



Insights



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

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Upcoming Events

March

- 5—Career Day
- 6—Interview Day
- 13—Encore Event - "Ring of Fire" MLPAC 7:30
- 17-21—10-week grade checks
- 18—Teacher Placement Day
- 24-28—Spring Break!

April

- 24—SSS Open House and Graduation Reception, 11:00 - 1:00
- 28-30—Finals

May

- 1-2—Finals
- 3—Graduation

This morning I rolled over and smacked my alarm that had been screaming at me for the better part of an hour. It was way too early, and I didn't want to drag myself out of bed just to go to work for a couple of hours. Why, I thought to myself, should I interrupt this perfectly good sleep cycle to go write an Insights article? (Yes, this is the exact article I'm talking about.)

Then a word popped into my head that made me let out a long groan, throw off the covers, and walk zombie-style to the shower. The word is _____. Although it looks simple enough, _____ is a powerful word that, when kept, has the ability to create powerful nations and, when disregarded, has destroyed the same powerful nations. _____ also has the ability to create a lasting impression on an employer or destroy your potential career.

As we enter the "Career Season" as I like to call it, you may begin scouting potential employers at events like Career Day and Teacher Placement Day. These events are great for finding out what types of employers hire graduates from your major, they give you a chance to talk to recruiters from different companies or schools, and they often lead to interviews. Now is the time to spiff up your résumé (with the help of the SSS résumé review! See your mentor for details!), hone your interviewing skills (ask your mentor for interview tips or example questions today!), and make your best impression (SSS staff members can give you hints on how to Dress for Success!).

Once you set up an interview, you have made an _____ to that employer. You should only miss the interview in the event of an emergency, and you should always try to give 24 hours' notice if you have to miss the interview. Make sure you write a letter of apology if you miss an interview and make sure you tell the employer why you missed the interview. This _____ can make the difference between being able to reschedule the interview and having your résumé thrown in the trash.

"But, I already have a job!" Great! But remember, you still have _____s to keep until you graduate. Just because you've lined up a job doesn't mean you can start slacking on school work. Remember, that job offer is usually based on the assumption that you will graduate with a GPA no lower than the one you have listed on your résumé.

Much Obligated, Student Support Services

PS: go back through and put the word "obligation" in all the blanks.

Spring Clean Your Life

By Hannah Cole

Our minds are much like our homes. They both get cluttered with old ideas, old attitudes, old conversations, and old hurts. Both need a routine cleaning out of stuff that we collected for one reason, and are holding onto out of habit, neglect, or just sheer willfulness.

Pursuing a simple, sustainable, flexible, happier lifestyle means that you have to choose it. And that means choosing to lose some other things. It means getting rid of things that no longer work for you, it means updating the way you do things, it means freeing up some space for new and exciting opportunities and challenges.

Just like cleaning your home, a mental Spring Cleaning takes a dedicated effort, a conscious choice to make changes in your mind the same way you make changes in your décor.

Here are some ideas to get you started on a Spring Cleaning for your Life:

1. **Clean out the anger, hatred, jealousy, and self doubt.** If you need to apologize, bite the bullet and do it. If you're still angry and waiting on an apology from someone who won't or can't give you one, decide to let it go. It's not contributing to your life -- in fact it's contaminating it -- so it needs to go to the junk heap at the curb. Only then can you put something POSITIVE in it's place. Make some room for happiness.
2. **Wash away delay and procrastination.** Delay and procrastination set you up for frustration after frustration. You'll find yourself constantly in the past, trying to catch up, scrambling around trying not to get caught. Is that really how you want to live? Get into the present! You're missing your life by living yesterday over and over.
3. **Dust off your attitude, and put on a fresh coat of positive.** A positive attitude begins with gratitude. For just one day, practice giving instead of taking, practice sharing as much love, help, care, concern, and gratitude as possible. It'll change your perspective.
4. **Throw out misunderstanding, and lack of patience.** Sweep out the dirt of gossip or lies. Open the shades and let in the warmth of friendship. True friendships take work, time, energy, and thoughtfulness. True friendships require forgiveness and understanding. You don't want to be a doormat to anyone, but you do want to find relationships that are equal and reciprocal. The results are certainly worth it.
5. **Lighten up your thoughts with humor and fun.** Yes life is difficult and the world can be a scary tiresome place. But in your own world, you are in charge of every day. You decide what to think about. You decide when to laugh, you decide what to read, what to listen to, what to think about. Choose to insert laughter into each day; choose to have a little fun every day.
6. **Open the windows of your mind to new ideas and a fresh perspective on living a happier, better, and easier life.** Change takes action. There's no silver bullet, no magic pill. But if you'll open your mind to some different ways of doing things, if you'll try some new habits, if you'll work your mind muscles and your organizational skills in a different way, you'll find that you'll create the life that you truly want, not just the one that you end up with.
7. **Enjoy the person you are.** If you don't like yourself, find out why, and start working on becoming a person you do enjoy and that others will enjoy also. The returns will be worth it.

