



Insights



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SSS Stroller

It's me again! And I hope you are all having a great and stress-free semester. I wish I was! I'm also wishing that this cold weather would just go away, GOSH! Too bad the Weather Channel doesn't know what they're talking about when they say that it's going to be here for a few more weeks. If you ask me, February is the best month of the year. Any month with 28 days (sometimes 29) is alright with me! SSS also has some great things going on for the month of February.

On the 8th we had the Academic Work Shop from 1-2. As always, there was food, games, and great prizes. The best part about SSS workshops is that they are absolutely free to SSS members! What a great opportunity to get a free lunch, free prizes and free tips that will help you make the most of your college experience. I know everyone could use some useful tips when it comes to studying. I would like to give you a tip: do not procrastinate. Take it from the expert. I just so happen to be a pro at procrastinating!

It seems like the second semester always flies by. We have already had five week grade checks. Make sure to apply for any of the scholarship opportunities that SSS has to offer. The deadline to apply is February 15th. One of the requirements for our scholarships is to be active within the program, which requires you to go to Hot Topics and SAC meetings, grade checks, and meet with your mentor regularly. SAC and Hot Topics are fun organizations that help raise money for families in need, help the community, or just lending a helping hand while having a great time doing it! You can go to one of these meetings every Monday starting at 4. The meeting will only last between 30-45 minutes and, once again, FREE FOOD!

The 19th-23rd are midterms, so be warned and make sure you do well to get the grade you want! February 21st is Spring Career Day, and Interview day is the 22nd. If you want to learn more about those opportunities contact your mentor or the Career Services office and they will give you the complete scoop. I hope you all enjoy the rest of the month and a belated Happy Valentines Day!

Upcoming Events

February

- 05-16—5 Week Grade Checks
- 19-23—Midterms
- 21—Career Day
- 23—SAC Movie Night

March

- 1&2—SAC Bake Sale
- 7—Leadership Training
—Sign Up by Feb. 21 and get a free T-shirt!
- 19-23—Spring Break
- 29—Dinner Theater Trip

Goal Setting

By Hannah Cole

“Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.”

–Benjamin Franklin

Congratulations on making it through the first five weeks of the Spring 2007 semester! It’s hard to believe that we’ve persevered through classes this long already! Were you, or are you still, expecting the worst from your classes? Are you belittling your abilities and anxiously waiting for your failures or faults to surface? If so, STOP!

Please, take the time to stop anticipating the worst case and focus on what you’ve achieved successfully thus far. The semester is almost half over and there is no reason to spend the rest of it tormenting yourself by thinking that you will not make it. Keep your sight focused on the sunlight, the light at the end of the tunnel. You know what to do. Stop. Relax. Refocus. Choose to look at what you are capable of completing. Take the appropriate steps to overcome a possible failure by getting tutoring, extra study time, counseling, talking with instructors, meeting with your mentor, getting more sleep, taking better notes; the list goes on. If you spend the rest of the semester banking on the fact that there will be trouble, you’re going to find trouble. If you take a moment to focus on the opportunities presented to help you succeed, I’m certain you will avoid trouble on your road to success. Don’t forget about SSS, were here to help you!

I hope that you can see the world through a ‘glass half full’ perspective. If not, learn to be more optimistic! You don’t need a new year to make resolutions to change. I challenge any pessimistic person to become more positive. You can do it! Don’t forget to seek the right tools out to assist you in triumphing. Enjoy the remainder of spring semester and make sure to work hard and keep making progress toward all those goals you’ve set for yourself. May the sun shine on you yesterday, today, and forever!

Congratulations!

Annie Cafer and Tiffany Hunter won the monthly prize drawing for February. They took home some awesome snack baskets.

Jessica McMillin, Kendra Hansen, Cindy Bell, & Tiffany LaSalle won door prizes at the Academic Workshop on February 8.

Tiffany LaSalle also won a \$100 scholarship for next semester at the Academic Workshop!

