



Insights



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SSS Stroller

WELCOME BACK BEARCATS!!! I'm sure that everyone enjoyed their break from college life and all the studying that comes with it. Well I hate to inform you but it's now time to get back on track and start going to class again. I originally had thought that the first few days of the semester were spent just getting the lovely syllabus and then leaving class immediately after, but boy was I wrong! Every single teacher kept me in class for the entire period. Is it just me or do classes always seem like they're going to be rough on the first day? I guess only time will tell ... well, time and grades!

We have two new mentors joining us this semester. Next time you're in the office, say hi to Kelsey and Maggie! These two ladies are taking over for Jana and Shelby. Sadly, we will also be losing Nikki up here at SSS, as she is moving away. We wish her the best of luck! I don't have any dirt on the rest of the SSS staff yet. Remember, yet is the optimal word in that sentence. Strangely, I haven't heard any rumors on campus either, but you better believe I will be ready to fill you in. As for now I hope you all start your semester off with a bang, and get those grades on the right track! Good luck this semester, and don't forget to come up and see us on the 3rd floor of the Admin building, we can't wait to see you!

- ### Upcoming Events
- January**
- 22—SAC begins
 - 25—"Wonderful Town" MLPAC 7:30pm
 - 29—Hot Topics begins
- February**
- 03—"Hungarian Folk Ensemble" MLPAC 7:30pm
 - 05-16—5 Week Grade Checks
 - 08—Lunch & Learn: Academic Workshop
 - 15—Scholarship Applications Due
 - 19-23—Midterms
 - 21—Career Day



***GET
INVOLVED
WITH
SSS!!!!***

**Student
Advisory
Council**



**HOT
TOPICS**

*Mondays @ 4:00 pm
in AD 303*

January 22

February 5, 19

March 5, 26

April 9

Student Support Services
Northwest Missouri
State University

*Mondays @ 4:00 pm
in AD 303*

January 29

February 12, 26

March 12

April 2, 16

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

HOW TO MAKE READING YOUR TEXTBOOKS EASIER

By: Nikki Wetrich

You will be assigned a lot of reading throughout your college career and if you don't keep on top of the reading you will soon fall behind. There are several reading styles that will help you to stay on task.

Study Reading

This is used for the sole purpose of comprehension and is normally used with the higher level of reading. With this type of reading you should commonly read a lot slower to be able to retain and comprehend the information. You should read this information more than once to start to comprehend it better. Also, with Study Reading, reading the material aloud is appropriate.

Skimming

This reading style is commonly used for the purpose of getting a generalized idea about the information from the reading material. This is used most when you have to read a lot of things in a small amount of time. With this reading style you should identify the main points in a paragraph and ignore the detail points. Since you are only getting the main points there is only a limited amount of comprehension.

Scanning

This style is best used when trying to find a certain point in the reading. This information could be in anything from lists, to short statements, and even in paragraphs. With this style since you know exactly what you are looking for you can scan your eyes over the text until you see a trigger word to make you stop.

So next time you get a reading assignment make sure to decide which reading style to use so that it makes your assignment a whole lot easier.

All information can be found at www.how-to-study.com

Goal Setting

by Hannah Cole

“It’s a very funny thing about life; if you refuse to accept anything but the best, you very often get it.”

William Somerset Maugham

Isn’t life funny at times? We often find ourselves out with friends or family having fun, watching hilarious movies and laughing so hard to the point of wetting our pants, or losing our keys and ending up late to class. Wait, no, that last one doesn’t seem too funny to me.

True, when life’s little obstacles do not seem funny at the time, later when we look back, it’s great if we can laugh about what happened. Right now you are focused on school and work. You try to do the best you can, you try to make the most of things, and you try to be successful. Sometimes though, we have to be human and accept the fact that things don’t always go our way, but you must look on the bright side of things in every situation. If you’re off to a rough start in your semester, consider this; the end of the semester can only get better. There’s also plenty of assistance available to you to find the humor in every situation you face, right here at SSS! The mentors and central staff are here to greet you with a warm smile and will help guide you to the path of fun! This year will be a great one for you! Learn right now to accept and work for the best in everything! You can do it!

Did I mention that losing keys and being late to class is a great way to meet the professor and get to know them and allow them to become familiar with you from the start? I’m not suggesting that being late or skipping class is the best way to meet your professor, because you can always go to their office outside of class! Take care and strive for the best while having fun in 2007!

The Facts on Five Diet Myths

by Rebecca Seitz

Myth: Fad diets work for permanent weight loss.

Fact: Fad diets often promise quick weight loss or tell you to cut certain foods out of your diet. Diets that strictly limit calories or food choices are hard to follow, and most people quickly tire of them. You may lose weight at first on one of these diets, but then regain the pounds, and often more.

Tip: Research suggests that losing up to two pounds a week by making healthy food choices, eating moderate portions, and building physical activity into your daily life is the best way to lose weight and keep it off.

Myth: High-protein/low-carbohydrate diets are a healthy way to lose weight.

Fact: The long-term health effects of a high-protein/low carbohydrate diet are unknown, but common sense tells us that getting most of our daily calories from high-protein foods like meat, eggs and cheese is not a balanced eating plan. You may be eating too much saturated fat and cholesterol, which can raise heart-disease risk.

Tip: A reduced-calorie eating plan that includes recommended amounts of carbohydrates, protein and fat will allow you to lose weight in a healthy, sustainable manner.

Myth: Starches are fattening and should be limited when trying to lose weight.

Fact: Many foods high in starch, such as bread, rice, pasta, cereals, beans, fruits and some vegetables (like potatoes and yams) are low in fat and calories. They become high in fat and calories when eaten in large portion sizes or when covered with high-fat toppings like butter, sour cream or mayonnaise.

Tip: The Dietary Guidelines for Americans recommends eating 6 to 11 servings a day, depending on your calorie needs, from the bread, cereal, rice and pasta group—even when trying to lose weight. Pay attention to your serving sizes, and pick whole grains over processed grains.

Myth: Certain foods, like grapefruit, celery or cabbage soup, can burn fat and make you lose weight.

Fact: No foods can burn fat. Some foods with caffeine may speed up your metabolism (the way your body burns calories) for a short time, but they do not cause weight loss.

Tip: The best way to lose weight is to cut back on the number of calories you eat and be more physically active.

Myth: Natural or herbal weight-loss products are safe and effective.

Fact: A weight-loss product that claims to be "natural" or "herbal" is not necessarily safe. These products are seldom scientifically tested to prove that they are safe or that they work.

Tip: Talk with your health-care provider before using any weight-loss product.

The full article can be found at: Tufts University Health & Nutrition Letter; Jul2006, Vol. 24 Issue 5, p5-5, 3/4p

Congratulations!

Shonté Byrd and Carrie Myers were the prize winners for December!

Don't miss your opportunity to get some great prize\$ this semester at \$\$\$!

