

Insights



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

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Spring Fever!!!

*I am sure that I am not the only person noticing the days getting longer and while the weather still goes up and down every other day; spring is right around the corner. Yes, that is right, we have almost made it through the bitter cold winter to spring and all things that go with it, spring training, spring cleaning, spring break, and **SPRING FEVER!!!!***

Spring fever is that feeling of restlessness you get when the days start getting longer and the temperatures start going up. It has been blamed for many things throughout time but many of us suffer pleasantly when this time comes around. Most people love the playful feeling that comes over us when the sun is shining, birds are chirping and we can walk across campus without a coat. It feels great; there is no doubt about that. Scientists have actually found that spring fever is a result of increased levels of serotonin, the neurotransmitter responsible for pleasant moods. The problem isn't the good feelings that come over us; the problem is that when we feel this good we lose all inspiration to concentrate on homework.

As exciting as the change in weather is, we advise you to stay focused. There is still a lot of class time left to lose that A and there is still enough time to raise that D. You may not be able to avoid the spring fever feeling but you can learn to deal with it and school at the same time. There is a key to getting through the rest of the semester when you have so many other things you would like to be doing. That key is balance!

Some suggestions for balancing your spring fun with your spring studies are listed below:

- Find a table, bench or nice plot of grass where you can study while being outside
- Plan study time for when the sun goes down (and actually stick to it)
- Open your window to let in the sun or the air while you study
- If you have to write a paper take your laptop to a place where you can enjoy the spring weather
- If you're getting antsy while studying find a friend and enjoy a walk or a game of Frisbee, when you get back you may be able to concentrate better

Upcoming Events

March

- 13— Ice Skating Social in St Joe
- 17—Education Expo-Teacher Placement Day
- 18— SSS Etiquette Banquet 5pm-7pm Tower View Room
- 16-20—10-week grade checks
- 23-27—Spring Break!

April

- 2— Insights
- 13— ENCORE Event- "Movin' Out" MLPAC 7:30 p.m
- 24— Classes End
- 27-30—Finals

May

- 1— Finals
- 2—Graduation

Stay Balanced,

Student Support Services

Writing Right: Tips for Papers and Beyond

By C.J. Clark

While the proverbial college essay is at times less than enthusiastically received there are a number of strategies that can allow you to excel regardless of your writing level or perceived ability. Improving your writing now will help you not only through the course of the composition sequence at NWMSU but will follow you to your chosen occupation for years to come.

Step 1: Find something within your writing topic that interests you. If you can make a point to find something interesting, engaging, and which you are genuinely aware of or concerned by, the rest of the writing process is much less painful. If you let it stay arbitrary you'll have a harder time making your-self work.

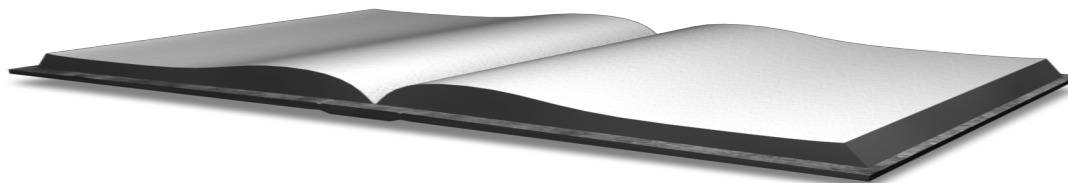
Step 2: Identify the problem or question. Your thesis drives your essay – so like a car without a steering wheel an essay without a thesis can't drive itself through the body or to a sound conclusion. Most essays will have 3-5 grounds which work in support of your thesis. Grounds are mini-arguments which together add strength to your larger thesis.

Step 3: Start with an outline. This is an important step for beginning writers. Many of us don't know what we're writing about until we reach the end of our essay. This is a common issue but completing a generalized outline prior to the composition sequence will allow you to forego a 'finding my topic' essay.

Step 4: Allow yourself time. Reading an essay out loud lets you find repetition of not only words but also ideas. While waiting until the last minute is tempting – simply taking the time to allow an essay to "rest" for a day or two before the final edit and submission can improve your grade as fresh eyes catch previously unnoticed mistakes.

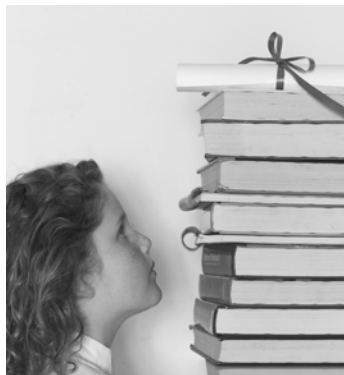
Additional Tips:

- Write what you know.
- Re-read the instructions. Writing a great paper won't get you a great grade unless you fulfill the assignment.
- Keep it focused – no tangents. If you find yourself running off you have too big a topic: 1 idea per paragraph.
- Transitions (the way you link your paragraphs or ideas) is imperative not only on the paragraph level but even from one sentence to another.
- Use concrete language – give specific examples that support your essay rather than working in abstractions.
- Know the goal of your essay – are you informing, persuading, researching, or writing a literary essay? Each of these have specific styles and attributes so be sure to follow suit.



Want to learn more? Go to <http://www.bestessaytips.com/>

Grad School?



The semester is winding down and for some graduation is right around the corner. So I ask, have you ever thought about continuing on to graduate school? Whether you have or haven't, here are a few reasons to go to continue on, tips for preparing, and what to expect.

