

# Insights



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Eating, Healthy	2	<p>On August 26, SSS staff and mentors welcomed Dr. Tim Crowley to their pre-semester workshop and training. New mentors Ryan Hesse, Tamra Ruehter, Niki Skutnik and Kelsi Jo Franklin joined CJ Clark, Andrea Dimiceli, Jessica Freund, Jordan McCrady, Justin Ranney and Sarah Woody for the day-long training. Dr. Crowley, an expert in Stress Management and Peak Performance and Director of the Personal Development and Counseling Services, took the SSS team through a series of exercises and team building demonstrations.</p> <p>The mentors loved Dr. Crowley's learning style and realized a lot about themselves as well as their fellow mentors during the training. Second semester mentor Justin Ranney said, "I thought he [Dr. Crowley] showed us how we can really make the best of knowing each other's strengths and weaknesses. Knowing each other's life events also puts more people on the same playing field." Ranney also said, "The training was fantastic."</p> <p>Mentors chose from six Values in Action determining their "signature strength." Graduate Assistant Stancy Bond said, "My strength was leadership. It was kind of boring compared to everyone else's!" Most mentors had qualities like love of learning, zest, kindness, forgiveness and playfulness. Dr. Crowley showed students how to use one another's strengths to assist in the mentoring of students. Crowley said, "Student Support Services staff learned how to apply strength based leadership activities to engage, ignite, illuminate and educate students. This learning applies strengths, caring and positive energy in the service of engagement. Effective leaders like the mentors in SSS transform energy into engagement leading to improved learning outcomes."</p> <p>SSS Assistant Director Jacque Loghry said the training was invaluable to our organization. "It was a great day led by an effective leader that will only bring positive results to the SSS. We were excited to offer our mentors the opportunity to participate in training."</p>
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## Upcoming Events September

- 15 – SSS Bowling Party, Bearcat Lanes, 4:00 - 6:00
- 24 – Exploring Majors & Minors, Student Union Ballroom

## October

- 12 – Mid-trimester Exams Begin
- 23 – Walkout Day, no classes
- 24 – Homecoming

## November

- 12 – Lunch & Learn 1:00-1:50, Financial Assistance "Show Me the Money"
- 24 – Thanksgiving Break begins 5 p.m.

## December

- 14 – Finals Begin
- 18 – Fall Commencement



Pictured from left to right: 1st row — Tamara Ruehter, Niki Skutnik, Andrea Dimiceli, Dr. Tim Crowley, Jessica Freund; 2nd row — Stancy Bond, Jordan McCrady, Kelsi Jo Franklin, Sarah Woody, Leslie Duley, Justin Ranney and C.J. Clark

# Eating Healthy and Staying Active

By Ryan Hesse

Has the start of the semester and new classes been stressing you out lately? Do you turn to food to comfort you during these trying times? Emotional eating can be an unhealthy solution to your stress. Personally, I feel that it is very important to not abuse food in this manner. Some of your favorite snack foods can be very bad for you if you eat too much of them.

Take for instance one of my favorite foods, pizza; one slice of pepperoni pizza from the Union is 465 calories and seventeen grams of fat. If you have a bad day, try not to eat three pieces of pizza for dinner. Consuming around 1400 calories and over 50 grams of fat can slow down your metabolism sluggish making you sleepy and lethargic. Instead of eating three pieces of pizza, go to the salad bar and make yourself a healthy tossed salad. This does not give you permission to load your salad up with unhealthy condiments. Did you know that it is healthier to pour chocolate on your salad than some salad dressings? Try to stick with a light dressing, oil and vinegar or no dressing at all.

Instead of using food to help you cope with your stress, you should try and find a healthy alternative. Try and find a hobby such as running, swimming, or any other physical activity. The Student Recreation Center here on campus does a great job organizing activities from 3 on 3 Basketball to Disc Golf. Sign up for SRC's intramural athletics online at <http://nw-missouri-state.ezleagues.ezfacility.com/>, call them at 660.562.1606, or E-mail the Recreation Center at [crec@nwmissouri.edu](mailto:crec@nwmissouri.edu).

As a student, you can also become a member of the Northwest Fitness Center. The fitness center offers aerobic and yoga classes, water aerobics and circuit training along with many other fitness classes at three convenient campus locations. There is a fee to join the center but they offer a lot of perks such as personal trainers and personalized fitness plans. You may contact the fitness center at 660.562.1708 for further information.

Finding a hobby you can utilize in stressful times not only helps you become healthier, it also helps you redirect your focus from eating. Dealing with all of the stresses of college is not an easy task, but taking a specific amount of time away from all class work each day can really help you reduce your stress.



## Meet the new Staff!



*Nikki Skutnik*



*Kelsi Jo Franklin*

Nikki Skutnik (top left) is a junior studying both Business Management and Marketing. Skutnik is from Omaha, NE. On campus, she is involved in Alpha Delta Pi sorority and is on their executive board. In her free time she enjoys shopping, taking road trips, and hanging out with her friends.

