

Insights



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

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Free Money!

Turn on the news and I bet you hear at least one story about the bad economy. Maybe even you are finding yourself scrounging for money for groceries or gas. Well SSS is here to deliver some good news in this time of budget cuts and lay offs. We have plenty of free money for you to apply for. Maybe you haven't been informed about the scholarships available to SSS students or maybe you simple forgot, but I am here to remind you! Currently we have four scholarships ranging from \$100-\$500 per trimester for up to two trimesters. In addition, SSS also offers Grant Aid to first or second year students who have unmet financial needs and are also receiving Federal Pell Grant. Grant Aid recipients are eligible to receive up to \$1500 per trimester. Listed below are the four scholarships offered and their requirements. Applications and more information is available on the SSS website, <http://www.nwmissouri.edu/services/sss/finaid.htm>. Applications are due to the SSS office by February 27th, 2009.

Upcoming Events

February

- 9-13—Five Week Grade Checks
- 10—Exploring Majors
- 17—Lunch & Learn, 1:00: Academic Workshop
- 18-Mock Interview Day
- 27—SSS Scholarship Applications Due
- 23-27—Midterms
- 27 - First Block Ends

March

- 3—Career Day
- 4—Interview Day
- 16-20—Ten Week Grade Checks
- 23-27— Spring Break

Saville Scholarship

1. Minimum of 2 trimesters completed at Northwest with a cumulative GPA of 2.5 or higher by the completion of the Spring trimester.
2. Active membership in SSS, determined by meeting the minimum Participation Requirements (as outlined in the student contract):
3. Demonstrated financial need and show a considerable commitment to school.
4. Two letters of reference from instructors.
5. Mentor recommendation.

Pat Danner Scholarship

1. Preference shall be given to a displaced homemaker, as defined by the State of Missouri: An individual whose principal job has been homemaking, who has lost his or her main source of income because of divorce, separation, death or disability of a spouse, or loss of eligibility for public assistance, and who has not been employed on a full-time basis of 40 hours/week for at least three years. *Note:* If no applicants meets the criteria, selection committee shall have discretion to award the scholarship to a similarly worthy student who is overcoming barriers to receive and education.
2. Minimum enrollment in nine credit hours.
3. Show progress toward the completion of pertinent degree requirements.
4. Two letters of reference submitted.

Marvin E. and Kathryn B. Lehen Scholarship

1. Cumulative G.P.A. of 2.5 or higher by the completion of the spring trimester.
2. Preference given to a non-traditional student with a business major.
3. Maintain employment throughout the school year.
4. Financial need and considerable commitment to higher education.
5. Two letters of reference—one from an instructor and one from work supervisor.

Joe Dirksen Memorial Scholarship

1. Cumulative GPA of 2.5 or higher by the completion of the spring trimester.
2. Enrolled as a full-time student
3. Active membership in Student Support Services.
4. The applicant demonstrates financial need.
5. The applicant shows considerable commitment to higher education and working to overcome unique academic and personal barriers to success.
6. Two letters of reference.

Apply today!

Student Support Services

GPA Cushions

By Maggie Davis

Are your finals grades from Fall not measuring up to what you wanted them to be? Did last semester's grades significantly lower your GPA? So, what are you going to do now? Stop trying to get a higher GPA or just settle for the average C in every class? You'd think that getting one grade higher the next semester wouldn't have that much impact on your GPA, but it does. By just raising a couple of your grades compared to last semester, you can change your cumulative GPA. Have a goal for your cumulative GPA at the end of this year and do some figuring so you can see what you need to get in all of your classes to reach that goal. Ending your first or second year of college on a good note with a higher cumulative GPA will give you a great feeling and help better prepare you for the next classes of your academic career. Here is an example of a student who slacked off the first semester, but set goals and worked hard the next semester. The GPA for this student has risen and it will continue to rise with hard work and dedication in future semesters.