Reasons for Attending Grad School

- The chance to become more specialized in an area of interest (You don't have to get a masters in the same area as you obtained your undergraduate degree)
- Higher starting salaries
- Better career opportunities
- Increased feeling of significance about oneself

Preparing for Grad School

- Consider your personal and career goals to decide what program to strive for.
- Research the schools and get advice from professors in your department.
- Know what requirements the schools have for admission and graduation. Make sure you are going to be able to obtain these requirements before investing too much time or money into a program.
- Understand your ability to finance your education. Look for assistantships if applicable and ask about financial aid.

What to expect from Grad School

- Expect to spend more time teaching yourself material and spend more time outside of class reading.
- Expect to know very few people at first but eventually you will become close because you have most of the same people in all your classes.
- Expect to go more in depth on topics than you did in undergrad courses.

Thinking about Grad School here at Northwest? Here are some facts about NW's Graduate Studies.

- Northwest offers 40 Graduate Programs
- Most programs require a minimum 2.75 GPA; The MBA program requires a minimum 2.5 GPA
- There are approximately 130 Graduate Assistantships to help you fund your studies. (many pay for your tuition and a monthly stipend)
- Application dates vary from program to program and can be found on the NW Graduate School webpage
- You will have to take the GRE or the GMAT; one exception is for students applying to the MBA program who have scored a satisfactory score on the MFT

Ice Skating Social!



Your Invited to the SSS Ice Skating Social in St. Joe!
Ice Skating and Pizza Buffet will be paid for by SSS
Friday March 13th, 2009

Sign up is on Lisa's Desk or Call 562-1862



Breakfast: Get Up and EAT!

By Nick Bender

This month's insight will focus more on personal questions that people ask me while I'm at the gym, or that I often hear people discuss in fitness articles. Most of these questions have to deal with the topics already addressed in previous articles; such as the myth of spot reducing and the mystery of good carbs and bad carbs. However, another always popular question guys never fail to ask me is "Do you eat breakfast, and if you do, what do you eat?"

First off, I always eat breakfast; it is a meal that I refuse to miss. I was reading an article once that put it perfectly. **The word "breakfast" got its name from what it does.** When we sleep at night, we enter a longer than normal fasting period, so upon rising, we must break the fast with "breakfast." Our bodies are primed and ready for more food when we wake up in the morning, which is why skipping breakfast often leaves people tired and irritable. Additionally, breakfast is key in helping all of us manage our weight. **Those who eat a healthy breakfast have been shown to consume less calories throughout the day, and eat healthier as well.** So yes, of course I eat breakfast. Now, what do I eat...?

Given the type of activities I perform in and that I'm looking to increase muscles mass, I consume more eggs than what a large majority of people do for breakfast. For instance, my typical breakfast includes 1 whole egg, 5 or 6 egg whites, 2 pieces of low fat cheese, and a couple slices of whole wheat toast. Most people are not looking to take in that amount of protein for breakfast, so I'll go into some further options. Going back to the carbohydrate article, please DO NOT be intimidated or afraid of carbohydrates. In fact, **we all need to do a better job of incorporating carbs in with our proteins and fats. This will help to keep blood sugar levels from spiking at any one time.** A great and always promising option for breakfast is 2 eggs, 2 slices of whole wheat toast, and a glass of milk. However many more great options exist.

When choosing a breakfast, **try to choose something that is well balanced.** Don't just eat toast and call it good; attempt to incorporate some protein and healthy fats. Maybe have that toast with some all natural peanut or almond butter on top of it. Smoothies are also a great option for breakfast, and I would go into all the great recipes that you can use for them, but I only have so much room for this article, so please visit this website and get going on the smoothies. <http://www.healthymenumailer.com/healthy-breakfast-smoothies.pdf> Trust me, there are some good ones on here. Also, whole wheat English muffins, with some eggs and canadian bacon is always a healthy option.

As you can see, **breakfast is critical to a healthy lifestyle**, and it offers a wide variety of healthy and tasty options. Please do your best to start eating breakfast as often as you can, and incorporate all these healthy tips each morning to break your fast.



March Events at

Northwest

March 9th-14th:Greek Week
 March 10th:Celebration of Quality
 March 14th:“Celebration” PAC ST, 7:30pm
 March 16th:Pre-registration begins



Moving On With Your Strengths Journey.....

Of course your journey begins with taking the StrengthsQuest assessment, so for those of you who have here are some suggestions for moving on with your strengths journey and understanding how your strengths and talents really make you who you are and who you will become:

- Journal a personal mission statement describing what you feel is your purpose in life, college, and what your work entails. How can you use your talents and your personal values to fulfill what you feel is your personal mission?
- Look back on your successes. How did you use your talents to get to this point and why were they so effective?
- Identify three people who have had an impact on your life and your personal development. Discuss with these people your strengths and how you can use them to create greater successes.
- When preparing your daily schedule, think about your talents and how you can use them to accomplish each task.
- All of us have challenges that await us and that arise when least expected, Consider what talents you might have that would assist you in dealing with complex situations.
- Journal how you can use your talents and strengths to accomplish your goals.

For those of you have yet to begin your strengths journey, please see Christi to get it started. Student Support Services will be starting a focus group on Mondays at 4:00 in Admin 303 and Thursdays, time and place TBA. Please see Christi if you are interested. Good luck on your personal strengths journey.





Congratulations!

Amanda Lawton had the Luck of the Irish at SSS events this past month, winning a 1-credit hour scholarship! **Jonathon Rulon** and **Adam Auxier** 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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