



Insights



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SSS Stroller

As another year has almost passed and Phil has lost more hair, so that means it must be time for finals! Finals are both sad and glorious. It is a time to say goodbye to our graduating friends who are close to us, but at the same time it means that we have successfully gotten through another semester. Be sure to come up to SSS starting April 16th and receive your free finals packet that we would like to give you for another great semester. The last day of class is on the 20th, and the dreaded week of testing is April 23rd-27th. SSS wishes you all the best of luck, and as always beauty tips will be offered to you by Lisa.

At this time I would like to introduce you to the four new staff members that will be replacing three of the best mentors that SSS has ever known! I would like to offer CJ Clark, Sarah Woody, Nisha Bharti, and Kelly McGonegle a little piece of advice as new mentors at SSS. The advice is, LISTEN TO BRANDON, the GA. With this knowledge, you will be able to survive the jungle of Student Support Services.

We truly hate to see Rebecca Seitz (beauty and the brains), Nicole Williams (the sexy red-head), and Josie Asher (the clown lover) leave SSS. We have had a great year with all of you and wish you the very best on your new journey. PS ladies and gentlemen: now that Josie is gone, an entire day has opened up on Christi's schedule, so feel free to schedule appointments at any time.

I hope the rest of you have a safe and great summer! If you're sticking around in Maryville be on the look-out for Jacque. She has the super power of knowing ALL that goes on in this town and I promise you, nothing will get past her! Feel free to come up and see us at SSS, we'll be here all summer long. We can't wait to see you!

Upcoming Events

April

- 23-27—Finals
- 28—Graduation

May

- 08—First Session
- 28—Memorial Day

June

- 06—Second Session

July

- 04—Independence Day
- 09—Third Session

August

- 02—Graduation
- 06—Fourth Session
- 27—Fall Classes Begin

17 Tips to Help you Remember

By Sara Carlson

1. Understand thoroughly what is to be remembered and memorized. When something is understood, be it a name or a chemical chain it is almost completely learned, for anything thoroughly understood is well on the way toward being memorized. In the very process of trying to understand, to get clearly in mind a complex series of events, or chain of reasoning, the best possible process of trying to fix in mind for later use is being followed.
2. Spot what is to be memorized. It is a good plan to use a special marking symbol in text and notebook to indicate parts and passages, rules, data, and all other elements which need to be memorized instead of just understood and remembered.
3. If verbatim memory is required, go over the material or try to repeat at odd times, as, for example, while going back and forth to school.
4. Think about what you are trying to learn. Find an interest in the material if you wish to memorize it with ease.
5. Study first the items you want to remember longest.
6. Learn complete units at one time as that is the way it will have to be recalled.
7. Overlearn to make certain.
8. Analyze material and strive to intensify the impressions the material makes.
9. Fix concrete imagery whenever possible. Close your eyes and get a picture of the explanation and summary answer. Try to see it on the page. See the key words underlined.
10. Make your own applications, examples, and illustrations.
11. Reduce the material to be remembered to your own self-made system or series of numbered steps.
12. Represent the idea graphically by use of pictorial or diagrammatic forms.
13. Make a list of key words most useful in explaining the idea or content of the lesson.
14. Form a variety of associations among the points you wish to remember. The richer the associations, the better memory.
15. Try making the idea clear to a friend without referring to your book or notes.
16. Actually write out examination questions on the material that you think you might get at the end of the term. Then write answers to your own questions. Since you now have the chance, consult the text or your notes to improve your answers.
17. Follow suggestions for reviewing. This is an important part of remembering.

Interview Like a Pro

By Hannah Cole

Summer break is around the corner. Have you figured out what your plans for the summer months will be? You may be planning on summer classes or internships or working. If you are completing an internship or are looking for a job, have you had any interviews yet? Interviews are scary and a lot rides on the success of your preparation. Here is some advice on how to interview like a professional.

Be prepared! Good preparation always creates confidence. So the important thing to an interview is to be well prepared. In this you have to consider two things:

- You must prepare yourself practically for the interview.
- You have to gather information which is useful during the interview.

To do this, research the place you will be interviewing at. Rehearse common interview questions with a friend or family member to practice answers. Know what the company is looking for in an employee.

While going to interview you must consider the following things:

1. Confirm the time, date and location of the interview and the name of interviewer where appropriate.
2. Plan to get there no earlier than half an hour before the interview time, but arrive early.
3. You must dress professionally.
4. Concentrate on the interview questions.
5. If you are asked to bring certificates, references etc., get them ready beforehand. Make sure you take your application letter with you.
6. On arrival, ensure the receptionist knows you are there.

Always keep in mind that you never get a second chance to make a first impression, so be on time. I was always told that on-time was late and early was on-time. It is a good idea to arrive at least 15 minutes before the interview is scheduled to begin. Consider 15 minutes early as being on time! Here are some other points to remember when making your first impression:

- Smiling is one of the things which may matter when making an impression. A good smile always pleases people.
- The way you dress is also an important thing. You should be in professional dress.
- Do not forget a firm handshake.
- Eye contact (without glaring) shows your confidence.

Best of luck to you this summer when you land the perfect job or internship thanks to your professional interview skills! Remember that SSS mentors and office staff will look over your résumé and even help you practice your interview skills.

Cooling Summer Drinks

By Rebecca Seitz

When you've been sweating, you'll drink more if you stick to the basics—cool water, perhaps with just a touch of flavor. But when you're merely feeling warm, you can cool off, indulge your taste buds, and get hydrated with these ice-cold tasty treats.

FRESH-FRUIT SMOOTHIE

Blending in crushed ice boosts your water intake and cuts your calories.

- 1 cup fresh strawberries, hulled and halved (or other fruit)
- 1 medium banana, cut into chunks
- 1 cup fresh orange juice (or other juice)
- 1 to 2 cups crushed ice

Puree all ingredients in a food processor or blender until smooth.

(Adapted from various sources.)

CITRUS MINT ICED TEA

Here's a recipe to cool off a crowd:

- 8 bags decaffeinated tea
- 12 large mint leaves
- 1/2 cup sugar
- 4 cups boiling water
- 1 6-ounce can frozen orange-juice concentrate, thawed
- 1 6-ounce can frozen lemonade concentrate, thawed
- 12 cups cold water

Place tea bags, mint leaves, and sugar in large bowl, pitcher, or jar. Steep in boiling water 10 to 15 minutes. Remove tea bags and mint. Add orange juice and lemonade concentrates and cold water. Stir and chill. Serve cold over ice.

(From *The New American Diet Cookbook*, Simon & Shuster, 1997.)

Serves 2

Makes 17 cups

Congratulations!



Josh Maschmeier, Austin Gaines, and Annie Cafer were winners for March!
Have your name entered in our monthly drawing by coming to SSS!
The more your name is entered, the more chances you have to win!



We would also like to wish our Spring and Summer graduates well as they move to the next step in their lives!

Kenny Benedict

Isaiah Bragg

Anita Coleman

Mike Degraaf

Wayne Frederick

Eddie Graves

Bryce Lemke

Cynthia Marshall

Emilie Polley

Diana Pope

Tara Richey

James Sondag

Lindsay Steinkamp

At the annual Student Employee Recognition Ceremony, the Student Mentor team was honored as this year's Northwest Student Employment Team of the Year!

Top (left to right): Hannah Cole, Shonté Byrd, Kelsey Luers, Mr. Joseph Cornelison of the President's General Council, Brandon Heck, Joe Tucker

Bottom (left to right): Rebecca Seitz, Nicole Williams, Abby Browning, Maggie Davis, Sara Carlson

Not pictured: Josie Asher

