We Are Students

Christmas has come and gone. We have entered a new year. Resolutions have been made and some have already been broken. Several checks have had 2007 scribbled out and 2008 written in its place. These things, along with many others, mark the dawn of a new semester. For us, the rise and fall of the sun each day means we are one step closer to the final goal: graduation. Each morning we wake up, ready to face the day and the new challenges that it will bring.

Ok, that last line is an exaggeration. The reality is that every day we hit snooze on our alarm three or four times with an underlying hope that for some reason it will delay the inevitable. We go to the Station or Java City or a gas station and get our cup of coffee or cappuccino with the hope that the caffeine rush will jolt us from our state of near slumber. Of course, we know that it won’t kick in before we have to go sit through another hour of lecture. And let’s face it, the reason we’ve been writing so many checks is to pay our lab fees and buy the required supplemental books that the professor authored.

We are students. By these things we are bound together. We are striving to better ourselves, and we know that a tremendous effort is required. We are all on a path to achieve the dream. For some of us, this is easy. Others find the path difficult to travel. Sometimes it is dark. Sometimes it is overgrown. Sometimes we aren’t sure which way to turn. Any path can be traveled if you use the right tools. When it is dark, you need a torch. When it is overgrown, you need a knife. When you are lost, you need a compass.

Student Support Services is your Swiss Army Knife for your path of education. If you use it, the path can be easier to travel. However, it is important to know that the tools cannot complete the journey for you. You must have the desire to keep going and the ability to recognize when to utilize your help. If you feel lost, tangled, or afraid, remember that you are not alone. Student mentors are on the path with you, and their multi-purpose functionality can help you through just about any situation. Your student mentor is a very special person. Don’t be afraid to let them guide you. They are the torch, the knife, and the compass of Student Support Services.

Yours in Guidance,

Student Support Services
GPA Cushions
By Maggie Davis

Are your finals grades from Fall 2007 not measuring up to what you wanted them to be? Did last semester’s grades significantly lower your GPA? So, what are you going to do now? Stop trying to get a higher GPA or just settle for the average C in every class? You’d think that getting one grade higher the next semester wouldn’t have that much impact on your GPA, but it does. By just raising a couple of your grades compared to last semester, you can change your cumulative GPA. Have a goal for your cumulative GPA at the end of this year and do some figuring so you can see what you need to get in all of your classes to reach that goal. Ending your first or second year of college on a good note with a higher cumulative GPA will give you a great feeling and help better prepare you for the next classes of your academic career. Here is an example of a student who slacked off the first semester, but set goals and worked hard the next semester. The GPA for this student is raised and it will continue to rise with hard work and dedication in future semesters.

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<th>FALL SEMESTER</th>
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CUMULATIVE GPA=2.175

You might not think that this GPA looks good now, but the higher your GPA is per semester will keep raising your cumulative GPA. The more credit hours you have that are B’s will make your C’s and D’s not have such of a negative impact on your cumulative GPA. Your first two years at college concerning your GPA have a huge impact on the final years of your education. It is definitely worth your time to strive for the A and B in your general education courses because that will create a GPA cushion for your harder course classes. Set goals for your general education courses this semester that are higher compared to last semesters. Work the extra mile to do well, so you can have a higher cumulative GPA. A higher cumulative GPA NOW will help you when you are taking your harder classes in the next couple of years that require more time and more studying.

What’s Happening on Campus in February?
Compiled by Kelsey Luers

**February 11:**
ENCORE event ‘Ring of Fire’ the musical features 38 of Johnny Cash’s biggest hits in this new Broadway Musical!

