

SSS Says Good-Bye to Christi

A reception honoring Christi was held on Thursday, October 28. “The reception honored Christi for her dedication to students,” said Lisa Ruehter, Office Manager for SSS, “It was obvious by the attendance that she will be missed.” Over thirty staff and students visited with Christi during the reception.

Student Support Services Assistant Director Jacque Loghry said the loss of Christi will be felt for months to come. “I will miss Christi both personally and professionally,” said Loghry.

Christi Waggoner said good-bye to Student Support Services on Friday, October 29. Waggoner, former Student Development Specialist, left Northwest Missouri State University to direct a TRiO Program at Highland Community College in Highland, KS. After being at SSS for over 5 years, Waggoner believes the move back to her native town will be a good move for her family. “Although I will miss my Northwest family, I could not pass up a move to direct a TRiO Program and to move back to the town where I grew up,” said Waggoner.

As Student Development Specialist, Waggoner spent countless hours advising and working for the students of the SSS program. “Christi will be missed by students and colleagues alike,” said Phil Kenkel, Director of Trio Programs. “She treated both with concern and kindness and always placed their needs before her own.”
Tips for Applying to Graduate School
By: Tamra Ruehter

Applying to graduate school is quite a process and can be pretty overwhelming for most people. Keeping that in mind it’s important to keep a level head and apply yourself to the process. Here are some key points to keep in mind while you start planning your future.

1. Start Early! Don’t wait until the last minute and assume that everything will work out. Applying is an active process that should be taken seriously.
2. Make the necessary sacrifices. If you need to cut back on your social time, do it because the payoff is worth it.
3. Find out exactly what test you need to take for admittance because different schools require different things. Start studying and preparing for it as early as possible.
4. Apply to several schools. Six is the minimum suggested number of schools to apply to. Even if you think that you will be admitted you should still have one or two backup schools just in case.
5. If you have written any articles or done any research projects be sure to include a copy with your application to show what you have done.
6. If you don’t have a very personal connection with a professor you should not ask them for a letter of recommendation. Usually the impersonal and plain recommendations don’t help with the process but actually hinder it.

Congratulations to Tia Jacobs for winning the Smart Pen! Tia attended all 4 Academic Workshops.

Thanksgiving Tips
Thanksgiving is a day when everybody gets excited about their favorite feast of the year. It revolves around family, football, and snacks. However, many people feel guilty because of the amount of calories they consume. Also, the temperature is starting to drop and it often seems like the time for nasty colds and influenza. Here are some tips to staying healthy during the Thanksgiving season:

- Eat properly, especially remember fruits and vegetables. Vitamins and minerals found in fruits and vegetables help your immune system fight the “bugs” that are so common.
- Take time to rest. Don’t let all the winter activities, school, work and family events keep you from getting the sleep your body needs.
- Wash your hands frequently.
- Don’t forget about exercise! The Student Recreation Center is a great place to visit to get that heart rate up and relieve some stress.
- Drink lots of liquids to keep properly hydrated. Remember drinks with caffeine and alcohol actually dehydrate, so be sure to get lots of water, milk and juice.
- Do not overindulge or binge on Thanksgiving. This can be hard to resist with all the home-made, delicious foods floating around. Instead pick just a few of your favorites and eat small portions.
- Stay away from crowded places like shopping malls to prevent getting sick. Instead order gifts online or go to the malls very early or very late in the evenings when there are less crowds.
Academic Workshops — Were you there?

Four academic workshops were held this semester: reading and writing skills, taking notes, time and self-management and test-taking skills. Each workshop was designed to enhance college students’ skills. The presenters ranged from professors, TRiO staff and SSS mentors.

Crystal Damewood, a Senior SSS participant enjoyed the workshops. She said, “The workshops really reinforced information I already knew. The note-taking workshop really reminded me to be an active listener and to be organized while in class.”

Garrett Pulley, a Sophomore from Barnard, said that the workshops helped him focus his reading skills. “Tom Smith, a professor in the English department, asked the students why we were reading and showed us how to focus our reading to study smarter not harder!”

Top Left: Victoria Gatewood, Stephanie Cunningham and Paige Kroenke pay close attention to the academic workshop.

Top Right: Phil Kenkel, Director of TRiO Programs gives a lecture on note-taking.

Middle: SSS participants enjoy tips from Phil Kenkel.

Bottom Left: Maddie Chambers, TDC Graduate Assistant, helps students in time management skills.

Bottom Right: Alison Iiams, Garrett Pulley and Alyssa Henggeler pay close attention to the presenter during an academic workshop.
Did you listen?

The P.U.C.K. Method

⇒ P: People, Patience, Perseverance & Path
⇒ U: Understanding & Uncover
⇒ C: Communication & Commitment
⇒ K: Knowledge

Congratulations to our Monthly Prize Winners!
October: Chassie Hartman and Juwan Williams
November: Emily Tucker and Emily Robinson
Do you have troubles taking notes in class? Do you get lost in a lecture class and can’t follow along with the teacher? Struggle no more — introducing the Pulse Smart Pen.

Set up and use is very easy and the pen is a breeze to connect to your computer. Before your class lecture begins, start the pen and hit record when the instructor starts talking! The pen records as you write. Writing notes on special paper allows the user to select a portion of the notes. The pen, then, begins the recording at the exact location in the lecture.

The smart pen can help students go from an F on a test to an A. However, this pen does not study for you; you have to put forth the effort. After using the pen for a couple of weeks — in a class I thought was going to be so confusing and hard to follow — I find the smart pen to be extremely helpful. If I do not understand something, I can access the smart pen’s replay features to assist in studying.

In addition, after each test, chapter or section of the course, plug the pen into your computer. The pen will download your notes and the audio recordings to the computer. Then, you can listen to the recordings any time. If you have a different notebook for each class, the computer and pen both recognize the notebook you are using. When downloading your notes, the smart pens files your notes into that specific notebook.

The only downfall to having a Smart Pen is you do have to purchase a special notebook. The smart pen uses a notebook full of dot paper. The pen uses the dots on the paper to locate and read the notes taken. This pen will also help if you are learning a new language; it has a language translator.

The Smart Pen is a great investment. Student Support Services currently has several pens available to check-out on a per semester basis. Stop by SSS and check it out!

Two Upcoming SSS Events! Sign up today at SSS, AD 360.

Tuesday, November 16 — Financial Aid Workshop and Luncheon. Join SSS, Del Morley and Lauren Leach for a Mexican Fiesta, information on financial aid and financial literacy. Reserve your spot by Friday, November 12.

Wednesday, November 17 — Trip to KC to see the movie MegaMind! The bus will be leaving the circle drive at 4:30 p.m. The movie begins at 6:30. Don’t miss this fun trip! (Paid for by SSS)
Name these people! Fill in your guess in the form below and bring it in to SSS for a entry in the monthly drawing for prizes.

Your Name: ________________

Guess: _____________________

Contact #: ________________

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