

Insights



Visit the SSS on the web: <http://www.nwmissouri.edu/services/sss>

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Campus Events:

October 15: SSS Haunted House trip to Kansas City

October 15: SAC Movie Night @ the Hangar

October 15: Saving Abel

October 18–25: Homecoming Week

October 23: Walk Out Day

October 24: Homecoming Parade 9 a.m.

October 24: Homecoming Football Game 1:30 p.m.

The Wise Choice Process

Have you seen the recently posted flyers around Student Support Services that ask, "What is the Wise Choice Process?" In today's collegiate environment, decision-making can be essential to making your experience successful. In Skip Downing's book entitled *On Course*, he writes the following: "Here's the bottom line: Our choices reveal what we truly believe and value, as opposed to what we say we believe and value."

To learn how to make wise choices, Downing's process includes a 6-question method to help you assess your issue.

- 1. What's your present situation? *Identify the problem or difficulty.*** Consider only the objective facts of your situation, including how you feel about them. Rely on your Inner Guide — your wise, impartial voice that tells the truth as best it can be.
- 2. How would you like it to be? *Specify your goal.*** If you could create an ideal outcome, what would it be?
- 3. What are your possible choices? *Without evaluating, make a list of options.*** Create a list of choices you could do, knowing you aren't obligated to do any of them. Don't be afraid to think outside of the box.
- 4. What's the likely *Missing information,*** Research each choice outcome for information here and evaluate the possible results. More information allows for a better **outcome of each choice? *stop here and get more.***
- 5. Which choice(s) *will you commit to do-yourself.*** *Make a promise to* With the affirmation and commitment to a decision, become confident in your decision. No matter what your final decision may be, the mere fact that you are defining and making your own choices is wonderfully empowering.
- 6. When and how will you assess your plan? *Evaluate your results.*** Pick a destination date and reassess your plan. It might even be helpful to go through the 6-question method again. Do not be discouraged by setbacks or delays. Reward your accomplishments and reinforce the commitment to your plan.



"You are responsible for the eventual outcome of your life. You have been given the greatest power in the world — the power to choose."

Denis Waitley

THE QUEST FOR STRENGTH

By: Jordan McCrady



StrengthsQuest, an on-line education resource, created a testing tool to help students and educators alike evaluate personal strengths. By taking the test, you can learn new methods of success in your academic and personal life. The goal of the program is to encourage students to step out of their normal comfort zone, and try some of these new ideas to maximize their potential.

Typically, a fee would be required to take the StrengthsQuest assessment, but as an SSS participant, students can take the exam free of charge. Basically, you're getting a free opportunity to gain a lot of insight about yourself, and who doesn't want that? If you haven't had a chance to do the StrengthsQuest assessment, contact Christi Waggoner at cwagg@nwmissouri.edu or at 660-562-1259.

Several of our SSS staff members have "Achiever" as one of their signature strengths and they use it as a driving force in their academic and social lives. It's important to learn how other students utilize their strengths. Through observation, we hope you find some new ways to hone some of your key strengths!



"I never see what has been done; I see only what remains to be done."

*--Siddhartha Buddha,
Spiritual Teacher*

ACHIEVER

Your Achiever theme helps explain your drive. Achiever describes a constant need for achievement. You feel as if every day starts at zero. By the end of the day you must achieve something tangible in order to feel good about yourself. And by "every day" you mean every single day—workdays, weekends, vacations. No matter how much you may feel you deserve a day of rest, if the day passes without some form of achievement, no matter how small, you will feel dissatisfied. You have an internal fire burning inside you. It pushes you to do more, to achieve more. After each accomplishment is reached, the fire dwindles for a moment, but very soon it rekindles itself, forcing you toward the next accomplishment. Your relentless need for achievement might not be logical. It might not even be focused. But it will always be with you.

As an Achiever you must learn to live with this whisper of discontent. It does have its benefits. It brings you the energy you need to work long hours without burning out. It is the jolt you can always count on to get you started on new tasks, new challenges. It is the power supply that causes you to set the pace and define the levels of productivity for your work group. It is the theme that keeps you moving. (www.strengthsquest.com)

SSS ACHIEVERS

Jessica Freund, SSS Mentor (right): I utilize my achiever strength through many aspects in my daily life. I use this strength when doing homework, in which I like the feeling of being productive and getting things accomplished. I use this strength at work, which I get a sense of satisfaction from being busy. I am a hard worker and always put a 110% of my effort into the task at hand. This achiever strength comes in handy and plays a big part in my life; I am thankful that I have this strength. I would not be the same without it.