Kelsi Jo Franklin (top right) is a junior majoring in Organizational Speech Communication with a minor in Advertising. In addition to mentoring for Student Support Services, Kelsi loves to stay active by volunteering for other organizations on campus. In her free time, Kelsi loves to read, work out, and socialize. Kelsi is outgoing and loves to meet new people. A thrill-seeker by nature, Kelsi loves heights, extreme sports and new adventures! Since Kelsi began her mentorship this semester, she is thrilled to get to know everyone!



*Ryan Hesse*



*Tamra Ruehter*

Tamra Ruehter (bottom right) is a Junior Industrial and Organizational Psychology major who is extremely excited about mentoring NWMSU students this calendar year. Tamra grew up in Barnard, Missouri, and enjoys spending time with her family. She also works at Taco John's where she is the Shift Manager. She is looking forward making friends with the new mentees.

Ryan Hess (middle left) began his mentorship with the SSS this semester. Ryan, a sophomore, accounting major at Northwest, hails from a small town in central Missouri. He enjoys spending time with his family and friends. In addition, Ryan's loves to play all types of sports including running. He also travels every chance he gets!



*Stancy Bond*

Stancy Bond (bottom left), Graduate Assistant for Student Support Services, lives in Savannah, MO, and is pursuing her M.S. Ed. in English Education. Bond enjoys reading, shopping and spending time with her husband, Chris, and their two children, Kit and Molly. She is excited about her position with the SSS and looks forward to getting to know the staff, mentors and mentees!

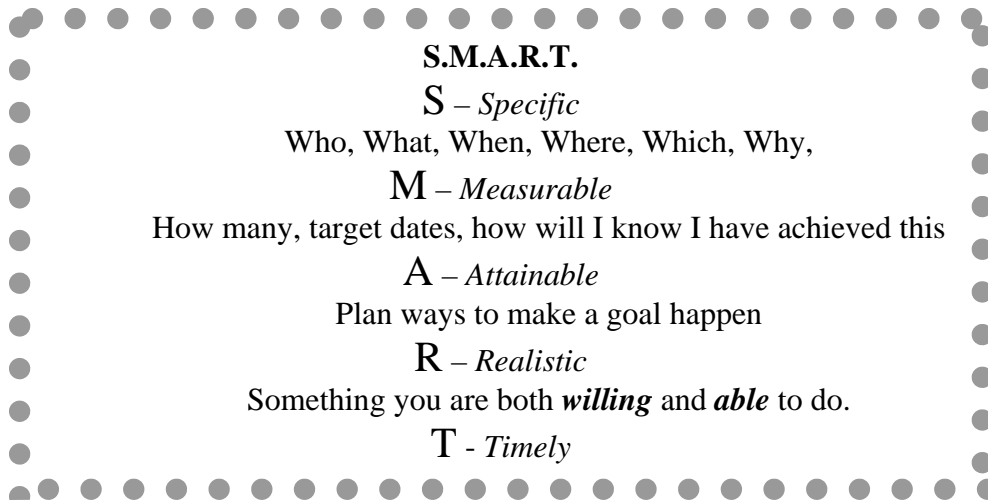
# S.M.A.R.T. GOALS

By: CJ Clark

Most of the time we make “okay” goals – goals with good intentions. S.M.A.R.T. goals are meant to help you not only outline what you want to do but help you to achieve.

Goal setting improves productivity and increases performance by up to 40% (Northwest Education Association Online). By giving yourself standards or benchmarks you are able to work toward long term goals like getting an “A” in a class, having a +3.5 GPA, or making a sports team.

S.M.A.R.T. goals are meant to help create mile markers along your way towards big goals. If you want to ace a test you start with smaller, specific goals to build off of towards that final goal. The SMART goal system is simple, easy to use, and helps you to create effective goals be they short term or long term.



## Examples of “OK” Goals:

- I will get an “A” in my Biology class.
- I will have a 3.0 GPA at semester.
- I will make the intramural basketball team.

## Examples of S.M.A.R.T. Goals

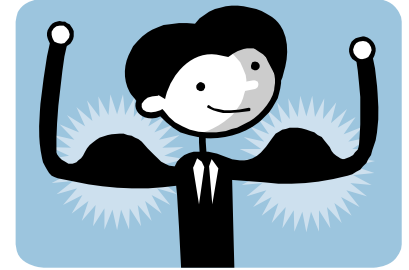
1. I will sign up for a membership at the [gym/social club]. I am committed to attending [number] of times per [week/month]. I will schedule time on my calendar to participate in this activity and keep track of how often I go. By [date], I will have [gone/attended] [number] of times.
2. I will study [number] minutes per day for [class name]. I will schedule this time in my planner and keep track of how often I meet those dates. When I have an upcoming test / quiz I will study an extra [number] minutes. By [date], I will have enough knowledge to get an “A” on my mid-term.
3. I am going to find a job with a [small/medium/large] business in my field. I will contact [number] of potential employers each [day/week/month]. By [date], I will be working in this new employment opportunity.



