



# Insights



## Training SSS Staff for Success

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Student Support Services mentors began the fall semester with fun and learning at our annual training on Thursday, August 26. Jacque Loghry, Assistant Director of Student Support Services and Tim Crowley, Director of Counseling, provided the student mentors with invaluable insights into peer mentoring and the structure of Student Support Services.

learned how to use common sense over common practice.”

Andrea Dimiceli, a senior and a SSS Student Mentor for 3 years said the training always provides a way to improve her mentoring skills. “As a peer mentor, I always want to do my best. This year we explored how I can enable my mentees to find the answers within themselves,” said Andrea. “Learning these valuable tools will help me help others.”



Student mentors learned guidelines for active listening. In addition, mentors learned attention skills, communication skills and empathy skills. Leslie Duley, Graduate Assistant for the Personal Development Center said, “We wanted the mentors to practice active listening. All

In addition to learning active listening skills, mentors role-played mentoring scenarios to practice active listening. Ryan Hesse, a junior from Farber, MO, and a second year mentor, felt the role-playing was most beneficial. Hesse said, “I am a hands-on learner, so the role-playing activities really grounded the skills for me.”

SSS mentors have not only prepared for a great fall semester, they are also eagerly awaiting the opportunity to assist you. Please stop by the office (AD 360) anytime to visit with your peer mentor.



\*\*not pictured: Jordan McCrady

*“As a peer mentor, I always want to do my best. This year we explored how I can enable my mentees to find the answers within themselves. Learning these valuable tools will help me help others.”*

— Andrea Dimiceli

# So Where Now...?

By: Sarah Woody

**What do you plan to do when you graduate?** This is a question I am sure several of you, including me, have heard more than enough in the past few months. It is a daunting question to think about and can sometimes be overwhelming. The truth is... **YOU MAY HAVE NO CLUE!** Don't worry this is not a terrible thing; you are not throwing away your college education simply because you do not know which path you would like to follow after graduation. What you should do is consider the possibilities. What are the options for you?

The two main decisions a student has to make upon graduation are, "Do I enter the working field, a.k.a. The Real World? or "Do I go to graduate school and pursue further education?" It seems like a simple decision but it can be one of the hardest choices you have had to make. That being said, please allow me to provide you with a few tips to help decide upon your future career or education options.

The absolute first thing that you need to know is what you are interested in and what you want to do in the future. It seems like a huge decision but look at it this way: What classes do you really enjoy; what do you like to do; what would you want to do everyday with your job? These are questions that will ultimately help you make a decision regarding your future.

The second thing that will aid your decision is to figure out what degree you will need for the job you are working towards. For some majors a bachelors degree will suffice in the working world, but there are some majors where a master's degree or even a doctorate is necessary to hold the job position you want. One of the simplest ways to find this out is the Internet. Look around and do some research on jobs that are of interest to you and find out what degree you need to obtain to be competitive.

If you find that a bachelors degree will suffice and make you a competitive applicant, then the next step would be to utilize the resources of Career Services, located on the 1<sup>st</sup> floor of the Administration Building. They can help you with resumes, interview skills and even hold mock interviews where actual employers critique you on your skills.

If you realize that further schooling is what you need to be competitive in your field, the next thing to do would be to find a school that offers the degree you need. There are thousands of schools in the United States and internationally so look at these factors:

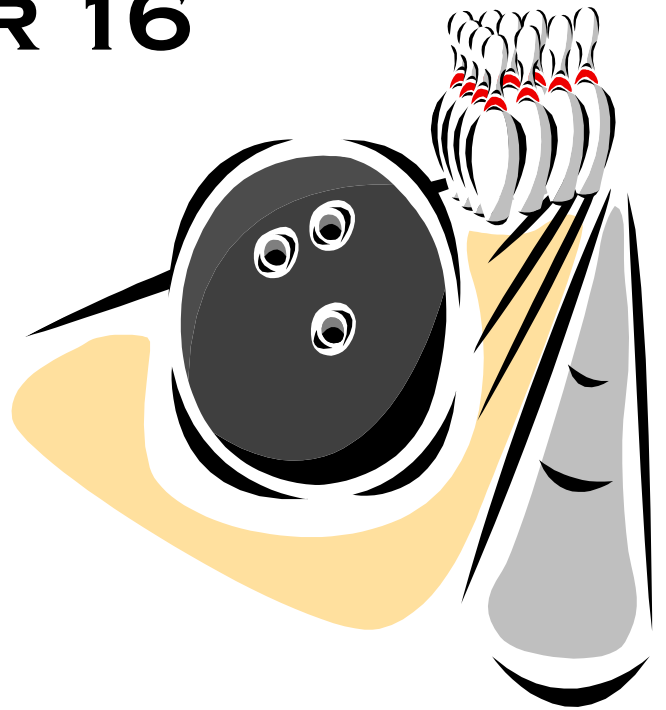
- 1. Degree: Does the university you are interested in have the degree you are seeking?**
- 2. Location: Where do you want to live for the next 2 – 5 years while you finish your education? Don't live somewhere you hate. If you are close with your family try and choose a school close enough to home so that you can visit.**
- 3. Cost: Look at the cost of schooling, check into graduate assistantships, look at scholarships and financial assistance offered.**

If you utilize these tips, it will immensely relieve the stress you will probably feel during the last year or semester of school.

