

FUTURE

October 2018 Newsletter

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A Reminder about Self Care this Semester

Happy Fall everyone! The month of October can be a hectic time for any college student. While it seems like the semester has only begun, the beginning of the month hits full-force with midterms, essays, and obligations with clubs and part-time jobs. Often, the craziness does not seem to stop, and progresses towards the end of the semester.

At FUTURE, we believe that while it is important to focus on studying and completing homework, it is equally important to focus on yourself. Self-care is something we hope all students, and graduated professionals alike, are mindful of as the semester carries on. Whether it is physical, emotional, or social self-care, we encourage everyone to consider ways in which you can give yourself some love, because we know you deserve it.

Self-Care Quick Tips:

Emotional:

- say three things you love about yourself every morning
- listen to music that soothes you
- limit exposure to social media

Social:

- call a friend to catch up
- join others in social events
- embrace moments of humor and goofing off

Physical:

- eat healthy snacks to stay energized through the day
- learn stress relief techniques, such as deep breathing
- stretch in the morning or evening



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From Knoxville to New York: Elise's Fall Break Adventure!

Fall Break at the University of Tennessee can be used for many different purposes. Some students take the time to veg out on the couch and watch movies, others use it to catch up on homework, and some lucky students take the time to travel, either for service or vacation. FUTURE student Elise took the trip of a lifetime this past fall break, when her family took off to the concrete jungle of New York City. Her time in the city was jam-packed full of sightseeing, and not a minute was wasted. As soon as Elise saw the city lights from the plane, she felt her excitement grow. One of the things she immediately noticed was how many people there were, and how busy it all seemed. When recalling her trip, Elise stated, "there were a lot of people in Time Square, and a lot of things to see!"

She had the same thoughts about Grand Central Station, where people were rushing off to catch their next train. In addition to Time Square and Grand Central Station, Elise and her family visited the Statue of Liberty, Ellis Island, Central Park, the Guggenheim Museum, and the 9/11 Memorial. But out of all of the many things they saw, Elise said her favorite would have to be the musicals. While in New York City, Elise got to go see two different musicals, The Lion King and Beautiful, the Carole King Musical. Elise was thrilled to see them, and said that they were so fun to watch. It truly seems like Elise had an amazing time, and surely the memories her and her family made will last a lifetime.



Advocates for Autism's Fall Festival

On October 12, 2018, UT FUTURE students spent their Fun Friday at the Fall Fest celebration on campus. The Fall Fest was a fundraiser held by the student organization, Advocates for Autism (AFA) in which all proceeds were given to high school students with autism. At the fest, students had a blast with all of the fun activities including face painting, pumpkin painting, a fall photo booth, a bungee run, and tasty food with baked goods.

I was so happy to see that the students at FUTURE had a great time.

I see firsthand how hard the FUTURE students work every week so it is nice to see everyone unwind and have some fun. To see our members and other students on campus engage with FUTURE and create new bonds was a special moment. I believe the FUTURE students were also happy to be a part of a cause to celebrate and raise awareness of the autism spectrum.

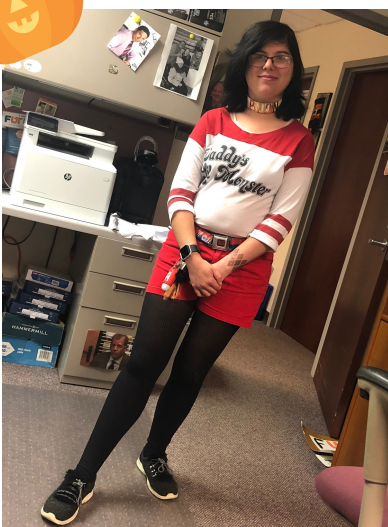
Being a mentor within the UT Future program has been an incredibly rewarding experience for me.

I enjoy making new friends at FUTURE and assisting whenever I can. One thing I try to do is inform those that are interested of all the great things about FUTURE. Being a third-year member and now President of AFA, I thought it would be a great idea to collaborate with FUTURE to celebrate with the students. Now, many are looking into collaborating again in the FUTURE and also mentoring within the program. It was truly a great day for everyone involved.

-Ciara Westbrook, AFA president

FUTURE's Festive Halloween Looks

Whether spooky or silly, FUTURE students looked great this Halloween. Check out a few of the looks below!



