

Insights

TRiO
STUDENT SUPPORT SERVICES

Visit the SSS on the web: <http://www.nwmissouri.edu/services/sss>

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Molly Huber, a senior from Lee's Summit, MO, and a mentor for Student Support Services recently returned from Stockholm, Sweden. Huber brings world knowledge to her mentees through her experiences abroad. *Insights* sat down recently with Huber to ask her about both her experiences with SSS and the Swedish Study Abroad experience.

Tell us a little bit about why you chose to attend NWMSU and major in Political Science.

My decision to attend Northwest was purely financial at the outset. This is the school that offered the most in terms of scholarships, and because I'm solely responsible for paying my tuition, it was obviously the most attractive decision! I've stayed at NWMSU because, after brief stints in other majors, I fell in love with the Political Science department. The courses it offers satiate my interest in world affairs and have facilitated my appreciation of international and cultural relations.

When did you join the SSS team and why?

I began my employment with SSS in the fall of 2007 as an office assistant. I didn't know much about the program before applying for the position, but after researching SSS and its mission, I knew it was the type of place I'd like to be. What more admirable program is there than one that makes student success its top priority?

What made you decide to study abroad?

Before I went to Sweden, I had never been out of the country! I'd always been curious about life outside of the States, and my major certainly spurred on my desire to travel abroad. Throughout my career at Northwest, I had heard time and again that there is no better time to study abroad than while in college, so I decided to take the plunge before it was too late!

What criteria do you need to study abroad and where do you get help applying?

To study abroad, a student must have at least a 2.5 GPA and obtain letters of recommendation. The Study Abroad office, located on the 2nd floor of the Student Union, was an invaluable resource.

How do you see the benefit of your experience abroad in your academic career?

In Sweden, students had a significant amount of leverage in shaping their academic experience. I attended class for only two hours every week, so the learning process was *extremely* self-directed; you had to rely on your study- and time-management skills to succeed. While abroad, I was also introduced to several options for continuing my studies overseas. I hope to return to Europe for graduate school and pursue opportunities that await me there!



Molly Huber, SSS Mentor



Ten Steps to having a Great Semester

By: Tamra Ruehler

1. **Attend every class**

2. **Be organized**

A. Use your student planner daily, filling in any important dates or projects. Remember to check it regularly so that you can stay on top of what's required of you.

3. **Set personal and academic goals**

A. Set both short-term (get an A on the next test) and long-term goals (graduate with a 3.0 GPA)

4. **Be successful in the classroom**

A. Learn how to adapt to different instructors, including rules and procedures

B. Have everything needed to participate in class; textbook, notes, pen, paper, etc.

C. ALWAYS do your homework

5. **Take good notes**

A. Be an active listener, this involves not only hearing what is said but also comprehending it

B. Get copies of the notes if you must miss a class

6. **Know how to read a textbook**

A. Read and review the text to really understand the material

7. **Study smart**

A. Find an appropriate area to study

B. Set a schedule for studying that allows plenty of time before the test

C. ALWAYS allow more time than you think you might need

8. **Get Involved**

A. Join a great campus program so that you can meet new people and be involved in fun activities

9. **Plan and prepare**

A. Be aware of upcoming events or deadlines, in class or graduation

B. It's never too early to plan for the future

10. **Get help when you need it**

A. NEVER be afraid to ask for help. Instructors are there to help you, so use them all you can.

Quotes for Life

“Enthusiasm is the most important thing in life.” — Tennessee Williams

“What lies behind us, and what lies before us, are tiny matters compared to what lies within us.” — Ralph Waldo Emerson

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” — Winston Churchill

**“Success consists of getting up just one more time than you fall”
— Oliver Goldsmith**

Physical Activity Im- pacts Your Grades

By: Jessica Freund



It's a new year and for most people that means shedding away those holiday pounds. However, that is easier said than done. For many people, this goal might last a month or two, but then people end up getting into their old routines that do not consist of working out. Individuals are either too busy, tired, or have a lot more important things to do. However, physical activity is very important! Therefore, physical activity should be incorporated in your daily routine. In fact, it has been proven that physical activity influences academic performance. Physical activity tends to result in improved attributes such as increased brain function and nourishment, higher energy/concentration levels, changes in body build affecting self esteem, increased self-esteem and better behavior which all support cognitive learning.

It is evident that physical activity impacts your grades. So what are you going to do? Get motivated and go work out! Walk around the track at the recreation center or go run on the treadmill. Grab a great book or your biology notes and you can read them while you walk! You could even go play hoops with a buddy! This physical activity will make you feel better and you will see an improvement in your grades!



You can also check out the Northwest Fitness Center! The fitness center offers a variety of exercise equipment including cardio and weight training at three different locations around campus – all at affordable rates! Call for their hours and rates at (660) 562- 1708.



Encore Presents *HAIRSPRAY*!!!

Student Support Services will be attending the Encore event *Hairspray* and as participants of the SSS program you are eligible to go free!

On March 9, 2010, at 7:30 p.m., Northwest Missouri State University will be hosting the eight-time Tony award winning Broadway musical-comedy. *Hairspray* brings to life Tracy Turnblads' story as she tries to dance her way into TV's most popular show and tries to win over the boy she loves. Watch as this big girl, with big hair and an even bigger heart, becomes a teen celebrity overnight.

