



Insights



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

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Humor Up Your Life

Humor is important in every part of life from the work place to family life and all areas in between. So when is the last time you cracked a joke or played a prank? Better yet, when is the last time someone said or did something completely off the wall to make you smile. Well for me it was just today! Thank goodness my office and friends realize the importance of having fun while working. Some may see it as being unproductive or slacking off but there are proven benefits of having humor in your life, such as, releasing tension, reducing hostility, improving morale and mental health, and increasing physical health by boosting your immune system. Humor in fact can make a work place more productive!

So what is humor? Humor is anything that makes us laugh, smile, or become amused. Well that narrows it down, right? Humor is like beauty, it is in the eye of the beholder. Humor can be more than a joke. Humor can be found in silly little pranks, sarcasm, and life itself. I find myself smiling and laughing at the squirrels on campus or watching people while I walk to class.

It is important to know when it is and when it is not appropriate to use humor. You should be able to read others to know if it would be a good time for a joke or not. However, if you still need help just remember it is generally not okay to joke about someone's sexuality, appearance, religion or ethnic background and bodily function jokes are distasteful. But relax, you are allowed to joke about yourself, your own flaws, difficult situations, or mundane situations.

This may be the most important part of this section. Humor is a state of mind! Everyone has those days when little makes them smile or laugh but I hope those days can be few and far between. Whenever possible try to choose to find humor. Find what makes you laugh and enjoy it!

Here are a few fun quotes:

“Even if there is nothing to laugh about, laugh on credit”-Unknown

“What soap is to the body, laughter is to the soul”-Yiddish Proverb

“When people are laughing, they’re generally not killing each other”-

Alan Alda

“Smile– it increases your face value”-Unknown

Adapted from Phil Kenkel’s presentation, “Enthusiasm in the Workplace”

Enjoy today and everyday!

Student Support Services

Upcoming Events November

- 13-Financial Aid Lunch and Learn
- 17-Leadership and Service Council Meeting 4:00pm
- 24-ENCORE Event, “Punch Brothers, Featuring Chris Thile”
- 25—Thanksgiving Break Begins

December

- 01-Class Resumes
- 01-Leadership and Service Council Meeting 4:00pm
- 04—SSS Open House and Graduation Reception, 11:00-1:30
- 05—Last day of class
- 08-12—Finals
- 12—Graduation

Managing Your Time in Your Own Way

Time management becomes more important in college than it was in high school. This is due to the fact that you are on your own in making sure you get everything done on schedule. There is no mother, father, or teacher telling you repeatedly what you need to get accomplished. So learning to manage your time may be a struggle at first but the good news is you get to do it in your own way.



The first step to managing your time is to know what you have to do. This may come easier to you if you list out your assignments, work schedule, class schedule, and social activities. Next, you need to prioritize these activities, preferably by which have to be done first or by which ones are most important. In addition, you need to have a general idea of how long each task is going to take you to complete. Finally, once you know all this, you can create a schedule. Use the planner provided by the university to schedule what items on your “to do list” need to be done on what day.

It is most important to understand that managing your time is up to you! If you are taking the time to plan what needs to be done you are already one step closer to better time management. But please, don't just plan, get it done too!

<http://www.dartmouth.edu/~acskills/success/time.html>

Congratulations!

Jordan Philpott and **Lawrence Franklin** each received a cornucopia of goodies in our monthly drawing!

Wesley Hinckle has something to be thankful for, because he walked away from the Lunch and Learn with a 1 credit hour **scholarship** for the Spring trimester!

You could win as well! Meeting with you mentor or attending a SSS event gets you entered into the monthly drawings. We also give away scholarships at most



All About Goals

“People with goals succeed because they know where they are going.

It’s as simple as that.” ~Earl Nightingale

The truth is that setting goals works according to research. I don’t know why you would need to know more than that, but if you do here are some reasons to set goals in your life.

