



Insights



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SSS Stroller

Can you believe how quickly this semester is coming to an end? We have passed mid-terms and now we're getting ready for Spring Break! Hopefully you all arrive at your destination safely and have a GREAT time away from the busy work of school. For those of you leaving Missouri, please be careful, don't get arrested, and come home with only the people that you left with! I plan on holding Maryville down for all of you, making sure that its the same small town you left and are excited to come home to!

Just so you know SSS has some fun and exciting opportunities coming up that you should all come be a part of! The Saville Scholarship is now open to all students and the deadline to sign up is April 1st. You can pick up the application in the SSS office 3rd floor of the Admin Building. It's worth your time, you have nothing to lose and money to gain!

Now for the FUN of the month. Student Support Services is going to the Dinner Theatre in Kansas City and wants you to come along. We will be watching the play "I Do! I Do," which is a comedy about marriage. There will be a buffet for all to enjoy and it's FREE! SSS loves you all so much they want to make sure we can get together and celebrate friendship! Please come join us for good food, with good people, and have good times! I hope you all have a great month and stay safe. Don't forget ladies and gentlemen, have your pets spayed or neutered!

Upcoming Events

March

- 19-23—Spring Break
- 29—Dinner Theatre - New Theatre Restaurant, Kansas City - "I Do! I Do"

April

- 10—Teacher Placement Day
- 19—SSS Open House & Graduation Reception
- 23-27—Finals
- 28—Graduation

Goal Setting

By Hannah Cole

“Communication--the human connection--is the key to personal and career success.” Paul J. Meyer

You've survived Mid-Terms, the countdown to Spring Break is wrapping up, projects and paper due dates are fast approaching, and Finals Week is the l-a-s-t thing on your mind. Every college student across Northwest is going through the same feelings right now. Even the squirrels on campus know that spring is coming; it is the hectic, stressful time when students chase them around campus to burn off the winter blues and release their stress or anxiety from classes! I have a suggestion: please, don't harm the furry squirrels, instead communicate!

Communication means to express thoughts, feelings, or information easily or effectively, to be joined or connected; to give or interchange thoughts, feelings, information, or the like, by writing or speaking; to convey information about; make known.

So how is communication going to help you with your classes? First, **choose who to communicate with**, like a teacher, mentor, SI, tutor, parent, or even the counseling center. It is important to seek out proper listeners. Secondly, **express your troubles**, trials, problems, dilemmas, needs, and concerns. If you are having difficulties managing time, projects, tests, notes, or anything else, you need to make that fact KNOWN to people that can help. Others may have suggestions, new ideas/concepts, strategies, or the authority to make a change that will help you overcome your particular need to relieve your stress. Finally, once you've taken the initial step to communicate with someone, **follow up**. Let them know if you are doing fine or if you are still having some problems. Just because they made one offer to help and it didn't work doesn't mean that they're out of ideas or can't offer you another solution. Communication is an ongoing process, it never stops. No matter what you have to report back, **let others know** if you still need help or you've succeeded and overcame your challenge.

Your teachers, mentors, parents, friends, tutors, and SIs all want to help, you just have to let them know. With effective communication, you can overcome the stress that seems to come along this time of year with spring and enjoy those friendly squirrels on your way to class. Plus, the relief you'll feel will be worth any conversation! So please, make your life easier and talk with those that can help! Have a great and stress-free spring!

Burn Balm and Sun Soothers

By Rebecca Seitz

For sunburns, prevention remains the wisest course. Avoid the sun when it is high in the sky. Cover up with hats, clothing and a natural sunscreen from your health food store. Did you know that some pharmaceuticals (such as the antibiotic tetracycline) increase photosensitivity? The essential oils of angelica, bergamot, cumin, lemon, lime, orange, tangerine and verbena on exposed skin also heighten sensitivity to the sun. Check with your pharmacist if you have questions about any herbs or medications you might be taking.

If you get a sunburn, the gel of the **aloe vera** plant cools the burn and helps it heal. Cut a fresh leaf lengthwise and squeeze the gel directly on the skin. Bottled aloe juice also works well, provided it is a potent whole product and not mostly water. You can also apply minicompresses from black tea bags; the healer is tannic acid which cools sun-inflamed tissues. For a ready-made product consider **calendula (marigold) cream** or **St. John's wort oil**.

Other soothers are **black tea** and **apple cider vinegar** (don't worry--the vinegar doesn't sting). **Tea tree oil** also works and will sterilize the wound upon contact. If the wound is not forming a red scab, apply raw (unheated, unpasteurized) **honey**. Despite what good old Uncle Harry might have told you, don't use butter or vegetable oils on burns. They keep the heat in, make the pain worse and retard healing.

Tales abound of the remarkable burn-healing power of **pure lavender oil**. Indeed the term "aromatherapy" was coined by the French cosmetic chemist Rene Maurice Gattefosse, who, in 1920, sustained a severe burn on his hand and forearm. In the panic of the moment, he dipped his arm into a vat of lavender oil thinking it was water. To his shock and amazement, the burning stopped and the burn healed completely in a day or two without a trace of a scar. Few of us usually have a vat of lavender oil handy but the essential oil can be dripped directly on the burn. Use it liberally for best results.

The full article can be found at:

Title: Summer first aid., By: Osborne, Sally Eauclaire, Vegetarian Times, 01648497, Jun97, Issue 238



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

**Student
Advisory
Council**



**HOT
TOPICS**

*Mondays @ 4:00 pm
in AD 303*

March 26

April 9

Student Support Services
Northwest Missouri
State University

*Mondays @ 4:00 pm
in AD 303*

April 2, 16

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

Procrastination Solutions: Ten Strategies for Combating Procrastination

By Sara Carlson

- Take control of your study environment - study in a place that is free from distractions.
- Make a "TO DO" list.
- Establish a routine.
- Self-bribery - give yourself rewards. I can watch TV for a half an hour once I finish reading these 10 pages
- Divide and Conquer - break larger tasks into smaller units - thereby eliminating how daunting the task seems. As you complete each small unit, move on to the next one. Before you know it, you'll be done
- Use a planner for time management.
- Use the 10-minute rule. When you have trouble getting started, select a specific task, such as three pages of reading or "I'm going to spend 10 minutes reading without stopping." At the end of 10 minutes, see how much you've done. Keep working in 10-minute blocks until you are satisfied with what you have done."
- When you finish studying, do one more thing before you quit. Start another assignment; then you will be ahead when you sit down to study again.
- Carry flashcards, notes and other study materials with you so that you can make better use of your open time. Recite and review your notes while waiting for the bus, riding in a car, standing in line, etc.
- Do two things at once. Combine recitation and review with another activity. Recite terms and definitions while you are jogging or having your lunch.

List created by Annie Passarello
Found on howtostudy.org

Congratulations!

Ebony Colbert and **Lisa Hise** were our monthly drawing winners for February. They each received a great basket full of great food and other prizes!

Ebony Colbert was also the big winner at our Annual Leadership Conference, winning a one credit hour scholarship for the fall!

There's only one way to win, and that's to play. There's only one way to play, and that's to come to SSS!

You never know what pot o' gold you might walk away with!