Don’t mi\$\$ all the opportunitie\$ for great pri\$e\$ from \$\$\$!



Anticipating Test Content

By Sara Carlson

- Pay particular attention to any study guides that the instructor hands out in class before the exam, or even at the beginning of the course! For example: key points, particular chapters or parts of chapters, handouts, etc.
- Ask the instructor what to anticipate on the test if he/she does not volunteer the information
- Pay particular attention--just prior to the exam--to points the instructor brings up during class lectures
- Generate a list of possible questions you would ask if you were making the exam, then see if you can answer the questions
- Review previous tests graded by the instructor
- Confer with other students to predict what will be on the test
- Pay particular attention to clues that indicate an instructor might test for a particular idea, as when an instructor:
 - says something more than once
 - writes material on the board
 - pauses to review notes
 - asks questions of the class
 - says, "This will be on the test!"

Found at www.howtostudy.com

Including information adapted from *On Becoming a Master Student* by David B. Ellis and *How to Study in College* by Walter Pauk

You're invited!

Student Support Services Annual Leadership Training

4:45 p.m., March 7th

Student Union Boardroom

Surviving the Season

By Kate Madden Yee

Does your mood drop dramatically with the mercury? Here's how can you tell if it's a seasonal shift or something more serious.

The Blahs

What is it? That constant urge to sigh when the days are cold and gray.

Who gets it? By the 73rd day of gray, frigid weather? Just about everyone.

What it feels like: You long for May flowers (or a vacation in Maui), but think you can live through February.

Duration: Until temps hit 50 degrees or until the last pile of dirty snow melts.

Effects: Claw marks on the walls from all the climbing.

Treatments: A weekend on the slopes, an afternoon making snowmen, cocoa.

The Blues (depression)

What is it? A disorder marked by feelings of dejection, despair, and hopelessness.

Who gets it? Ten percent of Americans; women are more susceptible than men.

What it feels like: You feel discouraged, worthless, or irritable. You sleep too much or too little. Your sex drive dwindles.

Duration: From weeks to years, if left untreated. The start of spring doesn't help.

Effects: It can disrupt relationships, work habits, and decision-making.

Treatments: Psychotherapy and antidepressants; diet and exercise can help, too.

SAD (Seasonal Affective Disorder)

What is it? A mood disorder that may be caused by the body's clock being out of sync with sleep and wake cycles. It can be triggered by winter's darker days.

Who gets it? Some 10 million Americans (particularly women). Also, people who live in climates with dramatic winter daylight shifts.

What it feels like: Depression. You may crave sugary or starchy foods (and subsequently gain weight). You feel relief as days lengthen.

Duration: It's cyclical, beginning around September and lifting in March or April.

Effects: Like depression, SAD can make you feel isolated and hamper your ability to function.

Treatments: Many depression treatments also work for people with SAD.

Why so SAD?

These tips may help ease Seasonal Affective Disorder.

CREATE YOUR OWN SUN. Many SAD sufferers get extra "sun" by using a light panel for at least 30 minutes each morning.

EAT SMART. A small Harvard Medical School study found that drinking two specially formulated, high-carb drinks a day helped SAD sufferers, easing depression and curbing carb cravings. But other experts charge that sweets and starches make symptoms worse. Bottom line? Stick to a healthy diet.

GO OUTSIDE. Outdoor exercise gives you a shot of endorphins and a dose of daylight, which can lift your mood. "Taking a 20- to 30-minute walk outside can relieve symptoms," clinical psychologist Raymond Crowel says.

GET HELP. If your symptoms are severe or don't respond to light and exercise, consider seeing a therapist and taking antidepressants until daylight savings time.

