



# Insights



## Elbony Colbert, SSS Participant, Speaks on Personal Experiences

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Ebony Colbert, a senior from Kansas City, participates in Student Support Services as a mentee. Colbert, the oldest of two children also has a younger sister that attends NW as well. In addition, Colbert will be the first grand-daughter to graduate from college. She is a happy, energetic person that loves to be around family and friends.



### When did you join SSS and why?

I joined SSS my freshman year. College was a new experience for me when I came to NW 5 years ago;

however, having the guidance of experienced college students and professors helped me transition. I was not afraid to ask for help and get suggestions from the SSS mentors and staff because they made me feel so comfortable. I really enjoy the atmosphere of SSS.



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

I chose NWMSU because I liked the environment, professors and students; everyone takes higher education very serious. I love the Mass Communication department because it employs seven wonderful professors that are truly here to help students achieve our very best. Our department is small and all of the students in the department know each other. This helps you meet other students who are interested in some of the things you are.

### What does SSS mean to you?

To me SSS means guidance, as a college student it is easy to get lost or stray from the path, but SSS is a reminder of why you have come to college.

### How do you see the benefit of SSS in your academic career?

Wow! I have seen much improvement when it comes to my grades. I had mentors in specific areas of study tutor me; this definitely worked in my favor. There were a lot of classes I had questions and concerns about, but the mentors of SSS reassured me that everything would be ok.



# SMOKE-FREE NORTHWEST

**AUGUST 1, 2010**

Northwest will be a 100% smoke-free campus.

For more information, please visit  
[www.nwmissouri.edu/wellnesscenter/smokefree](http://www.nwmissouri.edu/wellnesscenter/smokefree)



Did you know March is Women's History Month?

To find out more about the 2010 theme, "Writing Women Back into History" visit [www.nwhp.com](http://www.nwhp.com).

## Reasons NWMSU will be Smoke-free!

- Secondhand cigarette smoke contains over 4,000 chemicals and 40 cancer-causing compounds.
- A report of the U.S. Surgeon General indicates that there is no risk-free level of exposure to secondhand smoke.
- Affects the health of Northwest faculty, staff, and students.
- Students less likely to start smoking.
- Currently, 305 colleges and universities are 100% smoke-free in the U.S.
- 78% of students do not use tobacco. Of the 22% that do smoke, over 50% want to quit.
- 88% of NWMSU employees do not smoke.

# NWMSU Goes Smoke-Free

Northwest Missouri State University will be going Smoke-Free August 1, 2010. Smoking will be prohibited on all university owned or leased property and in all university vehicles. Currently, all facilities on campus are non-smoking; however, there are designated smoking areas located outside of low-traffic building entrances. After August 1, these areas will be removed from campus.

Advocated by CATS (Cats Advocating Smoke-Free Environs Tobacco Smoke) and approved by the cabinet, NWMSU joins 305 other colleges and universities in banning smoking on campus.

In a press release announcing the change, Beau Dooley said, ““Everyone benefits from a smoke-free campus. Recent campus surveys indicate that a majority of faculty, staff and students do not smoke and are in favor of a smoke-free environment. For those who do smoke, research shows that smoke-free policies help empower individuals to reduce their cigarette use or quit altogether.”

“The U.S. Surgeon General reports that second-hand smoke contains thousands of harmful chemicals, and that there is no risk-free level of exposure,” Dooley continued. “Having a smoke-free campus environment is an important public health measure that will protect everyone on our campus.” For more information about the Smoke-Free initiative, please contact the University Wellness Center at 660.562.1348. For information about quitting smoking, please contact Beau Dooley (Director of Wellness, University Wellness Center) at [bdooley@nwmissouri.edu](mailto:bdooley@nwmissouri.edu).



## Northwest Missouri State University Smoke-Free Campus Policy

### **Purpose:**

To establish the policy and procedures regulating smoking on Northwest Missouri State University owned and leased properties

### **Scope:**

Applies to all students, employees, contractors, volunteers and visitors on university-controlled property

### **Definitions:**

Smoking – encompasses cigarettes, cigars, pipes and all other forms of smoke-generating products

#### **I. Policy**

Northwest is committed to providing an environment that is safe and healthy. Consistent with this policy, the university will become a smoke-free campus as of August 1, 2010. Effective that date, smoking will be prohibited on all university owned or leased property and in all university vehicles.

#### **II. Notification and Enforcement**

Cats Advocating Smoke-Free Environment (CASE) along with the University Wellness Center will coordinate university efforts for policy notification, education, promotion, support and assessment to ensure successful implementation

Northwest Missouri State University reserves the right to initiate disciplinary procedures against any individual found to be in continuous violation of this policy; however all faculty, staff, and students will have a collective responsibility to promote the safety and health of the campus community and therefore share in the responsibility of enforcement. Individuals observed smoking are to be reminded in a professional and courteous manner of the university policy.

Elbony Colbert, continued from page 1.

**Of all the available services in SSS, what do you see as the most valuable to the students?** SSS has a lot of workshops that are designed to help students excel – from resume workshops to time management and budgeting – all are designed to help students.

**What are your future plans and how has SSS helped you achieve these goals?**

After graduation in May, I plan on moving back to Kansas City, in hopes of finding a job in the advertising field. Keep your fingers crossed for me! SSS has helped me become a very motivated student and hopefully a very successful professional. I have become secure with myself and I am sure this will be a bonus for any employer.



# Spring Break Safety!!

By: Jessica Freund

It's almost that time again and for most college students that means forgetting all about classes and hanging out with your friends and family. Yes – I am talking about **SPRING BREAK!!** Spring Break is a quintessential part of the college experience, and it can be one of the highlights of your college career -- if you're careful. Here are some helpful tips to help keep your spring break fun and safe!

