



Insights



In This Issue...	
SSS and Campus Events	2
What's My GPA?	2
Good Listening in Class	3
How to Deal with Stress	4
Graduate School	5
Congratulations!	5

Upcoming Events October

- 17—Fall Career Day
- 18—SSS Leadership Workshop, 1:00
- 26—Walkout Day, No Classes

November

- 08—Lunch & Learn—"Show Me the Money" 1:00
- 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

Get a Personal Academic Trainer

The fall semester has come in full force, and we're off and running! Well, most of us are off and running. Some of us are at a brisk jog, some at a moderately-paced walk, and others are still at home sleeping.

The best athletes have personal athletic trainers and work out every day. They push their body to the breaking point, and each time they think they have reached the breaking point, they become stronger and faster: a better athlete.

Just like a well-tuned athlete can run a marathon and hardly break a sweat, a well-tuned student can make it through each semester without getting overly stressed. Training as a student is just as beneficial to academic performance as sprint drills are to the Bearcat athletes. Student Support Services and our student mentors are your academic trainers. The more you utilize SSS and the mentors, the more prepared you will be for your classes. Being more prepared means you will get better grades. Take the time to train your mind, just like the athletes train their bodies.

Don't forget about the other academic trainers that are on campus: the Talent Development Center, the Math Lab, the Writing Center, Geology and Geography tutors, and the professors themselves. Remember, the professors want you to succeed and will put as much effort into helping you as you put into the work for their class.

Much Love,

Student Support Services

SSS and Campus Events – Something to do EVERY day this month!

By Kelsey Luers

Are you bored and have too much time on your hands? No excuses this month at Northwest. There is something going on EVERY day on campus, so check it out!

- 1- Distinguished Lecture: Andrew Sullivan
- 2 – Exploring Majors – Union Ballroom
- 3 - Ploghoft Lecture: Darryl Johnson
- 4- Mock Interview Day**
- 5 - Volleyball at Washburn Fall Classic
- 6 – Fall Classic at Arrowhead**
- 7 - Bearcat Marching Band Showcase
- 8 - Student Senate blood drive, 11 a.m.-5 p.m.
- 9 - Mysoon Rizk sculpture lecture, 7 p.m.
- 10 - KXCV/KRNW Hot Air Balloon Fest Tour
- 11 - Late Night at the Union: Spa Night, 9 p.m.
- 12 - Theatre: "Peacocks"
- 13 - Fall Green & White Day
- 14 - Tower Choir Concert, 3 p.m., PAC
- 15 - Geo Club Rock and Book Sale
- 16 - Guest Recital: Reena Berger, Piano
- 17- Fall Career Day
- 18- SSS Leadership Workshop 5:30-7**
- 19 - SAC: Recycled Percussion
- 20 - Fourth Annual Powwow, 1-10 p.m.
- 21 - Wind Symphony concert, 3 p.m.
- 22 - Canned Art Competition, 10 a.m.
- 23 - Black Women Appreciation Week
- 24 - Comedians Loni Love and Dan Ahdoot
- 25 - Homecoming Variety Show, 7 p.m.
- 26 – Walkout Day! (no classes)
- 27 – Happy Homecoming!**
- 28 - Homecoming Awards ceremony, 1 p.m.
- 29 – Breast Cancer Awareness month
- 30 - Tower Choir Concert, 8 p.m.
- 31 - IM Swim Meet

What's my GPA?

Here's a simple way to figure out what your semester GPA will be.

1. Grab a piece of paper
2. Make four columns with these headings: Class, Hours, Grade, Hours X Grade
3. Write each class that you are taking in the first column
4. Write the number of credit hours that each class is worth in the second column
5. In the third column, write what you will expect your grade to be
6. Put a 4 beside all A's, a 3 beside all B's, a 2 beside all C's, a 1 beside all D's, and a 0 beside all F's
7. Add up all the hours and write that number below your hours (total number of credit hours you are taking)
8. Multiply the hours times the number you wrote beside the grade for each class and write that in the last column
9. Add up the numbers in the hours times grade column and write it below (number of grade points you have)
10. Divide your grade points by the number of credit hours you are taking, and you have your semester GPA!

Class	Hours	Grade	H X G
Biology	3	A—4	12
Biology Lab	1	B—3	3
American History	3	C—2	6
Oral Comm	3	A—4	12
College Algebra	3	B—3	9
Racquetball	1	A—4	4
Total Hours:		Grade Points:	
14		46	
GPA: 46/14 = 3.29			

Good Listening In Class

By Sara Carlson

It is important for you to be a good listener in class. Much of what you will have to learn will be presented verbally by your teachers. Just hearing what your teachers say is not the same as listening to what they say. Listening is a cognitive act that requires you to pay attention and think about and mentally process what you hear.

Here are some things you should do to be a good listener in class.

▶ **Be Cognitively Ready to Listen When You Come to Class.**

Make sure you complete all assigned work and readings. Review your notes from previous class sessions. Think about what you know about the topic that will be covered in class that day.

▶ **Be Emotionally Ready to Listen When You Come to Class.**

Your attitude is important. Make a conscious choice to find the topic useful and interesting. Be committed to learning all that you can.

▶ **Listen with a Purpose.**

Identify what you expect and hope to learn from the class session. Listen for these things as your teacher talks.

▶ **Listen with an Open Mind.**

Be receptive to what your teacher says. It is good to question what is said as long as you remain open to points of view other than your own.