**February 16:**
Women’s and Men’s Basketball vs. Pitt State—Bearcat Arena (time TBA)

**February 20:**
Mock Interview Day!
Contact Career Services to set up an interview.

**February 20:**
Greek Week Dress Sale Fundraiser
6:30-9:30 Union Ballroom

**February 28:**
‘Little Shop of Horrors’ brought to you by the NW Theatre Department—7:30 PAC.
Spring Training Fitness Tips
How to ease back into shape this spring and summer
By Elizabeth Quinn

After a long winter of reduced activity or inactivity you might be tempted to get outside and train as soon as the weather improves. You may also be tempted to exercise at the same level you did at the end of the last season. But such enthusiasm often leads to early season injuries. If you changed your routine for the winter, you need to get back into shape slowly. Here are some tips to keep in mind as you head out the door this spring.

Slow but Steady. Don't succumb to the weekend warrior syndrome. Try to get some exercise 3-4 times per week on alternate days. One of the best ways to get injured or sore is to go hard all weekend and do nothing during the week.

Pay Attention to Your Level of Exertion. Use the perceived exertion scale, the talk test, or the heart rate range to help you determine an appropriate intensity level. Stay at the lower end of the scale (11-13) and build up over several weeks.

Increase Your Training No More Than 10 Percent Per Week. Increasing training (mileage, time or amount of weight lifted) more than 10 percent per week increases your risk of injury. To avoid this, increase your training gradually over the weeks.

Avoid All-Out Efforts Until You Build a Solid Base Fitness Level. Depending upon how much inactivity you had over the winter, it could take as long as 6 weeks to re-establish a solid fitness base. Start your exercise program with slow, steady aerobic sessions. When you add intervals or all-out efforts, make sure you allow enough rest and recovery (at least 48 hours) between those hard effort training days.

Follow a Training Program and Keep Records. If you really want to build back up to optimal fitness, it helps to establish a training plan and stick with it. There are many training programs for all types of sports and having one is not only good motivation, but it helps keep you from doing too much too soon.

Cut Yourself Some Slack. If you took the winter off, don't expect to be back to peak fitness in a week or two. It's ok to go slow and just enjoy being outside again. There's plenty of summer left, so don't worry about going a bit slower in the beginning.

Train With Others at Your Fitness Level. If you can find a few people with the same fitness level and goals as you it can help kept you progressing at a good pace. Training with those who are farther along will only encourage you to overdo it, get injured or feel 'behind' in your training. Workouts with more fit people can be motivating and help you improve, but only after you have a good solid base to work with. Otherwise they can be harmful.

Remember to Have Fun. Keep in mind that this is 'Spring Training.' It's a time for fun, light-hearted exercise. Your aren't competing and you aren't burnt out yet. So just relax and enjoy your activity.

http://sportsmedicine.about.com/cs/conditioning/a/032204a.htm
WHO SHOULD STUDY?

YOU!
Studying is something you have to do. There is no way around it. The only way the information will enter and stay in your brain is if you study and learn it yourself!!!

WHAT SHOULD YOU STUDY?

Do what is most important FIRST.
Do the readings and assignments as the class progresses because it is easier to learn a little at a time and put it all together rather than trying to cram the night before a test.

WHERE SHOULD YOU STUDY?

Find a quiet and distraction free environment where you can study each day. Get into a study schedule by going to the same place to study each day. That way, whenever you are in this place you will be more likely to study. We are creatures of habit; therefore, you will feel obligated to focus on studying in this place.

WHEN SHOULD YOU STUDY?

Set specific times each day to study specific things. It is harder to put it off that way.
Treat school like a work day and make sure you are productive during the hours of 8-5. Use your time in between classes to study. That way, you can get your studying out of the way for the day and you have the evenings to yourself to do whatever; clean your house, hangout with friends, watch your favorite TV shows.

WHY SHOULD YOU STUDY?

Studying consistently = LESS STRESS!
Less studying = not so good grades = hard to get a job = hard to live....See the cycle?
Get Involved with SAC and Hot Topics!
Mondays at 4:00 in AD 303

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Congratulations!

We’ve had four big winners at SSS since the beginning of the semester!
Tamra Ruehter and Breanna Parkhurst were our monthly drawing winners for January!

LaTessa Ruehter and Katie Bassett came away from the Academic Workshop with a $100 scholarship!

Fabulous cash and prizes could be yours, here at SSS!