1. **Setting goals gives you something to aim for.** It is in human nature to want to succeed and when your mind has a set target of success you are more likely to reach that level.
2. **Goals help you concentrate on what you need to be doing.** Goals can help you focus your time and attention to achieve what needs to be done. Time is something we all need more of but with clearly defined goals we can make sure that we are using our time in productive ways.
3. **Goals help provide perseverance.** There are obstacles and bumps in every road but success wouldn’t feel as great if we didn’t overcome these things. Setting goals and knowing you want something bad enough to have it be one of your goals can help provide the motivation and perseverance to reach that end result.
4. **Goals create a map to where you want to go!** Many of us in college imagine our perfect job. Some may think that it is unattainable but if you set it as your goal you can then map out steps, or smaller goals, that will lead you where you only dreamed of being.

Now that you know why you should set goals, let’s take a look at how to set goals. It is important to make sure your goals are specific, measurable, attainable, realistic, and timely (SMART):

S-Specific- the best way to make sure your goal is specific enough is to answer who, what, when, where, and why in relation to your goal. The more specific your goal the better chance it has of being obtained.

M-Measurable- this ensures that you will know when you reach your goal, as well as, know where you stand at reaching it.

A-Attainable- this is the idea behind the map, if a goal is attainable there should be a path to reaching it.

R-Realistic- setting your goals high is a good idea but make sure it is something that is within your reach.

T-Timely- having a timeline for reaching the goal will help direct you on your path

Using this acronym will ensure that your goals have what it takes!

<http://www.topachievement.com/smart.html>

<http://www.timethoughts.com/goalsetting/WhySetGoals.htm>

Eating Out... Think it Through!

By Nick Bender

When we leave home and head off to college, mom and dad are no longer there to cook meals as they used to be, and we begin eating more and more different. Some students resort to consuming 5 meals of Ramen everyday, while others stick to pizza and simple snacks like chips. Additionally, college students tend to eat out more and consume more fast food than in previous years. Eating out often offers large portion sizes and food soaked in grease, which usually results in a bigger waistline. So, this article is written to assist you in choosing some better options when going out. Restaurants often have menu items that are deceptively high in calories and fats, so we'll look at some different places and meals and decode some menu items.

Breakfast is the *most important* meal of the day, so a breakfast restaurant will be looked at first.

Omelets tend to be a very popular breakfast menu item. At **Denny's**, stick with the vegetable omelet and stay away from the smoked sausage scramble. Ordering the vegetable omelet will only set you back 346 calories and 22 grams of fat, whereas the sausage scramble will set you back **1,480 calories** and 88 grams of fat. **OUCH!** Stay away from **Bob Evans** "stacked and stuffed caramel banana pecan hotcakes." Labeled by one source as "the worst breakfast in America," this calorie monster will contribute 1,543 calories and 77 g of fat to your daily intake.

Moving on to **lunch**, let's look at the always popular **Chipotle**. When visiting this little place on the belt for a Saturday getaway from the 'Ville, having chicken burrito with black beans, rice, green salsa, cheese, and sour cream will result in **1,169 calories** and 47 g fat. Get the burrito bowl with the same ingredients, and the damage reduces greatly to 489 cal. and only 22 g fat.

Going out for **dinner** in St. Joe, or even making the trip to Zona Rosa or the



Plaza is always fun. So let's look at some dinner options. The new **Olive Garden** in St. Joe is great, but stick with the Linguine and stay away from the stuffed chicken marsala. The linguine with a breadstick will only set you back 691 cal and a mere 9.5 g fat. However, the stuffed chicken sets a person back **1,315 cal** and 86 g fat. Or maybe **P.F. Chang's** is sounding tasty on this night (if the budget allows for it, mine doesn't). At P.F.'s, give the steamed Wild Alaskan Sockeye a shot and pass on the Kung Pao Chicken. The Sockeye offers a much trimmer 750 cal and 50 g fat than that of the KP chicken's **1,240 cal** and 80 g fat.