▶ **Be Attentive.**

Focus on what your teacher is saying. Try not to daydream and let your mind wander to other things. It helps to sit in the front and center of the class, and to maintain eye contact with your teacher.

▶ **Be an Active Listener.**

You can think faster than your teacher can speak. Use this to your advantage by evaluating what is being said and trying to anticipate what will be said next. Take good written notes about what your teacher says. While you can think faster than your teacher can speak, you cannot write faster than your teacher can speak. Taking notes requires you to make decisions about what to write, and you have to be an active listener to do this.

▶ **Meet the Challenge.**

Don't give up and stop listening when you find the information being presented difficult to understand. Listen even more carefully at these times and work hard to understand what is being said. Don't be reluctant to ask questions.

▶ **Triumph Over the Environment.**

The classroom may too noisy, too hot, too cold, too bright, or too dark. Don't give in to these inconveniences. Stay focused on the big picture - LEARNING.

How to Deal with Stress

By Hannah Cole

It is the mind that makes the body

Sojourner Truth

1797 - 1883 American

First, recognize stress: Stress symptoms include mental, social, and physical manifestations. These include exhaustion, loss of/increased appetite, headaches, crying, sleeplessness, and oversleeping. Escape through alcohol, drugs, or other compulsive behavior are often indications. Feelings of alarm, frustration, or apathy may accompany stress.

If you feel that stress is affecting your studies, a first option is to seek help through your educational counseling center.

Stress Management is the ability to maintain control when situations, people, and events make excessive demands. What can you do to manage your stress? What are some strategies?

Look around. See if there really is something you can change or control in the situation.

Set realistic goals for yourself. Reduce the number of events going on in your life and you may reduce the circuit overload.

Exercise in stress reduction through project management/prioritizing

Avoid self-medication or escape. Alcohol and drugs can mask stress. They don't help deal with the problems.

Don't overwhelm yourself. By fretting about your entire workload. Handle each task as it comes, or selectively deal with matters in some priority.

Avoid extreme reactions. Why hate when a little dislike will do? Why generate anxiety when you can be nervous? Why rage when anger will do the job? Why be depressed when you can just be sad?

Learn how to best relax yourself. Meditation and breathing exercises have been proven to be very effective in controlling stress. Practice clearing your mind of disturbing thoughts.

Selectively change the way you react but not too much at one time. Focus on one troublesome thing and manage your reactions to it/him/her.

Change the way you see things. Learn to recognize stress for what it is. Increase your body's feedback and make stress self-regulating.

Don't sweat the small stuff. Try to prioritize a few truly important things and let the rest slide.

Do something for others to help get your mind off yourself.

Get enough sleep. Lack of rest just aggravates stress.

Work off stress with physical activity, whether it's jogging, tennis, gardening.

Remove yourself from the stressful situation. Give yourself a break if only for a few moments daily.

Develop a thick skin. The bottom line of stress management is "I upset myself".

Try to "use" stress. If you can't fight what's bothering you and you can't flee from it, try to use it in a productive way.

Try to be positive. Give yourself messages as to how well you can cope rather than how horrible everything is going to be. "Stress can actually help memory, provided it is short-term and not too severe. Stress causes more glucose to be delivered to the brain, which makes more energy available to neurons. This, in turn, enhances memory formation and retrieval. On the other hand, if stress is prolonged, it can impede the glucose delivery and disrupt memory." *All Stressed Up*, St. Paul Pioneer Press Dispatch, p. 8B, Monday, November 30, 1998

Most importantly, if stress is putting you in an unmanageable state or interfering with your schoolwork, social and/or work life, **seek professional help at your school counseling center.**

Take a Look Ahead: Graduate School

By Maggie Davis

Are you thinking about graduate school but don't even know where to begin? Are you wondering if graduate school is even right for you? Not everyone is ready and willing to continue their academic career longer than their undergraduate degree, but for a lot of people it is a great idea to consider. If you want to learn more about a specific area of interest, want to pursue a job that requires a masters degree, or just have the motivation to continue studying, then going to graduate school is something to think about. There are a lot of graduate programs offered around the country, and most of these institutions have websites and other resources to gather information about their program. Northwest has a graduate assistant office located on the second floor of the administration building, and they would be more than willing to answer any questions you might have. Northwest offers 40 Masters-level programs and 134 graduate assistantships to help pay for the price of tuition.

If you are considering going into a graduate program, here are some things to keep in mind. Always plan ahead, and remember to prepare for your application well in advance. A basic timeline to reflect on consists of five ideas to remember.

3 Months in advance: take the graduate admission test

1 Month in advance: send letters of reference

3 weeks in advance: write statement of purpose

2 weeks in advance: send transcripts

1 week in advance: send application forms

After all of this, just wait for a letter of acceptance!

There are a lot of pros to graduate school, and whether you choose to attend now or later can only be determined by your own personal life and opinion. Talk to your advisor, talk to a graduate assistant in your particular department, and find out more information about a graduate program that interests you. Keep an open mind because graduate school is just the place you might end up in some day sooner than you think.

www.nwmissouri.edu/graduate <http://www.ee.psu.edu/acadaff/undergrad/forms&presentations/Grad%20School%20presentation.ppt>

Congratulations!

Frankie Belfonte and Joe Tucker were our drawing winners for the September drawing! They each got a great bag full o' treats, and all they had to do was knock on our door!

You can be a winner, too! All you have to do is meet with your mentor and come to SSS events!

