

Insights



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SSS Stroller

- Upcoming Events**
- September**
- 23- Exploring Majors and Minors- Union Ballroom
 - 25- SSS Leadership Workshop 6:00pm
 - 29- Leadership and Service Council Meeting 4:00pm
 - 29- 5 Week Grade Checks
- October**
- 2- Mock Interview Day
 - 14- Fall Career Day
 - 18- Homecoming
 - 27- Encore Event "POP Go the Classics"

The time has come to put up that bathing suit and don your thinking caps. Summer is officially over next week, and it is about time to start having first tests or papers due. I think we would all agree with a unanimous vote that summer just doesn't last long enough. Especially this summer, which was full of rain and temperatures that made you wonder why scientists are so worried about global warming. Where did the summer go? Well, that is a question that may be best left in the back of your mind because quick look at your planner, you have much too much academic work to ponder the ageless question of where times goes. But where do you start when there is so much to do?

I was sitting here wondering how to start my first *Insights* article, thinking thoughts like "I have never done this" and "I don't really know where to start." Then it dawns on me that this feeling relates perfectly with the people who are going to read this article. I am guessing that sometime in the last few weeks you have thought about a class or an assignment in particular that you just don't know where to start. Especially the freshmen, with this being their first semester in college. The truth is I can't give any tip that will be universally the perfect way to start every project. What I can tell you is to keep trying, keep plugging away at that introduction, keep trying to figure out the right way to study biology... before you know it you may realize that you're getting it! Good luck with all your classes this semester and do not forget that your mentor is there to help if you ever get too overwhelmed.

Written by CJ Clark

NWMSU Education Major Requirements

For those of you pursuing a degree in elementary, middle, secondary, or special education it is pertinent to know that there are changes occurring in the Education programs at NWMSU. The following is a brief informative statement as to current requirements. For full information please see the TESS office and request a copy of the Professional Education Handbook or stop by SSS to view our copy. This four year summation is from the Professional Education Handbook.

Year Lineup

Freshman

- Acquire an approved Professional Education advisor
- ACT (Min 20) on file with TESS office.
- Plan program for completion of prerequisite courses for admission to the Professional Ed. Program
- Complete criminal background check in Observation & Activity (62-211) or Practicum 1 (61-260/262 or 22-260)

Sophomore

- Complete prerequisite courses for admission to the Professional Ed. Program
- Complete College-Basic Academic Subject Examination (C-BASE)

Junior

- Complete subject area methods course as required by program. Admission to Professional Ed. is a prerequisite to enrolling in departmental teaching methods courses (See Handbook pg 15)
- If student teaching during the Fall semester – Senior Year apply for Student Teaching during the spring semester Junior year.

Senior

- Take and successfully complete the PRAXIS II prior to graduation.
- Apply for Spring student teaching during the Fall semester.
- Apply for certification with Kim Hullinger, Certification Officer (Ad 270) during your last semester of enrollment (See Handbook pg 31).



Facts To Know:

- You must maintain a 2.5 GPA with no more than 7 hours of “C” or below in any Gen Ed. Class.
- If you are not accepted into the College of Ed for any reason you may petition to enroll in classes & the Ed. Committee will make a decision as to your request.
- If you scored a 20 on the ACT you must score 265 on the C-BASE. If you score a 21 or higher on the ACT you only need a 235 on the C-BASE.