FALL SEMESTER	Hrs	Grd	GPA Points	SPRING SEMESTER	Hrs	Grd	GPA Points
Computers	3hrs	D-1	3	Composition	3hrs	B-3	9
Oral Communications	3hrs	B-3	9	Intro to Literature	3hrs	B-3	9
Enjoyment of Music	3hrs	C-2	6	Western Civ.	3hrs	C-2	6
Composition	3hrs	C-2	6	College Algebra	3hrs	B-3	9
History	3hrs	D-1	3	Government	3hrs	C-2	6
Total:	15hrs		27	Total:	15hrs		39

$$\text{GPA} = 15/27 = 1.8$$

$$\text{GPA} = 15/39 = 2.6$$

$$\text{CUMULATIVE GPA} = 30\text{hrs}/66 \text{ GPA points} = 2.2$$

You might not think that this GPA looks good now, but the higher your GPA is per semester will keep raising your cumulative GPA. The more credit hours you have that are B's will make your C's and D's not have such of a negative impact on your cumulative GPA. Your first two years at college concerning your GPA have a huge impact on the final years of *your* education. It is definitely worth your time to strive for the A and B in your general education courses because that will create a GPA cushion for your harder major classes. Set goals for your general education courses this semester that are higher compared to last semester's. Work the extra mile to do well, so you can have a higher cumulative GPA. A higher cumulative GPA NOW will help you when you are taking your harder classes in the next couple of years that require more time and more studying.

What's my GPA?

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

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

Would You Like an Extra Shot at Winning the Monthly Drawing?

We are offering everyone a chance to get their name in the monthly drawing one extra time this month. Simply follow the Steps listed in "What's My GPA" and figure how your goal GPA will increase your overall GPA. Then bring it into your mentor and get your name entered into the drawing one extra time!

A Healthy New Year

By: Nick Bender

A brand new year is upon us again, and with every New Year comes New Year's resolutions. Countless people make similar resolutions, mostly resembling "I will be healthier and lose weight this year." As reported by About.com, the no. 2 New Year's resolution is becoming more fit, and the no. 3 resolution is to "avoid the bulge," or in other words people want to lose weight in their mid sections. As we all know, New Year's resolutions are usually effective for about two weeks, and then we go back to our old ways. This article will focus on tips that help people follow the "healthy" New Year's resolution.



Sit in front of the television for about an hour, and it is next to impossible not to see some fad diet pill or plan. Losing weight and becoming healthy is not a "3 day miracle," it's about a complete lifestyle change; becoming conscious of what is going into our bodies at all times. So, when striving to turn over a new leaf of health in 2009, there are several things one should focus on.

Make your plate look colorful. One of the most ignored groups of food on everyone's plate is vegetables. Many more veggies exist besides lettuce and tomatoes despite popular trends; try adding colorful green leafy veggies or the ever tasty red and yellow peppers. Not only are these foods rich in antioxidants and vitamins, but are high in fiber and help keep us full. Additionally, they are low in calories and will help trim the waistline.

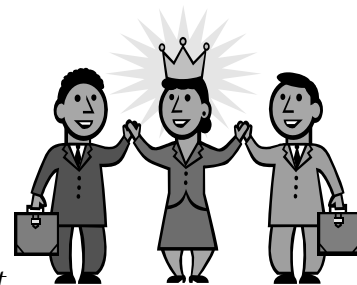


Snack on fruits. All of us naturally have the urge to snack, and snacking consistently is actually healthier than eating three big meals each day. However, instead of grabbing the chips when snacking, grab a handful of grapes or strawberries. As with vegetables, fruits are high in antioxidants and low in calories. To add a little flavor and beneficial calcium to the equation, try using yogurt as a dip. Fruits can also be added to a flakey cereal for an all around healthy breakfast.

Plan ahead. Don't be caught off guard by a unplanned meeting or event. Always try to keep healthy snacks packed in a purse or bag, that way when faced with unhealthy foods, healthy alternatives will be available.

Outline a plan. Going into a New Year's resolution with no type of plan usually leads to breaking the resolution in no time at all. Setting more specific goals and plans will help keep motivation up. Decide what foods you will eat and how you plan to incorporate them. Also decide how you will avoid temptation and keep your foods clean. Another important item to look at is to decide how you will stay motivated to workout or go to a fitness class on one of "those" days. Have a friend who goes with you and counts on you to be there as well.

Finally, reward yourself and don't beat yourself up. Every good health nut knows that reward is part of success. This doesn't mean eating a whole box of chocolates in one day, but maybe go to a movie with a friend and have some M&M's or something enjoyable; or perhaps split a personal pizza with a friend. Enjoy it too! Don't obsess over eating something that wasn't all too good for you. Beating yourself up will only hurt you. Additionally, it is ok to slip up; no one is perfect. Just focus on eating well more often than eating bad, and take it one day at a time.



Best of luck to you all this New Year. Don't become part of the group that is back to old habits after two weeks; follow the tips outlined in this article and you'll be following your resolution all through 2009!

