Shannon Wohl, a Student Support Services Participant since 2009, recently visited South Korea as a part of the Northwest Missouri State University Study Abroad Program. *Insights* recently sat down with Wohl, a History major from Des Moines, IA, to ask about his experiences while abroad.

**What does being in SSS mean to you?**

The program has provided an excellent learning environment and has given me the opportunity to be successful during my college career. There are two individuals from the “SSS” program that really stand out for me. They are Jacque Loghry and Pat Wyatt. Both have made me feel that someone understood my difficulties and instilled in me the confidence that I could succeed in the educational program regardless of my learning disabilities. My time at Northwest Missouri State University has been a very positive educational experience due the SSS faculty and the encouragement and resources it provides.

**What made you decide to investigate studying abroad?**

Curiosity is a trait that has led me to travel and explore other cultures. I have been to a number of foreign countries including Haiti, the Dominican Republic, Mexico, France, Ireland, England and now my study abroad experience in South Korea. My travels have opened my eyes and I feel that they have made me more open-minded about new and different ideas. I have also been fascinated with Asian culture and my trip has only helped to deepen my curiosity.

**How did you determine the location you visited?**

Another reason that I chose South Korea was to expand my knowledge of eastern culture and society as a follow up to two classes I have taken at Northwest. These were “Pacific Rim” and “Eastern World.” I have always wanted to explore the vast differences in eastern culture and society and how it related to the west. In particular, I wanted to examine the multiple philosophies that the eastern world has to offer. Examples include Confucianism, Taoism and Buddhism.

**What unique things did you learn about the community and the culture?**

There were many unique and interesting aspects I learned about Korean culture and society. The one that really “struck a chord” with me was the visit to the “Tongdosa Temple.” It gave me a deep respect for Buddhism and the Monks that live at the temple. Probably the experience that gave me the biggest difficulties was the Korea traditional food. “Kimchi” was not one of my favorite foods although it is one of the national dishes of Korea. Even though I struggled with the traditional Korean food, I feel it is an experience I will never forget. Other things I came away with were that the people were extremely giving and friendly. The land was beautiful and I had a wonderful chance to visit “Jeju Island”, which is known as the “Hawaiian Island” of South Korea. All these unique and interesting experiences helped me to see the everyday life of Korea.

Cont on page 2.
Can you give me a description of your typical day?

My typical day was one of a mixture of classroom lectures and field trips to gain a deeper understanding of Korean culture and society. The day usually began after breakfast and typically lasted until mid-afternoon unless we were on a field trip. We visited such places as “United Nations Memorial Cemetery” to “Gyeongbok Palace” in Seoul. The evenings and weekends were spent exploring local culture with other students. Some of my favorite places to explore were the Buddhist temples and the wide array of beaches that Korea had to offer.

What are the benefits of studying abroad in your location? I think the major benefit for studying at the University of Ulan in South Korea is its faculty. They made my experience very positive. They went out of their way to make sure my time there presented every opportunity to enjoy Korean culture and society. Another benefit from my trip is the friendships I have developed from students all over the world. I made friends from Poland, Indonesia, and Morocco. I have stayed in contact with them since I have been back in the states by email and hope to visit them once I graduate.

Listen, Learn & Lead!

Come join Student Support Services and Dr. Chris Bond, Ph.D., Vice President of the International Listening Association and professor at MWSU as we “Listen, Learn & Lead” our way to college success. He will be presenting information on these topics to help you in becoming a successful college student.

If you would like to sign up for this workshop, please stop by Student Support Services (AD 360), call 660.562.1862, or tell your mentor.

**Union Boardroom**
**Wednesday, Oct. 20**
**5:30—7:00 P.M.**
Winter Work-out Tips

By: Jordan McCrady

With winter on the horizon, people adjust their heaters, layer up, and stay inside. However, typically, people may want to begin adding some additional insulation and I’m not talking about extra clothes! To avoid packing on winter weight, here are some helpful fitness tips for anyone wanting to maintain that beach body through the winter time!

**Get warm first.** A proper warm-up is critical. Cold temperatures can make your muscles tight and therefore they are more prone to injuries. So, it's important to get them warmed-up prior to engaging in intense physical activity.

**Insulate your body.** The best approach to dressing for outdoor exercise is with layers. Layering provides the most effective heating method, plus it allows you to remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away. The top layer should be both wind and water resistant.

**No sweat.** Don't assume that you have to sweat in order to get a good workout. You should avoid sweating that causes the clothing layer closest to your skin to get wet and cause you to be chilled. Instead monitor your intensity through a heart rate monitor or the Rating of Perceived Exertion.

**Don’t strip when you get inside.** While you may be tempted to immediately remove your layers when returning inside, give your body time to adjust. Post exercise hypothermia is possible. This happens when your body rapidly loses its heating stores.

**Drink up.** It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.

**Lighten up.** If possible, it's best to exercise outdoors during daylight areas. But, with shorter days that can be difficult to do. If you exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen.

**Walk at an indoor location, like a mall.** If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself.

**Join a health club.** This will allow you a large variety of physical activities to choose from every week.

**Create a home gym.** You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. Get all of this for around $50.

**Get wet.** Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water.

**Visit a library.** Usually local libraries offer exercise videos you can check-out for free. Pick-up a new one to try out every time you return the previous video.

This article was pulled from [http://thyroid.about.com/b/2005/12/01/winter-exercise-tips.htm](http://thyroid.about.com/b/2005/12/01/winter-exercise-tips.htm)
SSS Rocks Bearcat Lanes

Whether Student Support Services’ participants bowled a strike, a spare or a gutter ball, good times were had by all who attended the annual bowling party on Thursday, September 16 at Bearcat Lanes. SSS provided pizza and drinks for the almost 70 attendees, a record attendance. The bowling party, a tradition of Student Support Services for many years, provides an opportunity for mentees to meet and socialize with other mentees, mentors and staff.