TESS Office: Brown Hall 200

awilson@nwmissouri.edu

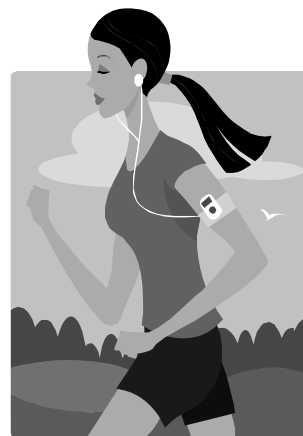
Phone: (660) 562-1095

Staying Healthy In College:

By Nick Bender

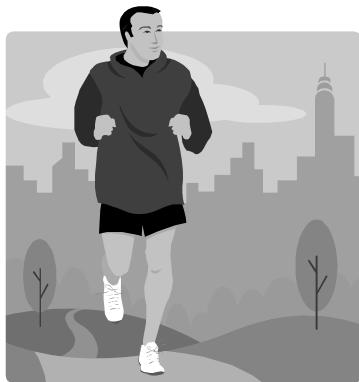
Beat the Odds

At some point, all college freshmen undoubtedly hear about the dreaded “freshman 15.” Putting on 15 lbs. is not something that many people really desire; however, all too often most freshmen put on around that amount, or sometimes even more. Realistically, putting weight on in college is not an easy obstacle to avoid based on what we know about the general college population. College life involves drinking, eating pizza and other junk late at night, and much more sitting around than what most students ever experienced in high school. **Despite popular belief, college is a great time to develop healthy habits that, if implemented properly, will hang around for years to come.**



The first couple weeks of college are always tough, usually for any level of student. However, freshmen usually have more to adapt to that first year than anyone on campus. Freshmen have a lot of information thrown at them, and before long, they notice themselves sitting around and doing nothing from the exhaustion of being overwhelmed. Unfortunately, even more time goes by before most students even realize they have begun to get out of shape. Consequently, the best time to start healthy habits is from day one. Schedule exercise and healthy meals into the daily routine from the time classes start till graduation.

Exercising in college offers benefits beyond imagination. As we all know, exercise offers great physical benefits. However, most students/people are unaware of the psychological benefits. **Exercise has been proven to help relieve stress**, which as most of us know, is something that just comes with going to college. High levels of stress can result in physical and mental problems down the road. Take advantage of the services and low rates college fitness and recreation centers offer. Try to come up with a time each day that works for activities and stick to that time.



Without proper eating habits, the effects of exercise are greatly reduced. College students (and most of America) seem to migrate towards the foods that are the worst for them. **Knowing which foods to eat often, and which foods to reward yourself with is a vital part of healthy eating.** Additionally, look into a nutrition calculator to get an accurate portrayal of daily caloric needs. Most students never even think about the amount they eat, or how calorie dense some foods are. For some very basic tips, stay away from non-diet sodas, incorporate more fruits and vegetables, and get non breaded lean meats whenever possible (chicken and turkey).

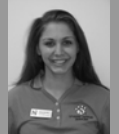
Finally, **college students should surround themselves with others with healthy habits.** Find a friend or two who can help maintain goals and motivation. If a student surrounds his/herself with people who lead sedentary life styles, that student is more like to follow that path. Who a student surrounds themselves with is a very important part of who that student will become.

Stay tuned this year to get more info on topics such as: healthy snack recipes, decoding a food label, and the myth surrounding carbs.

Meet The SSS Staff



Left:
2008 Staff
Photo
Below:
Mentors not
pictured in
staff photo



Front from Left to Right

Lisa Ruehter is starting her 4th year as Office Manager for SSS, with a total of nine years with NW. Three of her 4 children are enrolled at NW and are currently members of SSS.

Nick Bender is a senior majoring in Bio/Psych. He is from a small town by Des Moines and has a big family whom he loves. He loves competing in Natural Bodybuilding and hopes to go to Physical Therapy school after graduation.

Andrew Black is a senior Marketing major. Andrew has been a member of SSS for 4 years now has become a role model for current participants by being their mentor!

Shelby Wilmes graduated from NW with an undergrad in Dietetics and is now working on her MBA. She spent two years as a student mentor and is currently serving SSS as the Graduate Assistant.

Jessica Freund is one of our many Education majors. She is a Sophomore, dances for the Northwest Dance Company and is an active member of Phi Mu.

