

The Care and Feeding of Flash Drives

by Barbara Kae



Flash drives are durable little marvels of technology. Instead of loading down your bookbag or arms with massive quantities of books and papers, formerly known as trees, a student's arms and spirit are lighter moving with only a flash drive or two. However, flash drives do wear out. They have a limited number of write/erase cycles which can vary any where from 100,000 to 1 million cycles. This translates into about 1 to 3 years of normal use. If you notice your flash drive slowing down or other altered behavior, it may be time to purchase a new one. If any doubt exists, transfer your data then throw it out.



Flash drives are not designed to take serious abuse. Ken Pavlicek at WSU's Help Desk said that some of the worse cases he has known involved leaving the flash drive exposed to direct sun on a car's dashboard, accidentally spraying one with pepper spray oil, and running over one with a car. One of the most common abuses according to Mr. Pavlicek is throwing flash drives around with on a key ring. The semiconductor transistors can only survive so much trauma. The data may be recovered from a damaged flash drive but it's expensive and could run into \$100's of dollars. In this case, a little care can prevent a big bite out of your wallet.

Do's

1. Use a flash drive for its intended purpose which is copying files between computers.
2. Keep track of your flash drive's location and keep it secure.
3. Remember to take it with you.
4. Carry it in a protected environment.
5. Have more than one flash drive.
6. Do keep data stored on several devices in several secure locations.
7. Be kind to your flash drive. Avoid abuse.
8. Call the HELP desk for advice (#4357).

Don't's

1. Remove flash drive from USB port until "safely remove hardware" prompt shows.
2. Have only one copy of your thesis on flash drive. (Keep at least one paper copy.)
3. Leave sensitive information on it, like passwords, bank accounts, kids' photos, applications, addresses, and confidential information from work or clients.
4. Leave connected to computer when finished transferring information.
5. Store data on flash drive permanently.

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Veterans Upward Bound



Student Profile: Logan Cockrum

by Barbara Kae

For Logan Cockrum it was the little things he missed during his tour of duty as a United States Marine in Iraq and Afghanistan. Items scarce or missing from his life at that time were things like ice and home cooked food instead of hot water and MREs (Meal, Ready to Eat). Even a bath would have been a luxury after two weeks of walking with 70 pounds of gear on his back. After his return home, Logan realized how much he had taken those little things for granted and how much he now appreciates what he has. His service has taught him to stay focused on what really matters like education.

Logan Cockrum joined the Veterans Upward Bound (VUB) program after serving four years in the US Marine Corps. He participated in Operation Iraqi/Enduring Freedom. For his service Logan received the Afghanistan Campaign Medal, the Combat Action Ribbon, the Global War on Terrorism Service Medal, and the Purple Heart. Logan was awarded a scholarship for Iraqi/Afghanistan Veterans. Logan said that the VUB staff gave him valuable information about financing his education and ensuring that his education dollars worked in concert with his career and educational goals.

Currently Logan is a Pre-Med student at Wichita State University. Education at WSU is a family affair since both his older brother and sister-in law also attend Wichita State. After graduating from WSU, Logan plans to attend a chiropractic college in Kansas City, Kansas. One of his goals is to encourage and educate others to live a healthy lifestyle for a longer, better life.

When he is not working as a personal trainer at a local area gym, attending class or studying, Logan listens to a wide variety of music including rap, country, rock, metal, hard rock, hip hop, and classic rock. He plans to learn to play the guitar and he also enjoys lifting weights. He is committed to living a healthy lifestyle and appreciating all the advantages of home.



Logan in Afghanistan in the back of an LAV (Light Armored Vehicle)

Photos on this page provided by Logan Cockrum

Try this QR (Quick Response) Code with your smartphone.



Adult Quickstart Guide for Returning to College

1. Mail your completed application
2. Apply for financial aid
3. Call an academic advisor in your major field for example: Business, Fine Arts, Education, Health Professions, or Engineering
4. Register for classes
5. Pay tuition and fees
6. Get a college ID card
7. Buy books and supplies



Did you know...

- ◆ that there are three basic styles of learning: auditory, visual, and kinesthetic. Find out which style or combination of styles works best for you and begin learning more efficiently.
- ◆ that combining similar classes can increase your knowledge retention. For example: Taking a Native American art history class and an anthropology course on Native American culture or mechanical engineering design and theater stagecraft.
- ◆ that Veterans or other returning adults should begin the necessary steps to enter college as early as 18 months before their first class. Any less time especially when it involves financial aid and the GI Bill may result in no funds for several months after you attend your first class.

Anticipation: A Success Tool

by Barbara Kae

Anticipation is a skill that every student should develop. Merriam-Webster's on-line dictionary provides several definitions of **anticipation**. 1) a preceding action that prevents a later action; 2) to look forward; 3) planning how money is used before it is in hand; 4) visualizing the outcome of a future event. By using anticipation effectively a student can increase his/her success in college and at home.

