

June 2023

NCRA

Up-to-Speed

JCR Published by NCRA for court reporting and captioning students

Student Newsletter

Welcome to NCRA's student newsletter, *Up-to-Speed*, featuring insights and tips especially for court reporting and captioning students. If you are heading to the NCRA Conference & Expo next week, we've got you covered with tips for networking and for making the most of your trip to Houston. And if you are planning a trip a little farther afield, check out "Passport to steno" for a great read on a career spent traveling the globe.

Student Spotlight



Student Spotlight: Angie Podge is hooked on steno

Like so many of the students we spotlight here, Angie Podge, RSR, of Kansas City, Mo., had already completed a four-year degree and started a career when she felt the pull of something different. She heard about court reporting from an instructor. "I was fascinated from my first class," she says. "It was like a puzzle I had to solve and will continue to solve for years to come, and from the moment I learned the steno alphabet, I was hooked."

[Read more.](#)

Do you know a student currently attending a court reporting or captioning program who should be in the spotlight? [Let us know.](#)

2023 NCRA Conference & Expo

Registration still open for #NCRAHouston —

Make every connection matter

There's still time to register for the NCRA Conference & Expo happening July 27-30 in Houston, Texas, and one of the best reasons to attend is the opportunity to network. Learn about our best tips for networking — before, during, and even *after* the Conference.

[Read more.](#)



Kristin Anderson's Guide to Houston



By Kristin M. Anderson

Welcome to Texas, y'all! From the American cowboy to spaceflight, Houston has it all. Here are some sites and suggestions to check out while in the Houston area. Let's have some safe fun in the Lone Star State!

[Read more.](#)

Ten NCRA students win Conference registrations courtesy of NCRF

Just before she graduated last month, Kelsey Walker of Normal, Ill., received a surprise gift, a free registration to the 2023 NCRA Conference & Expo. Walker and nine other court reporting students are winners of an NCRF drawing held earlier this month. "As a recent graduate," says Walker, "I am looking forward to making new connections and meeting friends in person who have cheered me on along the way."



[Read more.](#)

Student Achievements



NCRA is proud to offer the Student Fast Lane program to recognize student speed accomplishments. NCRA reaches out to all court reporting programs asking for their assistance in recognizing student speed accomplishments at the 150, 160, 180, 200, and 225 wpm speeds.

[Read more.](#)



Up-to-Speed congratulates these students on completing their education!

[Read more.](#)



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**MAKING A DIFFERENCE
IN OUR INDUSTRY**

Join us!

Not an NCRA member?

**Know someone who
should be a member?**

NCRA.org/join



Pathways

Overcoming the “superparent” syndrome: Taking care of yourself

By Margary Rogers

Being a parent can be one of the most exhilarating feelings that a person can have. It can also be one of the most exhausting if you suffer from supermom or superdad syndrome: Over-excelling, over-exerting, over-extending yourself to things and people who are not necessarily priorities. It is important that we learn ways to manage ourselves, our families, our work, and our time.

[Read more.](#)



Passport to steno

By Leah Willersdorf

As I write this piece, I am preparing to cover U.S. depositions in Tuscany for the next two weeks. But for me, whether it's Abu Dhabi or Arusha, I sometimes feel like I'm on one of the world's longest working holidays with my steno machine in one hand and passport in the other, and I can't think of anything else I'd rather be doing.

[Read more.](#)

Grants and Scholarships

June Career Launcher Student Grants recipients announced

Congratulations to the latest recipients of the Career Launcher Student Grants. The Career Launcher program was designed to help students and new professionals bridge the gap between graduation and their first job.

[Read more.](#)

STUDENTS, apply by September 14 for the next Career Launcher Grant drawing.

You could earn an award that covers your 10-module NCRF Career Launcher fees.



NCRA SCHOLARSHIP

Applications now being accepted!

**CASE Student Scholarships
NCRA A to Z® Scholarships**

Applications due Sept. 1

NCRA A to Z and CASE Student Scholarships open

NCRA is pleased to announce the opening of several upcoming scholarship opportunities for court reporting and captioning students. The application period for the NCRA A to Z® Scholarships and the CASE Student Scholarships is now open.

[Learn more.](#)

First-ever NCRF Gina Battaglia Memorial Student Intern Scholarship winner named



NCRF announces its first Gina Battaglia Memorial Student Intern Scholarship winner, Sophia Morris of Austin, Texas, who follows in her mother's professional footsteps. Now both share new bonds in their joint beloved careers. NCRF Trustee Rich Germosen, FAPR, RDR, CRR, announced the winner in a special video.

[Read more.](#)

How You Can Get Involved with NCRA

JOIN NCRA as a student member and get access to discounts on testing, Conference registration, study guides, and more.

CONTRIBUTE to *Up-to-Speed* by submitting articles, study tips, questions for reporters and instructors, and other suggestions.

LEARN about upcoming scholarship and grant opportunities.

Testing Center

Upcoming testing

- [Registration for Online Skills Tests opens August 1 for testing in September](#)
- [Registration for Written Knowledge Tests opens September 1 for testing in October](#)

Up-to-Speed asks ...

Responses to last issue's question: Are you planning to attend the 2023 NCRA Conference & Expo in Houston, Texas, July 27-30?

- 18.2% — Yes! I have already registered.
- 18.2% — Yes! I am planning to register.
- 0% — I am still thinking about it.
- 36.4% — I'm hoping to win one of NCRF's free student registrations.
- 27.3% — I haven't decided yet.

If you are a court reporting student, when did you start your program?

Right out of high school

Select

After transferring from a different degree program

Select

After completing a different degree first

Select

After switching from a different career

Select

Something else

Select

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