



# Insights



Insights is now available on the new SSS web page!  
<http://www.nwmissouri.edu/services/sss>

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## College is More Than Going to Class

“Go to class.” You may have heard that from your mom, dad, aunt, uncle, grandma, grandpa, boss, cousin, friend, professor, or a random person walking down the street. One thing that you may not hear, however, is that the college experience is more than just going to class. That’s right, I said it. Now, I’ll back it up.

One important aspect of college, aside from the walk from the high rises to Colden Hall or from Hudson & Perrin to Garret-Strong at 7:45 am when it’s 40 degrees outside or waking up at 7:00 am to scrape the ice off your windshield after you’ve brushed off the 6-inch accumulation of snow from the night before, is what you do when you get back to your place of residence. I’m not talking about taking a nap, getting a cup of coffee, or playing your Xbox 360 for hours on end. I’m talking about homework and studying. Most professors say you should study for 2-4 hours outside of class for every hour you spend in class. You may be thinking “but that’s all of my free time!” You’re right. When you come to college, you have to look at it like a full-time job. If you’re taking 12 credit hours, you should spend as much time on your class work as you would spend at a 40-hour per week job. If you’re taking more than 12 credit hours, you’re looking at some overtime. You may think that it’s overtime without pay, but remember that the best companies look for students with the best GPAs, and the best companies usually pay the best. It takes a lot of time now, but it will pay off in the end. Remember that SSS has several opportunities to learn how to improve your academics and make yourself more efficient, allowing you to get 40 hours of work done in less than 40 hours.

Don’t let all that studying drag you down, though. You need to have a social life, too! Studies have shown that all work and no play will indeed make Jack a dull boy. Northwest offers a plethora of campus organizations, student-led clubs, and Greek organizations for students. If you’re having trouble finding a social group to join, remember that you’ve already joined one! SSS hosts several social and cultural events too!

Also remember to do something that allows you to relieve stress that builds up. Take a walk through one of Maryville’s beautiful parks or on Northwest’s nature trail (that’s right, Northwest has a nature trail). Play some Xbox. Bake some lasagna. Put on your headphones and crank up the music. Hold your little brother down and tickle him until he almost wets himself. (On a personal note, I wouldn’t try to do all of those things at the same time.) “Me time” is important, too.

Too much or too little of one thing can bring you down hard. Being successful in college is really about finding a balance. You have to remember that you’re here to be a student, but that doesn’t mean you can’t have a little fun along the way.

### Upcoming Events November

- 20—Thanksgiving Break Begins
- 26—Class Resumes
- 29—Encore Event—“War Bonds”

### December

- 04—Encore Event—“The Five Browns”
- 06—SSS Open House and Graduation Reception, 11:00-1:30
- 07—Last day of class
- 10-14—Finals
- 14—Graduation

# Your BFF,

Student Support Services

PS—Go to class!

## Good Health Habits for Prevention of the Flu

Hannah Cole

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

To help stop the spread of germs

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

- Wash with soap and water.
- or
- Clean with alcohol-based hand cleaner.

### 4. Clean your hands.

Washing your hands often will help protect you from germs.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

<http://www.cdc.gov/flu/protect/habits.htm>

## Upcoming Events at SSS and around Northwest!

List Compiled by Kelsey Luers

- 11/10: *Football vs. MO Southern at Bearcat Stadium*
- 11/11: **Phi Mu Dodgeball Tournament 10-2**  
Alpha Delta Pi Kickball Tournament 12-5
- 11/14: Study Abroad Fair 11-2 Union Hallway
- 11/16: **Northwest Dance Company Show 7:30pm PAC**
- 11/20: *Thanksgiving Break Begins 5pm*
- 11/26: Classes resume
- 11/28: Phi Sigma Kappa Date Auction
- 11/29: **'War Bonds' Encore Event 7:30 PAC**

# GOALS

Maggie Davis

"Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner." ~Les Brown

We have all heard how important it is to set goals, but how many of us actually set goals for several of the things we do in life? Do you set financial goals, do you set academic goals, do you set five-year goals, or life-long goals? Why are goals so beneficial? We set goals to help us prioritize different activities or actions in our lives. Goals seem to keep people motivated or encouraged when dealing with a certain activity. Maybe you have set goals for yourself in the past, but I want you to take the time to re-look at some of the things in your own life and set new goals for yourself. Here are some helpful reminders to keep in mind when setting goals:

Remember the word SMART:

Specific  
Measurable  
Attainable  
Realistic  
Timely

All of these things are crucial when writing a goal for yourself. If you try writing something that doesn't follow the idea of SMART, you will find yourself failing and being disappointed with your goal.

Make sure your goal is something you actually want. Goals are individualized, meaning you can't set a goal based off of someone else's activities or goals. A goal is specific to your needs, your wants, your desires, and your time.

Write down your goals and place it somewhere where you can look at it often to remind yourself. Share your goal with someone else so they can help hold you accountable and ask how you are doing with your particular goal.

If you are just starting out with the whole goal-setting idea, start small and move up to larger things. Set a small goal like finishing a project two days before it is due and then give yourself a little reward like taking a break when you have accomplished that goal. Make goals fun for yourself, so you continue to make them in your future.