Nisha Bharti is a senior, double majoring in dietetics and marketing. She is very active at NW. She says, "I love NW, I'll be sad to leave in May but I'll continue on with school doing a dietetic internship. I love people so stop in and see me!"

Not Pictured from Top to Bottom:

Kelly McGonegle is a senior majoring in Elementary Education. Kelly loves working with students and is excited to start her student teaching in the spring.

Sarah Woody is a Junior at NW majoring in Biology. Sarah is a fun lover and gets crazy excited about Bearcat Football since she is currently the Bearcat Football Ambassador.

Back Row from Left to Right:

Catherine (CJ) Clark is a Secondary English Education major and is a junior. She is from rural Ridgeway, MO and loves the simplicity of being in the country with her horses.

Jacque Loghry is the Assistant Director of SSS. She has been with NW for 20 years and SSS for 8 years. Jacque says, "I love SSS because of the people you get to meet...there is such a variety of students...there's never a dull time. I would have been eligible for SSS while in college & wish I would have known about this "secret" place! ☺"

Molly Huber is a junior majoring in Political Sciences. Molly defines a mentor as someone with sincere and consistent commitment to education and improvement. She believes a mentor to be a caring, capable support structure for anyone who seeks guidance.

Phil Kenkel is the Program Director for TRIO. He has been with SSS for 13 years. Phil says, "I truly enjoy working in a career where I can see students achieve goals and pursue dreams."

Bobby Bearcat is new to campus. He says it's not easy being carved from a tree stump but if he can deal with that you can deal with anything!

Kelsey Luers is a senior Accounting major. Being from Nebraska she love the Huskers, as well as, golfing, dancing and scrapbooking.

Maggie Davis is a senior Secondary Education major. As well as loving SSS she says, I am a music loving person who enjoys water-skiing, reading little kid books, and spending time with family and friends."

Christi Waggoner is the Student Development Specialist and is in her third year with the program. Helping others has always been a passion of Christi's and she comments that she loves working with SSS and helping students succeed.

Test Taking Skills and Tips

by Shelby Wilmes

Anyone have a test this week... how about next week? Many classes will be having a first exam this week and if not now, it will be soon. We all know how to take tests but there is also always room for improvement in test taking strategies in order to boost confidence and scores. So let's start in the beginning and work to the post test strategies.

Before the Test:

Start Early: Go to every class. Read your notes often and don't wait until the day before the test to study.

Ask Questions: You will be more comfortable going into the test if you know what to expect so ask the professor the specifics.

Review All Information: Homework, notes and handouts all contain information that will help reinforce the ideas of the course.

Take Care of Yourself: Don't forget to get enough sleep, eat before the test for better concentration, and go to the bathroom before the test to prevent distractions during the test.

During the Test:

Have the Necessary Items: Bring a couple writing utensils in case something happens. If you need a calculator make sure to remember it.

Pace Yourself: If there is not a clock in the room bring a watch so that you can use your time wisely.

Easiest First: Start with the easy questions, in case you run out of time you won't miss points you could easily earn.

Read Carefully: Test questions aren't written to be easy, so read them entirely in order to know exactly what the questions are asking.

Go Back: Skip questions you don't know and come back to them at the end. If you have extra time look back over the test. If you are running out of time make sure you answer every question. It is better to guess and have a chance of getting some points than to leave no answer and no chance of points.

After the test:

Double Check: Check the grading to ensure you are getting all the points you deserve.

Understand Mistakes: You might be tested on this information later so make sure you know why the answer is what it is.

Review: Review the information again if it might appear on a later exam or if the new information in a class will build on the previous information.

If you would like more information and test taking still visit www.testtakingtips.com.

Get involved with SSS!

Join SSS Leadership & Service Council

Mondays @ 4:00 pm in AD 303

September 15 & 29

October 6 & 20

November 3 & 17

December 1

Contact: Christi @ SSS
562-1259 for
more info
or visit her office AD 362

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