"I am a hard worker and always put 110% of my effort into the task at hand"

"I love being able to cross things off my list. It gives me a feeling of accomplishment"



Leslie Duley, SSS Office Assistant (left): My Achiever strength is very obvious. I am definitely a person who wants to achieve and get everything done I have on my "to do" list, if not more. I love being able to cross things off my list. It gives me a feeling of accomplishment. My achiever strength has been very beneficial for me throughout my academic career. I do as much as possible ahead of time so at the end of the semester I can relax. This allows me to be a very productive and a multi-tasker. My energy to work hard also carries over in my exercise routine.

I might be stressed and have a lot of things to do but I will definitely squeeze in a workout. The workout not only helps me feel better about myself, but it relieves stress and gives me time alone. Rarely will you see me just lying around; I'm always on the go with a mission in mind!!

Phil Kenkel, Director TriO Programs (bottom right): I feel that I use the Achiever strength in a variety of ways. In my work, I undertake multiple tasks and strive to complete each one in a timely and thorough fashion. I pride myself in having my work/projects completed WELL before deadlines and I think this tendency is a direct result of the Achiever strength.

In my personal life, I think this strength shines through in a similar fashion by always having a project in the works around the house or with my family. Once I complete a project at home, right away I begin another one---and the goal of my project is to somehow better my home or family. Very rarely do I ever sit down and watch television or rest when I am home. I am always looking for something to do.



"I pride myself in having my work/projects completed WELL before deadlines -- and I think this tendency is a direct result of the Achiever strength."

Take a Deep Breath

By: Sarah Woody

College. . . it is said to be the best time of your life. Meeting new people, the classes, the diversity, the athletic events, and of course, you can't talk about college without mentioning the parties. But there is something that a lot of college students don't think about — What am I going to do when the party is over? What do I want to do for the rest of my life? Where am I going after I graduate? These questions beg for simple answers but when you really get down to decision time it can be one of the most stressful decisions ever! Whether you decide to further your education or jump right into the "real world," you still need to take time and make a plan of attack. In the information below, I hope to offer you some helpful hints for finding a graduate school.

Making the Decision

Coming from personal experience, searching for a graduate program can be one of the most difficult and stressful events in your life. There are literally hundreds of schools in America that offer Ph.D. and Master's degree programs. So how do you choose? From my experience, it is helpful to visit the website www.gradschools.com. Create a profile and start from there. Then consider these three specific things when narrowing down your search.

1. *Do they have the program I am looking for?*
2. *Will the school help me out financially, such as a Graduate Assistantship or scholarships?*
3. *Is the location where I would like to be?*



Materials Needed

for Graduate School Application

When you apply for graduate school, most schools require the basic information, e.g., transcripts, shot records, etc. However, there are a few more things to remember to have ready when you apply.

- **Letters of Recommendation** — Many schools require three letters. Make sure the letters come from professors, faculty and staff who can demonstrate the kind of student you were during your undergraduate career.
- **Personal Statement** — This narrative perhaps can be one of the most difficult to write. Get some things down on paper and have a close friend or confidant review it. Sometimes we find it hard to brag on ourselves!
- **Resume/Vitae** — Writing a resume/vitae is another difficult task. Fortunately, Bearcats have access to Career Services. This department will be happy to help you build your resume. SSS will also be happy to review your resume/vitae!
- **Test Scores** — All graduate programs require you to take the Graduate Record Examination (GRE) before you can be admitted into their program. What many students don't know is there are field-specific GRE tests. So make sure you are preparing to take the subject GRE if a specific test is required.
- **Deadlines** — All schools have different deadlines for applications. Make sure you are aware of these dates and turn yours in early. Some can be as early as December of the preceding year of entry.
- **Application Fees** — All schools also require a minimal fee for the graduate school application. If you apply to several schools, these fees can add up!