# What r ur strengths?

SSS Offers Strength Quest to Members

StrengthsQuest is a positive psychology method of self-evaluation to help you understand your personal strengths and how you can utilize them in your academic and personal life. By maximizing potential strengths you can overcome weaknesses in other areas, understand how to be more productive, and even help evaluate what career is right for you.



Student Support Services is pleased to be able to offer the StrengthsQuest assessment tool free of charge to all participants. Many Freshmen and Sophomores will have already taken the assessment; however, if you are an upper-classman and are interested please contact Christi Waggoner at [cwagg@nwmissouri.edu](mailto:cwagg@nwmissouri.edu) or 660.562.1259.

Look for upcoming articles outlining SSS Staff and participants shared strengths and how each strength is uniquely harnessed by the individual. Learn about the strengths of those around you or help find a new focus to enhance your understanding of your 5 Signature strengths and how they can work for you!

## Woo

Woo stands for winning others over. Men and women with Woo enjoy the challenge of meeting new people and getting you to like them. Strangers are rarely intimidating to Wooers. On the contrary, strangers are energizing. Wooers are drawn to strangers; Wooers want to learn their names, ask them questions, and find some area of common interest to strike up a conversation and build rapport. Not only are Wooers rarely at a loss for words, they actually enjoy initiating with strangers because they derive satisfaction from breaking the ice and making a connection. Once that connection is made, Wooers are quite happy to have become your friend! ([www.strengthquest.com](http://www.strengthquest.com))

### McCready, Jordan

So, you want me to tell you about my Woo? Okay, I'll tell you about my Woo. I use my powers of Woo to help meet people and make friends. If I see someone I would like to talk to or meet, I approach them with a compliment. In my journeys, I've found that having Woo as a strength has helped get me far in my classes and social life. Let me tell you, I'm thankful for it.

### Loughry, Jacque

My Woo is sometimes hidden. I am rarely at a loss for words and find it easy to start conversations with people, build rapport, and takes cues as to how to best respond to those I interact with. My Woo allows me to be especially effective when helping people I've just met or who seem uncomfortable. I find that Woo allows me to help me recognize specific ways which are most appropriate to interact with various individuals. My Woo is especially useful when I need to find tactful ways to ask difficult questions.

### Bond, Stancy

I don't worry about speaking with strangers or striking up new connections thanks to my Woo. I believe that my Woo is related to a genuine interest in others and gives me an innate desire to bring humor to my social interactions. Woo helps me as a leader and to naturally adapt to new settings. I use my Woo to create positive reactions in others and encourage a general gregariousness. I'm always interested in making a new friend, striking up a conversation, or finding an area of mutual interest.

- SSS will be hosting a socials and parties throughout the semester. Make sure you check in with your mentor for the latest and greatest schedule!
- As for campus wide events, one of the first ones that is coming up will be Family Weekend. This event Starts on September 18<sup>th</sup> and goes through the 20<sup>th</sup>. This weekend will be filled with all kinds of different things for your families to do including games, meals, and even a Bearcat Football game!
- The Student Activities Council puts on free events every week including free movies, bingo, poker, and other fun events. The fall concert will be October 15<sup>th</sup>. Saving Abel will be playing in the Performing Arts Center. Tickets for this event will be **free** to any Northwest Student and can be picked up starting the 14<sup>th</sup> of September at the student services desk!
- Shortly after this event will be Homecoming which includes walk-out day that Friday! This week will be filled with a lot of fun activities and competitions for groups and people.

What's Happening?!!

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

## YOU BOWLED A WHAT?

Student Support Services hosted a bowling party at Bearcat Lanes on Wednesday, September 16. All students who participate in the SSS program were invited to attend.

Christi Waggoner, Student Development Specialist, said, "Everyone had a great time. Bowling is not only a great sport, it also brings people together who would not normally hang out. That's what makes it so much fun."

Over 40 students, mentors and staff attended the event. SSS provided pizza and drinks for everyone. Jessica Freund commented that even though she hadn't bowled in a while, it was great to ramp up my game. Freund scored 135 making her the winner in her lane. "Everyone was a winner tonight," Freund said, "not just me!"

In addition to the free bowling and free pizza, door prizes were given out. Both Shaunta Addison and Jessica Merritt won \$100 each towards their university account.



Top: Lawrence Franklin give Bowling Nite a "thumbs-up" as he selects his door prize. Bottom: Eric Austin and friend enjoy the festive atmosphere at Bear Cat Lanes.