

May 2019

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 students. Read about an NCRA A to Z™ grad who is finishing up her degree in just two years and learn about the importance of joining court reporting associations. We've also got everything you need to know about the 2019 NCRA Convention & Expo in Denver, Colo.

Student Spotlight



NCRA A to Z Alumna Profile: From A to Z to RPR in two years

This month, NCRA has its first known court reporting program graduate who started in an NCRA A to Z™ Intro to Steno Machine Shorthand program. Taylor Lauren Nirschl from Combined Locks, Wis., is graduating with an Associate Degree in Applied Science in Court Reporting from Lakeshore Technical College, and she will also have another credential behind her name: RPR.

[Read more.](#)

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

The Importance of Belonging to State and National Court Reporting Associations

Being a part of an organization opens up doors that you may not have known existed and exposes you to opportunities, ideas, and people that challenge you and make you a better person. I'm attending Anoka Technical College in Minnesota, and I have quickly learned how important it is that we take care of each other and our profession.



[Read more.](#)



Coping with Test Anxiety

By Kay Moody

Students repeatedly say they miss passing a test because of nerves or test anxiety. Almost all court reporters will tell you they experienced nervousness and shaking hands on tests, but they learned how to cope with test anxiety! Try these proven relaxation techniques.

[Read more.](#)

2019 NCRA Convention & Expo

A Convention to Remember

Attending an NCRA Convention & Expo is a great experience for students. Last year, students attended special sessions teaching them proper courtroom behavior, online skills testing, professional working tips, and more. These students share their experiences attending their first national convention.

[Read more.](#)



Students can enjoy these special opportunities this year in Denver, **so register now!**



STUDENT OPPORTUNITIES!

- **Register** at reduced student pricing
- **Learn** at student-only sessions
- **Network** with professionals and other students
- **Visit** with vendors in the Expo Hall

2019 NCRA Convention & Expo Student Track Sessions

Check out this year's NCRA Convention & Expo student sessions. We bring back a couple of old favorites and two new sessions. Students also get a chance to kick off the weekend with a students-only breakfast where they can get an overview of the convention and make connections with other students. Don't miss the Meet and Greet with the NCRA Board of Directors!

[Learn more.](#)

FREE CONVENTION REGISTRATION!



Become a new NCRA member between **May 17–June 30** to be entered into a drawing for a 2019 Convention & Expo full registration.



APPLY NOW

SCHOLARSHIPS

APPLICATIONS OPEN NOW
THROUGH JUNE 1

New Professional Reporter Grant
The Frank Sarli Memorial Scholarship
Robert H. Clark Scholarship

How can you get involved with NCRA?

JOIN NCRA with a student membership. Become a member to get discounts on testing, convention registration, study guides, and more.

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

LEARN about upcoming scholarship and grant opportunities.

2019 Court Reporting & Captioning Week

Congratulations to the Student Speed Contest Winners

Schools across the country once again participated in this year's NCRA student speed contest. The contest was held in celebration of 2019 Court Reporting & Captioning Week and gave students the chance to test their speed skills on Literary and Q&A tests.

[Read more.](#)



Grants and Scholarships

Last chance to apply for NCRF grants and scholarships!

The National Court Reporters Foundation (NCRF) is now accepting nominations for the [Robert H. Clark](#) and [Frank Sarli Memorial](#) scholarships for students, as well as applications for the [New Professional Reporter Grant](#). The deadline for all these awards is **June 1**. Beginning this year, all NCRF scholarships are open to NCRA student members enrolled in **any court reporting program**, not just NCRA approved programs. The New Professional Reporter Grant is now open to qualifying **graduates** of any court reporting program. Learn [more](#).

ONLINE SKILLS TESTS New BLOCK SCHEDULING STARTS IN JUNE!

Register and schedule an online NCRA Skills Test in the **first 20 days of the registration month** and then take the test within the **first 20 days of the following month**.

- Registration available June, Aug., and Oct. 2019
- Testing available in July, Sept., and Nov. 2019

[LEARN MORE](#)



**REGISTER
NOW!**
for the RPR
Written Knowledge Test (WKT)
Registration is open June 1–30
for testing July 9–23



Questions of the Month

When it comes to my software:

- 32.4% – I only use it to see how I'm writing.
- 32.4% – I am integrating features while editing.
- 10.8% – I am integrating features while writing.
- 24.3% – I am waiting to take a class.

How often do you read your steno notes?

- 23.5% – Only when my teacher tells me.
- 47.1% – A couple times during my practice session.
- 17.6% – Every time after going back for control from speed building.
- 11.8% – What? Read steno notes?

What type of material do you use to warm up for a dictation test?

New material.

[Select](#)

Something familiar.

[Select](#)

Briefs and phrases.

[Select](#)

Theory rules.

[Select](#)

What speed do you use to warm up before a dictation test?

At the test speed.

[Select](#)

20 words faster than the test speed.

[Select](#)

40 words faster than the test speed.

[Select](#)

10 to 20 words slower than the test speed.

[Select](#)

Want to see your school in the news? *Up-to-Speed* is looking for news from court reporting programs to feature in our newsletter. Send ideas and information to schools@ncra.org.

Schools in the news

- [Court reporting program at MacCormac College featured.](#)
- [Queens School looks to end nationwide court stenographer shortage](#)
- [DMACC Court Reporting Career Fair](#)

Testing center

- [Block Scheduling starting June 1.](#)
- [Written Knowledge test registration opens June 1.](#)
- [Review online testing tutorial and information before registration and testing](#)
- [Read New Exam Retention Policy](#)