See your mentor ASAP for ticket information!!! **RSVP by FEB 1!**

Don't Get Behind in Studying

By: Niki Skutnik



Start early this semester – begin good study habits now. In order to be successful, studying should begin when classes begin. As the semester continues, grasping the content of the basic materials presented at the outset of the course is instrumental to comprehending material later in the semester. Also, when tests roll around, you won't be behind! Here are a few things to keep in mind while studying:

1. **Find a well-lit space with few distractions to study**
2. **Study in small chunks of time so that you don't try to overload your brain.**
3. **Switch between subjects so your mind doesn't get burnt out on one subject.**
4. **Review previous lecture notes prior to attending the next lecture.**

If you have questions about a topic, go see the teacher **NOW** rather than waiting and having a hard time understanding any of the information to follow.

While these tips are great for studying in general, there are a few additional things you should do when preparing for a test. Cramming may get you through the test, but here are some ways to help retain the information for the test and apply it to future classes:

1. **Start studying at least a few days in advance so that it's more of a review the night before the test than a cram session.**
2. **Make flash cards for things such as vocabulary words and start by learning a few at a time then adding a few more each time you look at the flash cards.**

Re-writing notes may be a way to help you stay organized while studying at the same time because the more times you see the information the more likely you will remember it.

While these tips may seem elementary and silly for a college student to do, they are basic study skills that will improve comprehension. Take these ideas into consideration when you are in class or preparing for a test. If using all of these tips is too much to handle, try a couple at first and gradually add more until you can do all of them and not be overwhelmed.

STUDENT SUPPORT SERVICES PRIZE DRAWING

NAME _____

PHONE _____

E-MAIL _____

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CUT OUT AND COMPLETE THE FORM TO THE LEFT. BRING TO YOUR STUDENT SUPPORT SERVICES MENTOR TO HAVE AN EXTRA ENTRY IN THE MONTHLY DRAWINGS! SSS IS GIVING AWAY SOME GREAT STUFF!

Show me the Money!!

Especially in today's economy, students need to be aware of any scholarships, financial aid or assistance available to help off-set the cost of tuition. Student Support Services offers its members several financial aid opportunities. Applications are typically available at the web-site and in the SSS office.

Scholarship Criteria

Basic eligibility information for the scholarships are listed on the Internet. Awards for the second semester are contingent upon meeting certain criteria during the first semester that the scholarship is awarded. These scholarships, including the number of recipients and award amount, are based on the availability of funds.

Scholarship applications, along with all required supplemental paperwork, must be submitted to the SSS office by February 1, 2010.

The following is a list of SSS Scholarships:

- Saville Scholarship
- Pat Danner Scholarship
- Marvin E. and Kathryn B. Lehnen Scholarship
- Joe Dirksen Memorial Scholarship
- Grant Aid Scholarship Program

See your mentor today to assist in completing the paperwork for one of the SSS scholarships. In addition to these SSS monies, you can work with your mentor to apply for any additional scholarships found on the NWMSU Financial Aid & Scholarship website.

In addition to scholarships available through SSS, there are tons of scholarships available on the Internet. Listed below are some sample websites you can use to get the latest information on nationally available scholarships.

College Board	www.collegeboard.com
College Is Possible	www.collegeispossible.org
College Quest	http://collegequest.com/
Office of Postsecondary Ed	www.ed.gov/students
Petersons	www.petersons.com
Think College	www.ed.gov/thinkcollege
Cash for College	www.nasfaa.org
FAFSA on the Web	www.fafsa.ed.gov
Federal Student Aid on the Web	www.studentaid.ed.gov
MOHELA	www.mohela.com
Sallie Mae	www.salliemae.com
SmartStudent Guide to Financial Aid	www.finaid.org
College Connection	www.collegescholarships.com
CollegeNet	www.collegenet.com
GOCOLLEGE	www.gocollege.com
Scholarship Page	www.scholarship-page.com/
Scholarships.com	www.scholarships.com
Wired Scholar	www.wiredscholar.com
NextStudent	www.nextstudent.com
Collegeview	www.collegeview.com
FastAid	www.fastaid.com
Scholarships.com	http://scholarships.com
Scholarships 101	www.scholarships101.com

Academic Success Tip: Northwest replaces their textbooks every 3-5 years allowing students the opportunity to purchase texts pertaining to their major which are up to date and inexpensive. These texts can be useful as a graduate or undergraduate and can be purchased for about \$2 each. This provides an inexpensive opportunity to establish your professional library and accrue resources useful in later endeavors be they academic or personal.



Information to come)

Mar 16 – Student Support Services Career Development Presentation (More

Arts, 7:30 p.m.)

Mar 9 –

Hairspray (Houston Center for the Performing

Feb 26 – UTD Golden Pond Plunge (2 p.m., Golden Pond)

Bingo (Tower View Room, 10 p.m.)

Feb 25 –

Brett Ratner Speaks (SAC Event, 7:30 p.m. CJT)

Feb 24 –

Poker (Tower View Room, 9 p.m.)

Feb 18 –

come)

Feb 11 – Academic Workshop (1, p.m., more details to

Feb 10 – Cookie Decorating (SAC Event, 2nd Floor Union, 11 a.m.)

Feb 4 –

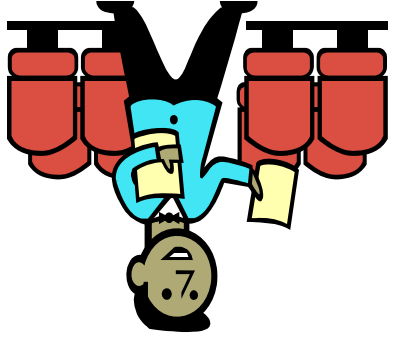
Super Market Sweep (SAC Event, Hy-Vee, 10 p.m.)

Feb 3 –

Harold Ford, Jr., Lecture, (PAC, 8 p.m.)

Jan 30 –

NWMSU Student Leadership Conference



What's Happening!?!

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