## Strategies for Multiple Choice Exams

Sara Carlson

### Before the Test:

1. **Work at understanding the material, not just memorizing it** (as in high school). The wording of the question may be different from the way you originally learned the material.
2. **To practice your test-taking, ask the professor for old tests and/or use questions in review books.** Analyze the reasons for your mistakes.
3. **Try to predict test questions.** Ask other students what they think will be tested.
4. **Studying for the exam is very serious,** but think of the test itself as a game for which you must use good strategies to get maximum mileage out of your knowledge.

### During the Test:

1. **Jot down formulas and memory devices** before reading the questions.
2. **Survey the test** completely and read directions carefully.
3. **Start with the easiest questions** to build your confidence.
4. **Underline or circle key words** in both the question stem and the choices. Writing on the test sheet will help your performance tremendously!
5. **Paraphrase the stem** by saying to yourself, "I see, I'm looking for...." You may want to anticipate the answer and then look for it.
6. **Always read all of the choices,** even when the first or second choice looks correct.
7. Think of multiple choice as a series of **true/false** statements.
8. **Use the process of elimination** if the answer is not readily apparent. Cross off all choices which are clearly false and then re-read the choices which remain "open."
9. **Re-read stems containing negative words** (not, except, etc.). To avoid careless errors with these confusing questions, mark each option with a T or F and remind yourself that you are looking for a false statement (usually you are looking for a true statement).
10. **Answer every question.** Even if you have forgotten some of the material, you will probably be able to eliminate some choices, thereby increasing your odds of getting a correct answer.
11. **Read very slowly,** running a pencil under the words as you read to avoid mistakes. Re-read the stem when necessary.
12. **Don't read into a question qualifications or interpretations not intended by the test maker.**
13. **If two choices overlap or mean essentially the same thing, both are probably incorrect** (unless there is a choice of all of the above or both B & C).
14. **Be alert for grammatical inconsistencies** between the stem and the choices. Read the stem with the choice to see if the two "fit together."
15. **Watch for absolutes such as all, none, always, never, only.** Circle these words and realize that they usually indicate a false choice, unless you recall the professor emphasizing an absolute statement during a lecture (ie. all cells are \_\_\_\_).
16. **Look for key words in the stem** which you can relate to key words in the choice.
17. **If there are "partner choices," usually the correct answer will be one of them.** (Partner choices are opposites or have a difference of one or two words.)
18. **Don't worry about the following choices:** all of the above, none of the above, both B & C. Use the process of elimination and simply look at what you've crossed off in the previous choices. Sometimes these final options are correct (especially "all of the above"), but sometimes they are "filler."
19. **Professors want you to read the test questions carefully,** but they are very rarely trying to trick you. Students who believe in test trickery almost always lose points because they over analyze.
20. **Be on the lookout for questions which may answer other questions.**
21. **Don't try to be the first to leave.** Use all of the available time to look for careless errors. Double check the answer sheet.
22. **Change an answer only when you have a concrete reason.** Never change an answer because of a feeling. This feeling is often simply nervousness!

## The Essay Examination

### Sara Carlson

- A. To prepare, tackle old exam questions or write your own questions and answer them:**
1. Write a key word outline for each question, listing details and examples.
  2. Take timed mock exams if you are anxious.
- B. Read through the exam sheet (5 min.):**
1. Examine the instructions for each section.
  2. Choose the best questions to answer and start with the easiest.
- C. Budget your time:**
1. Allocate total time according to points per question.
  2. Leave 10-15 minutes at the end for checking.
  3. Note the expected finishing time for each question.
- D. Plan your answers:**
1. Decide what the question is asking (circle key words).
  2. If necessary, ask the professor for clarification.
  3. Number parts of the question to avoid omissions.
  4. Write a key word outline of the points you will make.
  5. Include the professor's pet theories/concepts.
- E. Write:**
1. Answer the question directly in an opening sentence which lists points you will later discuss.
  2. Do not write introductory or concluding paragraphs, as they will probably not earn any points.
  3. Use transitions.
  4. Write on every other line and/or leave lines between answers so that you can add ideas later.
  5. Be complete: define terms and explain everything so that the professor doesn't have to read between the lines.
  6. Write legibly.
  7. For each point you make, use the following formula:
    - State your point.
    - Explain how your point answers the question.
    - Write details and examples about your point.
- F. When the time is up:**
1. Check through all answers, neatly crossing out material to omit and using arrows to add material.
  2. If unfinished with the test, list remaining points in a skeleton outline.
- G. Learn from exams:**
1. Compare your answers with answers that got an A (ask another student or the professor).
  2. Discuss your performance with the professor.
  3. Remedy any faults revealed in your study techniques.

**WRITE AS MUCH AS YOU CAN IN THE TIME AVAILABLE**

Found at: <http://www.vcsa.uic.edu/MainSite/departments/ace/home/essay.htm>

## *Congratulations!*

Dan Thompson and Elizabeth Mendenhall each received a cornucopia of goodies in our monthly drawing!



Kevin Hawkins has something to be thankful for, because he walked away from the Leadership event with a 1 credit hour scholarship for the Spring trimester!