Finally, what is a good day of eating without a great **dessert**. Let's look at

the extremely popular **Cold Stone Creamery**. The values expressed will be for the "like it" sizes, and the sizes go from "like it," "love it," and "gotta have it," respectively. The light cake batter ice cream has only 330 cal and 11 g fat. The regular cake batter ice cream, with the ever popular cookie dough mix in, has **560 cal** and 28 g fat. **DON'T** even think about ordering the "gotta have it" size, unless it is going to be shared by several people.

To finish up and give all our readers an idea just how dangerous restaurant food can be, I'll reveal to you what one website labeled "the Worst Food in America." This less than prestigious award goes to The **Outback Steakhouse's** "Aussie Cheese Fries with Ranch Dressing." This dish contains a whopping **2,900 cal** and 182 g fat.

The key is moderation. There is no harm in eating out every now and again but be wise about what you eat and how often you eat out.

Check out some of your favorite fast food meal and their nutritional content at www.nutritiondata.com or www.calorieking.com or see what other foods made the "20 Worst Foods in America" at <http://www.menshealth.com/eatthis/20-Worst-Foods/index.php>.



Fall 2008 Finals Schedule

Classes that meet for the first time in the week: Date and hour of final examination

3:00 Monday Communications 102	Monday, December 8 7:30 a.m.-9:30 a.m. 9:40 a.m.-11:40 a.m.
11:00 Tuesday Computer Science 130	11:50 a.m.-1:50 p.m. 2:00 p.m.- 4:00 p.m.
9:00 Monday	4:10 p.m.-6:10 p.m.
2:00 Monday	7:00 p.m.-9:00 p.m.

Political Science 102	Tuesday, December 9 7:30 a.m.-9:30 a.m.
9:00 or 9:35 Tuesday	9:40 a.m.-11:40 a.m.
11:00 Monday	11:50 a.m.-1:50 p.m.
2:00 Tuesday	2:00 p.m.- 4:00 p.m.
8:00 Tuesday	4:10 p.m.-6:10 p.m.
Chem (Labs) 113, 115, 117	7:00 p.m.-9:00 p.m.
Physical Science (Lab) 103	

1:00 Monday History 155	Wednesday, December 10 7:30 a.m.-9:30 a.m. 9:40 a.m.-11:40 a.m.
12:00 Monday	11:50 a.m.-1:50 p.m.
10:00 Monday	2:00 p.m.- 4:00 p.m.
PE 110 (Lifetime Wellness)	4:10 p.m.-6:10 p.m.

1:00 Tuesday	Thursday, December 11 7:30 a.m.-9:30 a.m.
8:00 Monday	9:40 a.m.-11:40 a.m.
10:00 Tuesday	11:50 a.m.-1:50 p.m.
3:00 or 3:35 Tuesday	2:00 p.m.- 4:00 p.m.
12:00 or 12:35 Tuesday	4:10 p.m.-6:10 p.m.

4:00 Monday	Friday, December 12 7:30 a.m.-9:30 a.m.
4:00 Tuesday	9:40 a.m.-11:40 a.m.

Meet Our Office Assistant!



My name is Leslie Duley. I am the second oldest of six children and have one niece who is nine months old. I am from Memphis, Missouri, in the north-east corner of the state. I transferred to NWMSU after I attended Moberly Area Community College in Kirksville, Missouri. I will be a senior come Spring 2009 semester. My major is Corporate Recreation and Wellness. In my free time I love spending time with my family and friends, working out, baking and cooking with my Mom, shopping, reading, talking on the phone, listening to music, and attending sporting events.

Your Invited!

SSS is holding an Open House in Honor of all our Graduating Seniors!

When: Thursday December 4, 2008 from 11:00-1:30

Where: Student Support Services Office

What: An open house with food and beverages

Who: All SSS members are invited to stop by



Student Support Services
360 Administration Building
Northwest Missouri State University
800 University Drive
Maryville, MO 64468