Student Advisory Council



HOT TOPICS

*Mondays @ 4:00 pm
in AD 303*

*Mondays @ 4:00 pm
in AD 303*

February 19

February 26

March 5, 26

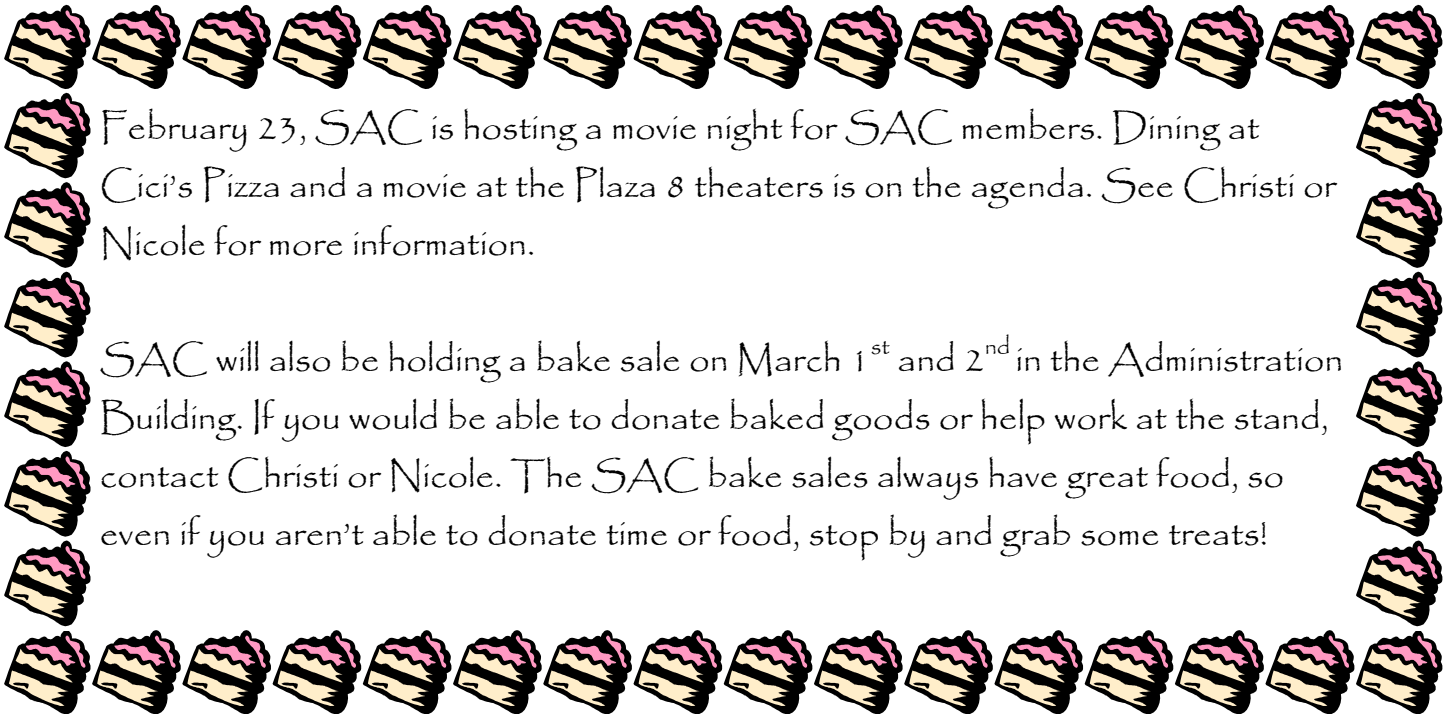
March 12

April 9

April 2, 16

Student Support Services
Northwest Missouri
State University

Contact: Christi @ SSS 562-1259
for more info or visit her office
AD 361



February 23, SAC is hosting a movie night for SAC members. Dining at Cici's Pizza and a movie at the Plaza 8 theaters is on the agenda. See Christi or Nicole for more information.

SAC will also be holding a bake sale on March 1st and 2nd in the Administration Building. If you would be able to donate baked goods or help work at the stand, contact Christi or Nicole. The SAC bake sales always have great food, so even if you aren't able to donate time or food, stop by and grab some treats!