A second year participant, Garrett Pulley said, “The bowling party kick-starts the fall semester for me. I attended last year and knew I didn’t want to miss the pizza, bowling and especially the door prizes! I had a great time.” Over 10 door prizes were given away to students that included umbrellas, blankets and Bearcat wear.

Mentor Ryan Hesse said getting to know the mentees and working on his bowling game were the highlights of his evening. “Since Michael Hoffman is a new mentor, I wanted to make sure he knew I had mad bowling skills,” said Hesse. “I beat him by at least 30 pins. I whipped him so bad I was able to bowl a strike sitting in a chair.” Mentors in attendance were introduced to the SSS participants.

For the newest participants, putting a name with a face makes meeting face to face a little less intimidating. Kayla Pentico, a freshman participant said the bowling party brought SSS together for her. “The party was great,” said Pentico. “I love to bowl and the socialization was a bonus!”

Right: From left to right, Carly Conrad, Stephanie Cunningham, Victoria Gatewood and Amanda Benes.

Far right: Garrett Pulley.

Below: Danh Phan and Tyler Johnston.
Wondering If You Have All The Classes You Need To Graduate? The Degree Audit Program Has Answers.

Northwest Missouri State created a Degree Audit Program. It allows students to check the classes completed and what classes they still need to complete to achieve their particular declared major. Listed below are some frequently asked questions as well as how to get to your degree audit. If you have yet to declare a major and are wondering what classes you would need to take to complete a certain major you can do “What If” scenarios using the degree audit program as well. If you notice problems such as classes not showing up that you have taken or if you believe you have taken a class to fulfill a certain requirement then you should go and talk to your advisor or the registrar’s office.

**Steps to get a Degree Audit**
1. Go to CatPAW's
2. Login as usual
3. Go to Student link
4. Click on Degree Audit
5. Click on Degree Audit
6. Student Worksheet pops up

**Steps to Get “What If” Degree Audit**
1. Click on “What If” on left
2. Choose Degree
3. Choose Catalog year
4. Choose Major
5. Choose Minor
6. Choose Concentration
7. Click Process “What If” at top

**Q: What is Degree Audit?**
A: DegreeWorks is a web-based tool to help students and advisors monitor student progress toward degree completion. Degree Audit combines Northwest Missouri State University’s degree requirements and the coursework you have completed with an easy-to-read worksheet that helps you see how courses that you have completed count toward degree requirements, and what courses and requirements you still need to complete.

**Q: Who can use Degree Audit?**
A: Undergraduate students who are using the 2008-2010 catalog to fulfill their degree requirements can use Degree Audit as well as all currently enrolled graduate students. Students on the 2010-2012 catalog will have a Degree Audit available soon.

**Q: My major is wrong and/or my concentration doesn't appear on my worksheet.**
Undergraduate students need to update your major and concentration information by filling out a form in the Registrar’s Office. If you are changing advisors or adding a new advisor, the form will require the signature of the new advisor. Once the change is made, it should appear on your Degree Audit worksheet the next day. During pre-registration periods, changes may not be reflected immediately.
If you are a graduate student, please contact the graduate office to determine your new program and advisor. You will then complete a new approved program form to complete this change.

**Q: When should I look at my degree audit?**
A: At least four times a trimester. You should always review this information:
**Before** you meet with your academic advisor to discuss registration for an upcoming trimester. **After** you register to ensure that the courses you selected applied to your requirements like you thought they would. **After** your grades for each trimester are posted. **Any time** you make a change to your schedule.
Freshman
As a Freshman, there are a lot of people looking out for you. Staff, faculty and advisors are making your transition to college life as smooth as possible. Here are some tips to continuing your success as a freshman!

- Make new friends! Developing your own support network away from home will help you in rough times.
- Realize what college is about (scholarship and not socializing)!
- Learn. Don’t put off studying. Do the assignments, readings and the extra-credit. Take advantage of the resources on campus.
- Don’t take things to seriously. We all make mistakes. Everyday is a new day!

SOPHOMORE
Are you in the sophomore slump? The sophomore slump is the time where you may feel you are not receiving the attention from the university you did as a Freshman. Here are some tips to help you recognize the slump and beat it!

- Recognize it exists and others are going through it.
- Do some soul searching on why you are in college.
- Evaluate what is missing from your current routine: study time, tutoring, etc.
- Remind yourself of all your accomplishments.
- What do you want to accomplish in college?
- What will I be like personally, professionally, morally, spiritually, ethically and socially?
- Talk to a peer, counselor or advisor. Get some help!

Junior
As a junior, you are almost there! Perhaps you only have 3 semesters before you can graduate. Keep your focus in college. Your reward is within reach. Here are a few reminders you already know to keep your focus.

- Concentrate on your classes. Don’t be tempted by social activities when you know your priorities.
- Begin preparing your resume for review. Visit Career Services for information regarding the interview process.
- Begin scouting graduate schools, scholarships, Graduate Assistantships, etc.
- Recognize that you might need some help. Visit with your advisor, peer counselor, tutor or the Wellness Center.

Senior
No year of college is more difficult than your senior year. The differences that exist between one's junior and senior years are typically psychological. The real world looms. You maybe asking yourself questions like the following: What are my plans after graduation? What do I need to do in preparation? What skills do I need to improve? Below are some tips from Career Services and Senior Checklist from the University.

- Continue to build and utilize your personal network.
- Investigate post-graduate internships to gain experience while conducting your job search for full-time employment.
- Conduct research on employers.
- Request a supply of transcripts to keep on-hand.

University Horoscope

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