<http://www.lifeorganizers.com/spirit-mind/clean-your-life.htm>

STEPS IN PREPARING FOR GRADUATE STUDIES

By Shonté Byrd

1. Consider your goals and personal interests. Does your ideal career require a Master's degree?
2. Research schools and programs. Make sure you ask the faculty at your school to recommend schools for further study, seek programs that are parallel with your goals, and find the schools with your program of interest.
3. Request information from the schools that you have chosen. **Note: Consider other factors such as location, demographics, accreditation of program, cost, and any other factors that are important to you.
4. Read through the material THOROUGHLY once you have received the information from the schools. Take notes on admission prerequisites such as GPA, GRE, and classes you need to have before applying for both the university and your program, as some programs have more strenuous admissions criteria than the general university criteria. Also note how many letters of recommendation are needed and who needs to send them.
5. Graduate school can be expensive, so compare programs for opportunities of assistantships and fellowships that can help alleviate the cost.
6. PLAN AHEAD!!! Preparing for graduate school can be a lengthy process, and you want to make sure you do it correctly the first time. Once you have decided to pursue further education, start applying IMMEDIATELY. At least 5 months in advance would be desirable.
7. Pay attention to DUE DATES. Also, give the people who are writing your reference letters plenty of time to complete them. It is best to ask for a reference at least 1 month before the due date.
8. DO NOT wait until the last minute to send off your packet. Follow the directions carefully of what the school is asking you to send and in what format. Send information at least 1 week before due date, and try to get everything sent 2 weeks ahead of schedule.

Summer & Fall Classes

By Maggie Davis

It's that time of year when we choose which classes to take in the summer and fall. You can now view the schedule on CatPaws to see what classes will be offered. Start thinking ahead so you have some idea of what classes and professors you want to take before you meet with your advisor. Ask friends and mentors which professor would be a good choice to take with each class, and don't let an 8:00am class stop you from signing up for the class. You'll have to learn how to get up early eventually!

Reasons to Take Summer Classes:

- Shorter amount of time to deal with one class-only about a month
- Opportunity to get ahead and graduate early or on time
- Can choose to take either 1, 2, or 3 classes at a time
- Financial Aid can help in paying for classes
- Good time to supersede classes
- Sometimes classes can be easier in the summer

Reminders For Registration

- Look at what is required for your major
- Review which classes are only offered in fall or spring
- Find out which professor would be a good choice for you
- Meet with advisor to discuss possibilities and get PIN
- Have a few classes as back-ups in case any are closed
- Get up early on registration day to sign up and get the classes you want
- Remember to register for both summer and fall at the same time!
- SEEK ADVICE & HELP IF UNSURE!**

Your mentors have a great idea of what classes and professors to take for specific majors, so set up an appointment to get some advice. Registration starts on March 17 for graduates, so email your advisor to get more details of your particular registration date. Good luck, and seek help for questions or anxiety you might have!

March Events at Northwest

Compiled by Kelsey Luers

March 9 th -14 th :	Greek Week	March 18 th :	Celebration of Quality
March 13 th :	Parson's Dance Company Encore Event	March 20 th :	Northwest Dance Company Show
March 14 th :	Up 'Till Dawn Finale	March 22 nd - 30 th :	Spring Break!
March 17 th :	Pre-registration begins		

Congratulations!

Katie Bassett and Joe Dirksen both had the Luck of the Irish at SSS events this past month, each earning a 1-credit hour scholarship! Jessica McMillin and Crystal Damewood

received a veritable Pot 'o Gold in our monthly prize drawings! What treasures could await you in your Easter basket? Every

mentor meeting and SSS event that you attend gets your name in the drawing, so don't be an April Fool, join us at SSS!



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