



DFA Fall Internships

The Arkansas Department of Finance and Administration (DFA) has developed a paid internship program that provides students with opportunities to gain hands-on experience in their area of interest while exploring a career in public service. This twelve-week program (09/06/2022–11/05/2022) allows interns to work up to 20 hours per week and earn \$15.33/hr. Working hours are flexible to meet the needs of students. Most internships are located in Little Rock. However, opportunities are offered in other areas around the state. Applicants should pay close attention to the location of the position when applying. Applications must be received no later than **July 17, 2022**, for Fall consideration.

To apply, follow the links below.

Administrative Specialist II – Little Rock/Accounting, Finance, Political Science, Business Administration, Pre-Law, Public Policy/Administration, Cybersecurity, Computer Science, and other related majors

<https://arcareers.arkansas.gov/job-invite/11999/>

Tax Investigator – Little Rock/Accounting majors

<https://arcareers.arkansas.gov/job-invite/11970/>

Tax Investigator – Benton County/Accounting majors

<https://arcareers.arkansas.gov/job-invite/20126/>

Tax Investigator – Craighead County/Accounting majors

<https://arcareers.arkansas.gov/job-invite/20124/>

Tax Investigator – Jefferson and Howard Counties/Accounting majors

<https://arcareers.arkansas.gov/job-invite/20125/>



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Visit <https://arcareers.arkansas.gov> and search keyword “DFAINTERN”.

Apply on Handshake <https://app.joinhandshake.com/>

For assistance, contact Courtney Brown at Courtney.brown@dfa.arkansas.gov or 501-324-9065.



Will Wood, CPA

This month we are excited to spotlight one of our emerging CPA members, William (Will) Wood. Wood has been a member of the ARCPA since 2014. He is a partner at Wood and Wood, Ltd CPAs. He is a native of Magnolia, AR, and an alumnus of Ouachita Baptist University.

What favorite activities/hobbies/volunteerism do you do in your spare time?

This past year I've been President of the Magnolia Rotary Club which has taken up quite a bit of my spare time but has been a blast working with and getting to know fellow Rotarians from our club and across the state. When I'm not doing that, I'm volunteering at the Magnolia Arts Center, walking and playing with my dogs, traveling with my wife or taking pictures. What I really enjoy most however is just hanging out with friends and family be it at our firms weekly happy hour, a weekend crawfish boil or online playing video games.

Best advice for students on taking the CPA Exam?

Lock yourself away from distractions and find a comfortable place to study, if possible, without Internet.

Why did you become a CPA?

Why not? I got my degree in accounting from OBU and becoming a CPA was the next logical step for me to take. I believe that it is the best path forward for any accountant to take as it opens far more doors than just having an accounting degree.



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Rogers is the Chief Financial & Administrative Officer for Independent Case Management Inc. She is a native of Little Rock, AR, and an alumna of the University of Arkansas Fayetteville. Her two boys (age 5 and 2) take up most of her spare time. When she is not at the tee ball field or soccer field, her hobby is photography. She owns and operates a family photography business on the side.

Best advice for students about becoming a CPA, or taking the CPA Exam

Perseverance is key. Looking back, it is all about time and effort spent on studying for the exam. You have to be able to clear all other distractions and background-noise going on in your life, and truly dedicate yourself to studying and passing. From personal experience, failing a section of the CPA exam on the first attempt is humbling and devastating. But, you have to jump right back in and hit the books harder for the next try. Time-management strategy is crucial if you're taking the exam while working at the same time. I remember very early mornings studying for the exam before walking into a 12-hour work day. But, persevering through the ups and downs and applying yourself 100% to studying is my best advice.

Why did you become a CPA?

I became a CPA because I saw it as a way to open doors. I knew at the onset that I wasn't going to practice public accounting as a life-long profession. But, I wanted to gain valuable experience in the public accounting world, using my newly-earned CPA license, and see where it could take me. Through that public accounting experience, my passion for nonprofit work was born and I've been working in the nonprofit sector ever since.



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Student Conferences Discounts

Student members may attend ARCPA conferences for just \$15! (we're not kidding!) Meet and network with professionals and prospective future employers at any of these ARCPA events for \$15 each:

- End of Busy Season CPE & Fish Fry
 - Industry Commerce & Banking Conference
 - Equip Conference
 - Fraud Conference
 - Agriculture Conference
 - AR Federal Tax Institute
- Call ARCPA to register: (501) 664-8739 or (800) 482-8739.

Becker CPA Review

Arkansas Society of CPAs associate or student members can receive a discount on the Becker Professional CPA Review for the full 4-part review course. Save \$300 off of the full 4-part review of either Live, Online, or self study review course format. Becker CPA Review classes correspond with the exam testing windows that you select.

For more information on this member service, or to access ARCPA preferred pricing with Becker, ARCPA members should visit the partner page, www.becker.com/arkansascpaspp.