Aley as Harley Quinn

Karlee as Belle



Molly as a Starbucks drink



Giving Athletes a Helping Hand: and Internship with Carmichael Strength and Conditioning Facility

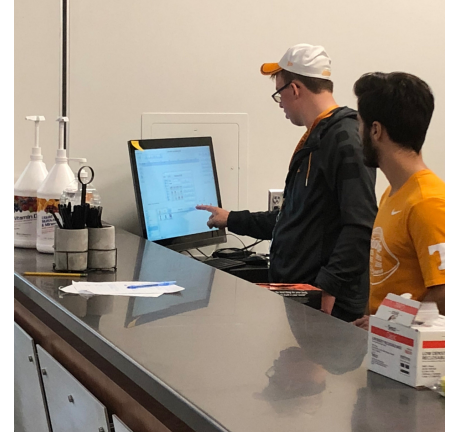
Hunter Thomas is a fourth year student, and this semester is interning as the Nutrition Student Volunteer in the Carmichael Strength and Conditioning Facility. There, he helps with stocking, recycling, bagging individual vitamin servings, as well as preparing and passing out food at the fueling station. Hunter likes to show up early for his shift so that he is prepared when it is time to work!

When asked what positive aspects Hunter brought to the table, his supervisor stated, "Hunter has the best disposition. It's hard to find a more friendly, warm, and inviting person. He asks everyone how their day is going, what their name is, what year they are, and what sport they play." As well as a great attitude and work ethic, Hunter is always dressed for the occasion as most days he is in a tie and always in Tennessee Orange (Go Vols!).

The staff enjoys working with Hunter because of his incredible positivity, "He never seems to have a bad day or be in a bad mood. When it is easy to forget how special it is to be working in athletics, Hunter reminds us that attitude is everything."

Hunter finds true joy in working with the athletes and coaches, and he never takes it for granted". Hunter's says, "The work is hard but good, when the gatorade runs out, we refill it". Hunter loves sports, so it comes as no surprise that his favorite part is being able to work alongside athletes and coaches!

While working here, Hunter is getting to work on his social skills, customer service skills, and helping his peers in a community that he loves. He is learning about food service, stocking, working hard at a multitasked job, organization, and cleanliness in the work area. We think this is a perfect fit for Hunter. We know Hunter is going to be so successful in his future, and we are so proud of all his hard work. Keep being awesome, Hunter!



Did you know?

The University of Tennessee has over **500** student athletes. Thanks for making sure they all have healthy snacks, Hunter!

FUTURE Audit Instructor: Cathy Cuevas

Cathy Cuevas is our FUTURE Audit Instructor Spotlight because of her dedication and willingness to help with the FUTURE program. Cathy is a lifelong Floridian; she attended high school in Orlando and went on to attend college in Tallahassee at Florida State University. She remained in Florida for 20 years before moving to Tennessee with her family in 2010. At FSU, Cathy earned her bachelor's degree in interpersonal communication and a master's degree in higher education. Cathy has been working in higher education for her entire professional career of 22 years.

Cathy has worked in many different positions in the field. Positions include admissions officer, college recruiter, new student orientation director, academic advisor, campus visit coordinator, grant administrator and dual enrollment coordinator. Obviously, she has an amazing portfolio of experience! Cathy's favorite part of being a professor at UT and working with our FUTURE student is getting to know each of their amazing stories. She is passionate about impacting their lives in a positive and encouraging way.

Cathy particularly enjoys seeing the connections the FUTURE students and other students in her class make, and watching them learn and grow in their confidence together. In her free time, Cathy enjoys going to sporting events with her family, as well as traveling. A fun fact about her is that she has 78 pairs of shoes. It seems like Cathy is just as passionate about shoes as she is teaching!

FUTURE Student: Alex Cole

Meet Alex! He is a first year FUTURE student who has a passion for sports. He loves going to football games, playing video games, and meeting new friends through the program. His favorite class this semester is sports management because he likes learning about sports. He always looks forward to going to his internship where he stocks food and helps athletes get the food they're looking for. His dream job is to work for the football team here at UT. He loves visiting Neyland stadium and watching the games every weekend. His favorite college memory was when he went to the ETSU game. He got to sit on the first row, watch them score a touchdown, and get a pick 6. We all love having you in the FUTURE program! Keep up the good work!



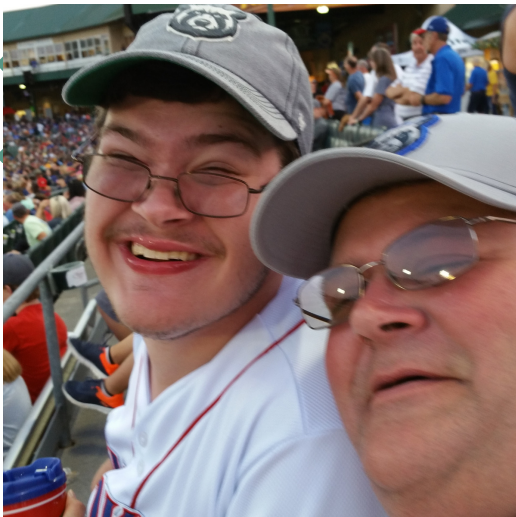
FUTURE Family: The Greenes

How does your family celebrate the holidays?

