Closed – Labor Day

9/16 – First of the financial aid disbursements

LAVENDER SUPPORT ADVISOR

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