Surgent CPA Review

Surgent CPA Review can help students prepare for the CPA Exam—during or after their undergraduate or graduate education. The 100% online course utilizes a state-of-the-art adaptive learning platform that shortens study time and improves retention allowing students to prepare and pass faster! Enrollment includes access to 350+ 20 minute-or-less video lectures, a test bank of over 7,700 multiple-choice questions, over 400 simulations, customized study guides, and unlimited practice exams.

ARCPA members receive a 35% discount on the Surgent CPA exam review course! These state-of-the-art online lectures provide a customized study program, access that doesn't expire, and a pass guarantee with every course. Studying with Surgent means less stress for you—and a faster path to passing the CPA Exam. Learn more: www.surgentcpareview.com/partners/arkansas-society-of-cpas/

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To redeem the 20% discount, visit www.wileycpaexcel.com or call 888-884-5669 to order. Enter code ASCPA at checkout.

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ARCPA members save 20% off the Unlimited access course! Prepare to pass the CPA Exam with exceptional course materials that make difficult concepts easy to understand. Proven with a 91% pass rate, we proudly serve the accounting profession's top educators, employers and professional organizations to ensure success for future CPAs.

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CPA Review Courses



Become A Student Member Today! Membership is Free

Join Arkansas Society of CPAs (ARCPA) & American Institute of CPAs (AICPA) in one step

Join for free! Complete the Application Online: <https://thiswaytocpa.com/program/AR>

You're Not Lazy; You're Scared: How To Finally Stop Procrastinating

Be honest: Do you struggle in getting things started (or completed)? Do you tell yourself, "I'll get to it," yet find yourself binge-watching an entire season of *Bridgeton* instead? You're not alone.

According to *Psychology Today*, procrastination is a common human tendency. For the occasional offender, finding the willpower to buckle down and power through is usually enough to boost productivity and focus on accomplishing the task at hand.

But while everyone may procrastinate, not everyone is a procrastinator, says Joseph Ferrari, a psychology professor at DePaul University, leading researcher on the subject, and author of *Still Procrastinating: The No Regrets Guide to Getting It Done*. Ferrari says we all put tasks off, but his research has found that 20 percent of U.S. men and women are chronic procrastinators. "It really has nothing to do with time management," he says. "As I tell people, to tell the chronic procrastinator to 'just do it' would be like saying to a clinically depressed person, 'cheer up.'"

Psychologists have discovered that procrastination isn't a time management thing but instead a coping mechanism. When we procrastinate, we're avoiding an unpleasant task and doing something else that gives us a temporary mood boost. Timothy Pynchyl, a professor who studies procrastination at Carleton University in Ottawa, calls this avoidance behavior "giving in to feel good."

But the shame and guilt of not doing what we should be doing can make us procrastinate even further, creating a vicious, self-defeating cycle. And what makes procrastination so harmful is that the tasks don't go away. Eventually, you're left with the tasks to complete, the negative emotions again, plus the added stress of a time constraint. Like Ferrari, Pynchyl agrees that procrastination isn't a time management problem. "It's about really dealing with our feelings. Emotional regulation, to me, is the real story around procrastination because to the extent that I can deal with my emotions, I can stay on task," says Pynchyl.

So what's a chronic procrastinator to do? The next time you don't feel like doing something, try these three tips:

Acknowledge why you've been avoiding it

You're not lazy; you're scared. When we procrastinate, we're avoiding the unpleasant feelings that accompany the task at hand. Procrastination is rooted in fear—of failure, of success, or of not being perfect—and fear is a powerful emotion. We feel anxiety when we're pushed to do things that make us uncomfortable, so naturally, we avoid them at all costs. But when we try to get rid of the negative feelings by, say, scrolling our social media feeds, it's only a temporary fix. By facing your emotions, you can begin to manage them.

Forgive yourself for procrastinating

Pynchyl and others found that people prone to procrastination are, overall, less compassionate toward themselves. One of the most effective things that procrastinators can do is to forgive themselves for procrastinating. In a study, students who reported forgiving themselves for procrastinating on studying for a first exam ended up procrastinating less for a second exam. Researchers say employing self-compassion works because procrastination is linked to negative feelings. When you forgive yourself, you'll reduce the guilt you feel about procrastinating, eliminating one of the primary triggers for procrastinating.

Just get started

Pynchyl says that most of us mistakenly believe that "our emotional state has to match the task at hand." But the truth is that you'll rarely feel like it, nor does it matter. He recommends ignoring how you feel and focusing instead on what the next action should be. "Rather than telling yourself, 'just do it,' which can be overwhelming," says Pynchyl, "say, 'just get started.'" Pynchyl suggests breaking down tasks into easily accomplished steps. Even completing a relatively small action will help you make progress and feel better about the task. This increases your self-esteem, which in turn reduces the desire to procrastinate to make yourself feel better, he says. Plus, this simple swap shifts your attention from your emotions to action so you can finally finish what you started.



By Amy Blaschka, a social media ghostwriter who helps leaders craft their stories to communicate and connect better. She has published thousands of articles and updates on LinkedIn, Thrive Global, Medium, and Forbes. Her articles cover personal transformation and its impact on career growth.



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