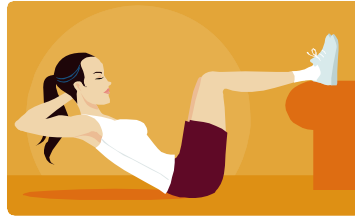
Dorm Room Workouts

The Freshman 15 is an Elective, Not a Requirement

By Nicole Nichols, Fitness Instructor & Guest Columnist

College life opens new and exciting opportunities for young adults. Leaving the comforts of home for the first time to live with a total stranger in a room the size of a closet; making your own choices about where to go, when to return, what time to go to bed and who to spend time with; assuming more financial entertainment; oh, and there's

Most colleges and universities in the dorms, which means a health: 1) little or no choice and 2) space is limited and 3) time is limited. This small space, and late nights can lead to the notorious "Freshman 15".



responsibility for books, groceries, and that learning thing too.

Universities require incoming freshman to live in couple things when it comes to your dorm when it comes to food, 2) space is a combination of limited food choices,

But the dreaded college weight gain is NOT inevitable. Taking a preventive approach (rather than trying to crash diet or over-exercise when it's too late) is your best bet. Making healthier food choices, getting plenty of sleep, and increasing your daily activity (walking instead of taking the shuttle) will help. But one of the most important things you can do is exercise for at least 30 minutes, most days of the week. Your exercise plan should include three main components:

Cardio (aerobic) exercise burns calories, trains your body to use more fat as fuel, strengthens your heart and lungs and helps relieve stress. Aim for 30-60 minutes, 3-6 days per week.

Strength training helps you maintain and build lean muscle. If you aren't strength training regularly, you'll lose muscle (about half a pound per year) and your metabolism will slow down along with it. Fit in a full body workout (about 8-12 exercises) twice per week.

Stretching, or flexibility training, can help you improve your fitness level in other areas as well as reduce your risk for injury and joint problems later. Stretch after every workout and when you need a relaxing break.

Your college recreation center will likely have all the options you need to stay healthy and fit: cardio machines, fitness classes, personal trainers, weights, a pool, an indoor track and more. But on those busy days (or late nights) the gym might not be an option.

Dorm life doesn't have to be a doom. For little or no money, the single room that multitasks as a bedroom, study, kitchen and lounge can also become your own personal gym. In just a few minutes a day, you'll see a toned, healthy, and relaxed body and mind.

CUT OUT AND COMPLETE THE FORM, BRING TO YOUR STUDENT SUPPORT SERVICES MENTOR TO HAVE AN EXTRA ENTRY IN THE MONTHLY DRAWINGS!

STUDENT SUPPORT SERVICES PRIZE DRAWING

NAME _____

PHONE _____

E-MAIL _____

DATE _____ NEWSLETTER ENTRY



Congratulations to our monthly drawing winners Garrett Pulley and Travis Frederick. Both students won Bearcat gift baskets!

What's Happening!?!

By Andrea Dimicelli

Student Support Services
360 Administration Building
Northwest Missouri State University
800 University Drive
Maryville, MO 64468

October is shaping up to be a great month to be a Bearcat! From Bearcat athletics to SAC sponsored speakers to Student Support Services events — there should be plenty of opportunities for fun here at Northwest! One of the biggest events to hit the Northwest Campus this month will be the week of Homecoming. Although the idea of Homecoming originated at The University of Missouri, it has become an important tradition here at Northwest. On Wednesday, October 21, SAC will bring Dave Coulier, better known as Uncle Joey from Full House, to campus to share his stand-up comedy routine. Thursday will be the Variety Show which brings the chance to see who gets crowned Homecoming King and Queen. Friday is Walk-Out Day — a day free of classes to enjoy the festivities Northwest has to offer! Saturday, October 24 is the day of the Homecoming parade and football game. The parade will be an opportunity to see thousands of hours of students' hard work on display. Following the parade is the football game against Washburn which is sure to draw a packed stadium! Many alumni will return for another chance to cheer on their Bearcats. Homecoming is always an exciting time of the year and this year will definitely hold true to that standard!

Before the week of Homecoming, Student Support Services participants have an opportunity to be a part of one of the most exciting events sponsored by SSS this semester. On October 15, participants will be taking a trip to Kansas City to visit two haunted houses. The students brave enough to take this trip will get to go through The Beast and The Edge of Hell. This event will be completely free so it is definitely not something to miss out on! However, if the haunted houses seem too scary, students can choose to stay at Northwest for SAC's fall concert, Saving Abel. Either option will definitely be a night to remember!

This month is sure to be a great month on campus and around the community. The week of Homecoming combined with either the trip to the Kansas City haunted houses or the fall concert will certainly be enough to carry any student through to November with a smile!