JULY 13, 2021 VOL. 1

THE KEY UPDATES

Updates for the participants of StenoKey Learning Center

WELCOME TO THE NEWSLETTER

BY GRACE EDWARDS

Welcome to our newsletter! This is the first edition of our newsletter, and we hope to keep them coming. This is indeed necessary. The curriculum continues to be improved, as we are always working on it. We value the feedback of our participants. Additionally, due regard is given to the latest innovations in terms of instructional design.

We are pleased to announce that several major additions and modifications to the curriculum have been made to enhance your learning experience at StenoKey. These implementations are designed to maximize your practice sessions while making them more enjoyable.

Know that we are always here for you. If ever you are unsure about what your next step should be in terms of practicing or studying at StenoKey, we are ready to help. Please feel free to contact Katiana or me.

To your success!

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NEW BRIEFS

BY KATIANA WALTON

Several briefs and phrases have been added to many chapters. This includes chapters that you may have already completed. To help you quickly add these new outlines to your repertoire, we now have a PDF ebook that will be sent to you via e-mail along with an Excel sheet and Word document. For your convenience, these are editable and searchable files. This way you will know which words were added to each chapter. There will also be a concise explanation of the concepts that have been added to each chapter.

SHINEI THOMAS

DDA COACHING

BY JENNIFER OPARA

We are excited to announce that StenoKey will be partnering with DDA Coaching, a renowned consulting and coaching firm. We have teamed up with the founder, Shinei Thomas, who is a life coach and performance coach whose growth and success story will inspire you to succeed in your goals. Shinei will give you insights and tips that will help empower you to pursue your dreams and live the life you desire.

STENOKEY PARTICIPANTS WILL HAVE ACCESS TO WORK WITH SHINEI FOR ONE-ON-ONE COACHING.

A meet and greet session has been scheduled for Shinei Thomas on July 16, 2021, at 7:00 PM. Please plan to attend.

This page is only accessible to currently enrolled participants in the StenoKey pilot program.

FCRA ANNUAL CONVENTION

BY KATIANA WALTON

At the end of June, I had the privilege of presenting at the Florida Court Reporters Association's annual convention.

I was surprised and honored when they presented me with the Arlene P. Sommers Award for Outstanding Achievement in Education. This award is presented to a person who is or has been a teacher, tutor, or administrator engaged in a court reporting education program in the State of Florida, who has made a significant contribution to the education of court reporting students.

I want to thank all of you at StenoKey for making this possible. Seriously, if it wasn't for you, none of this would be possible. Thank you for believing in me and in yourselves.

While I was there at the convention, I was able to attend a seminar about being ready for realtime. I share a lot about what I learned from it and my opinions on some of what was presented and how students can benefit from it. Please check out the video in our Facebook group and feel free to ask any follow-up question in the comments.

NEW BRIEFS

BY KATIANA WALTON

Since May of 2021, Write-It-Out (WIO) dictation files have been sprinkled into many chapters. These files consist of 100 words that are meant to be written out. Depending on where you are in the curriculum, you may know a brief for a word in these WIO files.

In that scenario, feel free to use that brief. The purpose of these files is to train your fingers and mind to write what you hear as you hear it. This is to eliminate the hesitation that comes from wondering if there is a brief for the word or trying to recall the outline of a brief you haven't quite mastered.

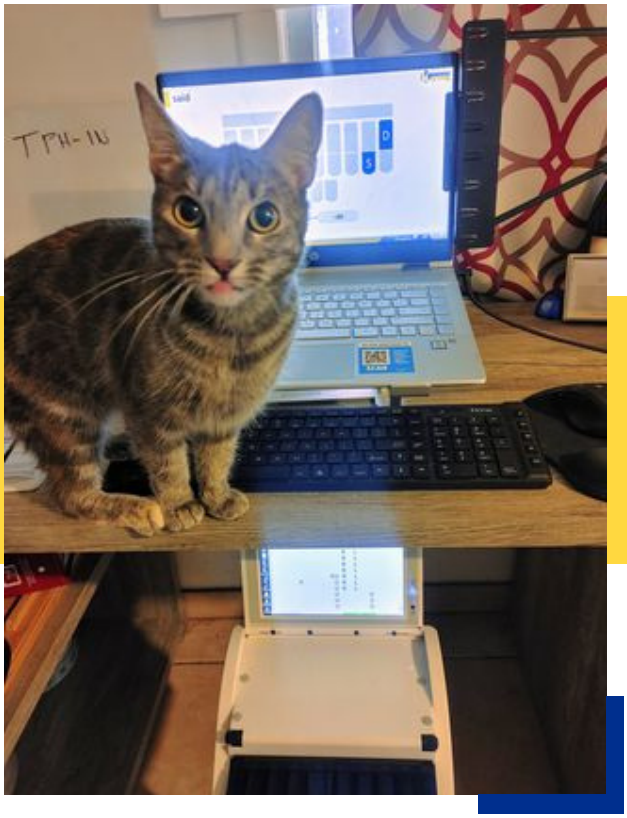

PHOTO OF THE MONTH

BY LEANDRA GARCIA

Does anyone else have this problem?

POST OF THE MONTH

BY SIMRAN KAUR

I just wanted to share a steno breakthrough that I recently had which is just helping me so much. I noticed that during difficult strokes, I tend to lift my fingers up a bit more to prepare for that hard stroke. I also tend to pound on the keys if I feel the dictation is getting harder. I watched a video of Mark writing. It seemed like his fingers were barely even lifting from the steno machine. I spent yesterday and today on retraining myself to stroke softly and lift my fingers just a bit.

The payoff is huge. Before, I used to hover around the 150 SPM mark and during speed bursts I would touch 180 SPM.

Today during drilling, I was able to effortlessly maintain 180 SPM and during speed bursts, I reached as high as 240 SPM but could maintain 210 SPM for longer speed bursts. I also had far cleaner notes during my speedbuilding today as well. I just wanted to share in case this can help somebody else in a similar situation.

CALENDAR

July 16, 2021 at 7:00 P.M.
Meet & Greet with DDA Coaching

July 20, 2021 at 3:00 P.M.
Chapters 1-14 Steno KHAT

July 21, 2021 at 3:00 P.M.
Chapters 15-38 Steno KHAT

July 28, 2021 at 7:00 P.M.
KHAT with KAT

July 30, 2021 at 12:00 P.M.
Finger Drill Festival

Steno Check-Ins
Monday-Friday
10am, 12pm, 2pm and 4pm
via Zoom.