Meet The New Mentors

You may notice some new faces around the office. While that is nothing new for our staff due to mentors graduating and new mentors coming aboard, we want you to feel comfortable enough to seek help from any staff member. So let's get to know our three new mentors!



My name is **Andrea DiMiceli**. I am from Liberty, Missouri and am a sophomore here at NWMSU. I am double majoring in Marketing and Management. I am also involved in Phi Mu here on campus and I'm the Vice President of the chapter. I have two sisters, one older and one younger, at home. In my free time I like to have fun with friends, be active, and I also play guitar.

My name is **Jordan McCrady**. I am the third oldest of five children. But if you want to be super technical about it, I am the second oldest of three children, because the others are step siblings. But I don't prefer technicality, so I'll just say I'm third oldest! I'm from Warrensburg, Missouri. I chose this school over others because it has a great broadcasting program and Spanish program. With that said, I'm a broadcasting and Spanish double major, and am having a blast with it. I'll be a senior in 2010/2011, so I still have a little ways to go, but I don't have any complaints about that. In my spare time I enjoy hanging out with my friends, working out, playing ping pong, racquetball, and have been trying to learn how to back flip. Unfortunately, the back flipping has been put on pause due to the snow. But once spring rolls around, I'll be right back at it! Well, that's me in a nutshell; I hope you enjoyed this abridged summary of my life.



My name is **Justin Ranney**. I am a sophomore here at Northwest and I am studying accounting. I am from Red Oak, Iowa which is a very small town about an hour north of here. I have lived in Red Oak almost my entire life and also graduated from Red Oak High School. I have one sister who is 15 years old and is currently a sophomore in high school. My family is one of the most important things in my life and so are my friends. I like to be with my friends whenever I get the chance but also like to have me time where I can just sit back and relax. I am a summer person without a doubt; I do not care for the cold weather what so ever.

Get involved with SSS!

Join SSS Leadership & Service Council

Mondays @ 4:00 pm in AD 303

February 24-23

March 9-30 April 13

Contact: Christi @

SSS

562-1259 for
more info

or visit her office
AD 362

Join us to being your Strengths Journey

Begin your strengths journey with Student Support Services. Student Support Services has chosen a new program and assessment to help program participants be more successful and discover things within themselves. This new program is the StrengthsQuest. StrengthsQuest, is a strengths development program for college-age students thru Gallop. StrengthsQuest is an opportunity for students to develop strengths by building on their greatest talents. The foundation of StrengthsQuest is a positive psychology approach to students achieve academic, career, and personal success.

With StrengthsQuest, students can: (taken from <https://www.strengthsquest.com/>)

- discover their greatest natural talents
- improve their grades and increase their learning by making the most of their talents
- strategically determine a rewarding career path based on who they are as uniquely talented individuals
- maximize their potential for strengths by building on their talents rather than focusing on their weaknesses

Your Strengths journey can begin right away by taking the Clifton Strengths Finder through the Student Support Services office. The assessment itself takes about 30-45 minutes. After taking the assessment, staff will sit down with you one on one and help you interpret your results. Then, your journey will begin and you can embark on your success while getting to know more about your self and others. We would like all freshmen, new program participants, and students who are on probation to begin working with this new program. To begin your strengths journey, please contact Christi Waggoner at 562-1259 or cwagg@nwmissouri.edu to set up an appointment today.

Bobby Wants You!

By Justin Ranney

With well over 180 student organizations on the Northwest campus there should never be a lack of things to be involved with. There are many things that range from student government, non-profit charities, Student Activities Council, and all of Greek life, just to name a few. With the wide variety of things to do on campus it should be your goal to be more involved, whether it is a something related to your major or just something that interests you or is possibly a hobby. Many employers look at you activities and organizations you were involved with to see how outgoing and involved you were during school. Many organizations not only look good for resume reasons, but they also provide many opportunities for student to go places and do things to expand their horizons and build many skills. If there is an organization that you wish existed on campus take action, all you have to do is go to the Office of Campus Activities and fill out an application and you can start a university recognized organization of your own! Lastly, being involved is one of the best ways to meet new people, not only friends, but also contacts that could be a great help to you later in life. During my time here at Northwest I have joined many organizations such as Student Senate, Up Til Dawn, Student Activities Council, Accounting Society, and from each and every one I have met people and gotten chances to participate in things that many students do not even know about. Involvement here on campus will also make college more memorable; when you look back you will have so many more things you will be able to say that you did and participated in. So my challenge to you is to look around, find something that interests you or that you could benefit by being a part of it!



Go Get Involved!

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