### Property Safety

Be aware that there are lots of people out there who see students on Spring Break as easy targets for theft. Don't prove them correct. When traveling, here are some precautions you should always take in protecting your valuables.

- Take as few valuables with you on your trip as possible.
- Book hotels that give you access to a safe. Lock up anything of value. Do not leave anything of value in your room.
- Always lock your hotel room door.
- If you are traveling abroad, keep your passport in a secure location at all times.
- Watch out for scam artists who try to rip off students.
- If your cell phone or credit cards are stolen, report this immediately to the companies so they can cancel your service.

### Physical Safety

Violence during Spring Break is common and so are accidents. Use common sense and follow these simple safety tips.

- Always stay in the proximity of at least one friend, and preferably two or three. Adhere strictly to this "buddy system" and do not leave with someone other than your buddies. Be sure to choose buddies you can trust.
- Do not leave with strangers. Always error on the side of caution and trust your instincts.
- Watch your drink very carefully! Never accept a drink from a stranger or let someone else hold your drink.
- Never go to an isolated place with a stranger or someone you do not fully trust.
- Carry a cell phone with you in case of an emergency.



### Alcohol Safety

If you're going to drink during Spring Break, it's very important that you take precautions. Drunk college students are seen as a target for both theft and rape, so do not underestimate the need to take these reasonable precautions. Binge drinking is a big part of the Spring Break experience for many students-- and it's what gets students into trouble the most. The safest approach is to not binge drink and to know your limit with alcohol. Make sure you know the signs and symptoms of alcohol poisoning.

- Do not drink and drive, **ever**. You know better.
- Be aware of all local laws and regulations involving alcohol, especially if you are travelling abroad.
- Intoxication greatly increases a woman's chance of being raped. If you drink, always rely on the buddy system.

### Additional Precautions

- Use common sense when it comes to sun exposure. Always use sunscreen with at least an SPF of 15 (higher if you have fair skin), and be sure to wear sunscreen even if it's cloudy. Wear hats and good sunglasses.
- Use common sense when it comes to swimming and water safety. Never swim alone, and avoid swimming when no lifeguard is present. Do not drink when swimming or operating a boat.
- Drink lots of water! Don't rely on alcoholic or carbonated beverages to quench your thirst, as these drinks can actually make you more dehydrated. If the local drinking water is questionable, make sure you have an abundant supply of bottled water. If you're going to be sexually active with strangers, for gosh sakes, wear a condom if you'd like to avoid a souvenir that requires a hefty dose of medication.

STUDENT SUPPORT SERVICES PRIZE DRAWING

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_



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!

# Learning a Foreign Language College, why?

By: Niki Skutnik

“I live in the United States, why would I need to know a foreign language?” This is a common question most people have about learning a foreign language. There are many reasons a second language can be important, especially in the melting pot of the United



States. Less than one-fifth of the world speaks English, including those who speak it as a second language. This furthers the idea that learning a foreign language can only broaden your horizons.

Knowing different languages or at least a general understanding of other languages provides the ability to communicate and understand other cultures. With the increase of local business overseas, the ability to understand other cultures and the ability to communicate with those who speak a different language is more important than ever. For survival in the global economy, the understanding of different cultures and languages is vital. Any company that plans to do business abroad is searching for employees that are at least bilingual; however, employers are really looking for employees that are multilingual. Having a grasp on one or two languages will open up opportunities that otherwise would not have been available. In addition, you will be able to ask for higher wages.

Foreign languages make you a well-rounded person. Studies show those who study a foreign language score higher on exams. For each year that a student studies a foreign language, their college or graduate school entrance exam scores increase dramatically.

This proves that by understanding another language, you can further your knowledge in other areas. By knowing the skills it takes to learn something like a different language, the basic skills of learning English will be enhanced. A better knowledge and understanding of the English language will then help in learning and understanding other subjects.



Lastly, knowing different languages can make it easier to travel as well as make travel more enjoyable. When you know the local language, you can navigate streets and maps, order from a menu and find out local information you might not be privy to unless you speak the language. A great example was my spring break trip last year. I went to Cancun during spring break with a few friends. Because of my grasp of Spanish, we were able to easily communicate with hotel staff, restaurant staff and locals. Although spring break hot spots like Cancun have many people that speak English, travelers are bound to run into people that do not.

While there are many reasons to choose to learn another language, please consider how learning a foreign language can benefit your personal goals and objectives. It is important for our generation of college graduates to have a competitive advantage when entering the pool of applicants for the workforce. Keep this in mind as you continue your journey through college.



# What's Happening!?!

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

## SSS Career Luncheon Workshop: Hire a Bearcat

When: March 16<sup>th</sup>, 1-1:50 p.m.  
sign-up ends March 10<sup>th</sup> Sign-up  
sheet on Lisa's desk. Lunch  
seating available is limited  
(Chinese buffet).

Where: First Ladies  
Dining Room, Student  
Union.

Why: A speaker provided by  
Career Services will be  
discussing tips on finding a  
job, resume writing how to use  
the Hire A Bearcat opportunity,  
and many more useful things to  
get you on the path to  
employment.



- March 10 — Ice Cream Social (SAC event)  
11 a.m., 2nd Floor Union
- March 11 — Movie Madness (SAC event)  
10 p.m., Ballroom Union
- March 16 — SSS Career Event  
1 p.m., First Ladies Dining Room
- March 18 — Women's History Month,  
Indispensable Women at Northwest  
3:30 p.m., Union Living Room
- March 18 — Movie Madness (SAC event)  
10 p.m., Ballroom Union
- March 31 — Adam Gertler Speaks  
7:30 p.m., PAC
- April 1 — Poker (SAC event)  
9 p.m., Tower View Room