The first definition implies a preventative measure. For example, when preparing to present a powerpoint in class, the student brings his/her presentation on a flash drive, a DVD, and has a paper print-out of the slides. Taking these extra copies of the presentation insures that the powerpoint will be presented in spite of possible technical problems or a power failure. The ability to think beyond the main event (the presentation) and anticipate what might interfere with its success, allows the student to be successful under most conditions.

comes into play when thinking about the entire year's worth of income and spending. Developing a viable spending plan should be a priority to earmark enough funds for tuition, fees, food, housing, transportation, entertainment, and your sister's birthday present which arrives at the same time every year. The successful student needs to expand this idea to include how to avoid



current debt, how to pay for school loans after graduation, and what kind of income can he/she expect to make in his/her chosen career in the location they have chosen to live. Planning how money will be used before it is available allows a student to have all of the necessities for school and living expenses, as well as some of the extras.

Athletes use a technique of visualization for future events. Basketball players visualize the ball sinking into the hoop at the free throw line. Thought before action

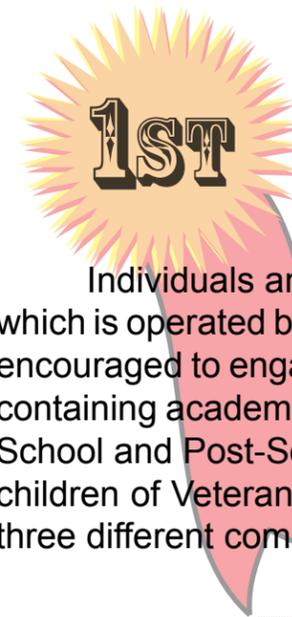
An intense anticipation itself transforms possibility into reality. Quote by Samuel Smiles, Scottish author, 1812-1904

The second definition "to look forward" is more than it seems. It takes into account the entire action and its consequences. An example would be planning an event. Most people focus only on the pre-planning. Successful people are just as involved in the event while it is happening so they can adjust the details to make it more effective. The last part involves evaluation. This might be formal with a questionnaire or informal by just noting who and what worked well and then filing the information to access for the next time. In this way anticipation becomes a process to success.

enhances the shot. Students can use this same visualization technique to "see" themselves taking a successful test or writing a great term paper or walking at graduation. Visualization is only half of the equation; the other half is hard work. A student who studies, reads, and prepares every day for a course, knows the class syllabus, and attends every class has an important advantage in his/her college career.

Anticipation in all its forms can take a student into a successful reality. This skill takes work, dedication, and practice but the rewards are great. And what can be more pleasurable than the sweet taste of success?

Money is a concern especially at the beginning of each semester and, of course, when it's time to buy lunch. Anticipation



TRIO Quest Challenges

by Barbara Kae

Individuals and teams of TRIO students are challenged each year by TRIO Quest which is operated by the University of Washington's TRIO Training program. Students are encouraged to engage in activities that feature today's technology like creating a website containing academic research. The three categories of students are Middle School, High School and Post-Secondary. Veteran participants of VUB are eligible to enter as well as children of Veterans who are participants in VUB's CACG program. This year there are three different competitions each with a different deadline.

DigiText - Deadline August 3, 2012
DigiMedia - Deadline August 8, 2012
DigiSites - Deadline August 10, 2012

In past years the awards have included over thirty prizes including iPods and digital cameras. The awards are given to Best of Contest and Gold Medal Winners. Last year there were 34 winners out of 600 entries. The TRIO Training personnel provides resources and guidance to assist students and their coaches. Each competition's website contains a rubric, rules, examples, entry steps and winning tips. Additionally TRIO students may examine previous years' winners on the web. The TRIO Quest website is <http://depts.washington.edu/trio/trioquest/>. The TRIO Quest challenges are a process so the sooner you begin the more polished your entry will be.

For additional information on becoming a TRIO student in the Veterans Upward Bound program or VUB's CACG program please call **(316) 978-6742** or toll free **1- 877-312-2586**. Qualified Veterans are accepted into both programs. Qualified family members of Veterans which include spouses, children and parents are accepted into the CACG program.

Former TRIO Quest Winners from Veterans Upward Bound
Chuck Magee and Tom Junkins



Veterans Upward Bound - WSU

1845 Fairmount Street, Box 137

Wichita, Kansas 67260-0137

(316) 978-6742

www.wichita.edu/vub

Mission Statement

The mission is to provide necessary training and support that will enable eligible Veterans to successfully enter into college or any other post-secondary institution.

Notice of Nondiscrimination

Wichita State University does not discriminate in its programs and activities on the basis of race, religion, color, national origin, gender, age, sexual orientation, marital status, status as a Vietnam Era Veteran, or disability. The following person has been designated to handle inquiries regarding nondiscrimination policies:

Director

Office of Equal Employment Opportunity

Wichita State University

1845 Fairmount St, Wichita, Kansas 67260-0205

Tel # (316) 978-6791; Email: ted.ayres@wichita.edu



Veterans Upward Bound-WSU

1845 Fairmount Street

Campus Box 137

Wichita, Kansas 67260-0137

Phone: (316) 978-6742

Fax: (316) 978-3676

Toll Free: (877) 312-2586

Email: veterans.upwardbound@wichita.edu

Web Address: www.wichita.edu/vub

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