Holiday traditions have changed over the years as his grandparents have gotten older. We've had to be more creative to accommodate everyone's special needs. Landen's grandfather, who passed away recently, had been diagnosed with idiopathic pulmonary fibrosis, which made celebrations traditionally held at their home too difficult. Last year, we found a local hotel with a fireplace in their lobby. They allowed us to come in and spend time enjoying our family with Christmas decorations all around.

What is your favorite thing to do as a family?

We enjoy baseball games at the Smokies Stadium and watching the Lady Vol Softball Team play in the spring.



What was your favorite family vacation or favorite thing you did as a family this summer?

Summer for us means Landen water skiing with Patricia Neal Innovative Recreational Cooperative. He has the opportunity to go skiing 4 times a year.

Once he graduates from FUTURE, we'll add a winter vacation so he can get back to snow skiing.

What is your favorite part of the FUTURE Program?

Watching our son mature is the best part of the FUTURE Program. Sometimes we have limited Landen by our preconceived notions of what he can do. FUTURE allows him to explore his abilities in a safe environment that pushes him to his limits. We won't always be around to catch him if he falls. FUTURE is teaching him how to develop other relationships he can lean on.



FUTURE Mentor: Mae Crenshaw



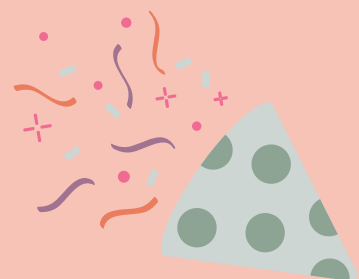
Mae Crenshaw is a FUTURE peer mentor from Jackson, Tennessee. She is a second year student and is majoring in Business Management with a dual concentration in Business Administration and International Business. She chose her major because business has always fascinated her.

Mae's mother began a non-profit, ComeUnity Cafe, about 5 years ago that has inspired her to follow in her mother's footsteps. Mae has been a part of the FUTURE program a little over a month since she was encouraged by her roommates to join. Mae expressed that, "It's been such a positive experience. I've really enjoyed getting the opportunity to learn about/from the students and other mentors in the program". Mae's younger sister has autism, therefore she expected working with the FUTURE program would be similar. Yet, after working with the students, Mae now realizes the diversity of every individual on the spectrum and is loving how unique and special each FUTURE student is.

Ultimately, Mae loves the FUTURE program because of the family and unity it has created within UT campus. She enjoys getting to work with each student and mentor, as well as Emma and Meredith, who she looks up to. Mae describes her favorite moment as, "walking into FUTURE and seeing my friends greet me with smiles on their faces. It's such a sweet moment, I can't even fully describe it". Mae, FUTURE is so glad that your roommates encouraged you to join. You have been such a valuable asset to this family and we cannot wait to keep working with you. Keep up all the good work, Mae!

Fun Fridays

The FUTURE students spent the month of October connecting with organizations all over UT's campus for their Fun Fridays. They decorated cookies with Phi Mu, helped UT Recycling with different tasks, and attended a fall festival hosted by Advocates for Autism. There are so many great things going on at UT, and the FUTURE students love being involved with it all!



FUTURE Staff: Carrielynn O'Reilly



For this month's FUTURE staff member spotlight, we have chosen Carrielynn O'Reilly because of the amount of time and effort she puts in with FUTURE students. If you have paid FUTURE a visit at all, you were sure to see Carrielynn walking around, interacting with our students, and giving them positive motivation to succeed. Carrielynn grew up on the South Side of Chicago, and moved to Whitefish, Montana from there. From Montana, she came to Knoxville. She attended Eastern Illinois University where she studied speech pathology and special education, and finished school with a degree in history. Years later, she went back and earned her degree in secondary education, a masters in special education, and a graduate certificate in deaf-blind education and autism spectrum disorders. Carrielynn taught special education in Columbia Falls, Montana, while also coaching Special Olympics.

Carrielynn loves her position here at UT now because she gets the opportunity to work with college students who will be the future leaders and advocates for the field of special education. Carrielynn teaches the Counselor Education 333 class, which is a service learning class in which the students volunteer time to work with the students of FUTURE. She says that the students in her class have a fresh outlook on a field that she has been working in for a while, and it challenges her in a positive way to stay updated on the current issues that are going on in special education.

Carrielynn feels fortunate to work with the students of FUTURE as well, and says that they are the true definition of determination and grit. She loves to see their enthusiasm to be lifelong learners as they jump into new adventures each day.

In her free time, Carrielynn enjoys biking, running, hiking, and skiing. Carrielynn once rode her bike across the country from Virginia to Oregon, and says that the dissertation she is completing for her doctorate feels very similar to that ride. We are so thankful for Carrielynn and all she does for our program!

November Calendar

9th- Bowling Fun Friday

**10th- Home football game
against Kentucky**

11th- Veterans Day

22nd- Thanksgiving

**27th- Christmas Carol at
Clarence Brown Theatre**