My last tip would be to make sure you love what you are doing and it is your decision. Friends and family have an enormous influence on your decisions but you are the one who ultimately has to live with the decision you make — so, good luck!

# **DON'T MISS THE STUDENT SUPPORT SERVICES BOWLING PARTY BEARCAT LANES SEPTEMBER 16 4-6 P.M.**

Grant refunded for 5 years!



Whether you are beginning your college career or almost done with your degree, Student Support Services will be on campus at Northwest Missouri State University for at least five more years to assist you. Student Support Services is a federally funded grant supported by the Federal Trio Programs. Every five years the staff at Northwest Missouri State University must reapply to the federal government for funding. Northwest Missouri State University reapplied this past summer and was granted funding for the next five years.

Phil Kenkel, director of Trio Programs at NWMSU, said, ““The US Department of Education received almost 1,500 applications for SSS and funded approximately 1,000. Over 70 programs who had received funding in the previous grant cycle lost their funding for this 5 year cycle. We are very pleased to once again have the opportunity to employ our dedicated professional and student staffs and to serve our wonderful students for at least five more years!”

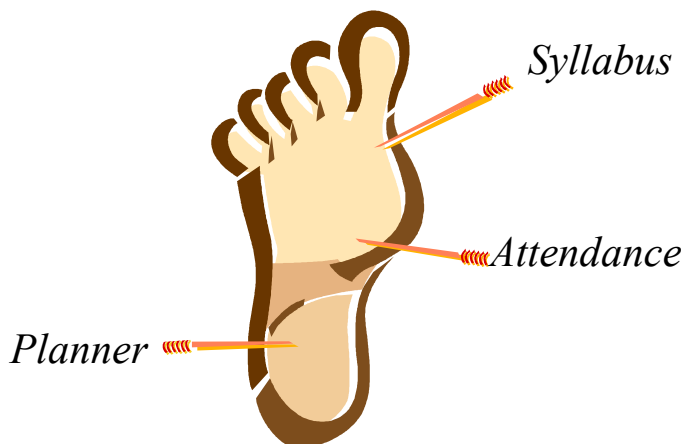
# Start Off On the Right Foot

By: Niki Skutnik

Welcome back Bearcats! This ought to be another exciting year we have ahead of us! One great thing about college is that each semester we get to start fresh with a new set of classes and professors. Whether you are proud for earning that ‘A’ or ‘B’ last semester, or if you’re beating yourself up over a deficiency grade, this semester brings a new start. I have come up with a few “back to school reminders” to keep in mind.

The first thing to tackle is time management. Many of us think we can keep everything straight in our heads alone but the help of a calendar will free up your mind to think about other things. SSS has **FREE** student planners available to our participants. Please feel free to stop by our office and pick one up. Whether you’re using a planner, your Outlook calendar, or your Smartphone to keep track of everything you have going on and things that are coming due, it is important to stay organized and have a reminder written or saved somewhere.

The next item on the list is to know your syllabus. Professors use syllabi to tell you what they are expecting from you for their class. If you are aware of what your professor expects, then you will likely do better than if you are guessing. Also, it will tell you what the consequences are for missing class and how to make up missed information. This is so important — if you don’t know the details you may miss out on making up that exam you were sick for.



The last thing we will discuss is attendance. It may seem like a petty item, but attendance can make the difference between earning a ‘B’ or an ‘A’. In many classes, the information you learn at the beginning of the semester is important in understanding what you learn later on. It is also important for those classes that have a comprehensive final exam. If your professor has an attendance policy allowing, for instance, three “free” absences, don’t waste them at the beginning of the semester. Save them for a day when something unexpected comes up and you are unable to attend class.

If you follow these three simple steps from above, you’ll be starting this semester out on the right foot. However, solely following these tips will not ensure success. There are multiple other things you can and should do to earn the good grades you want and to make test taking a little easier. If you need help with any of these items feel free to stop by the Student Support Services office and see your mentor to schedule a session to review study skills. Have a great semester and good luck with all of your classes!

## StrengthsQuest

**If you have not completed the StrengthsQuest assessment, please stop by the Student Development Specialist, Christi Waggoner’s office (AD 362) to pick up instructions for completion. StrengthsQuest will help you identify and utilize your personal attributes and teach you how to use these attributes both in and out of the classroom!**

# A Fashionable Study-Abroad Experience

By: Kelsi Jo Franklin



Do you have a desire to see the world? Would you love to live in another country for a semester? Do you want to have an experience that will help land you a job after graduation? Well, I wanted all of that, which led me to the

best decision that I have made since beginning college – studying abroad in London. This experience allowed me to not only see the world and completely expand my worldly views and perspectives, but I also had the opportunity to work with an international public relations team at the global corporation, GUESS.

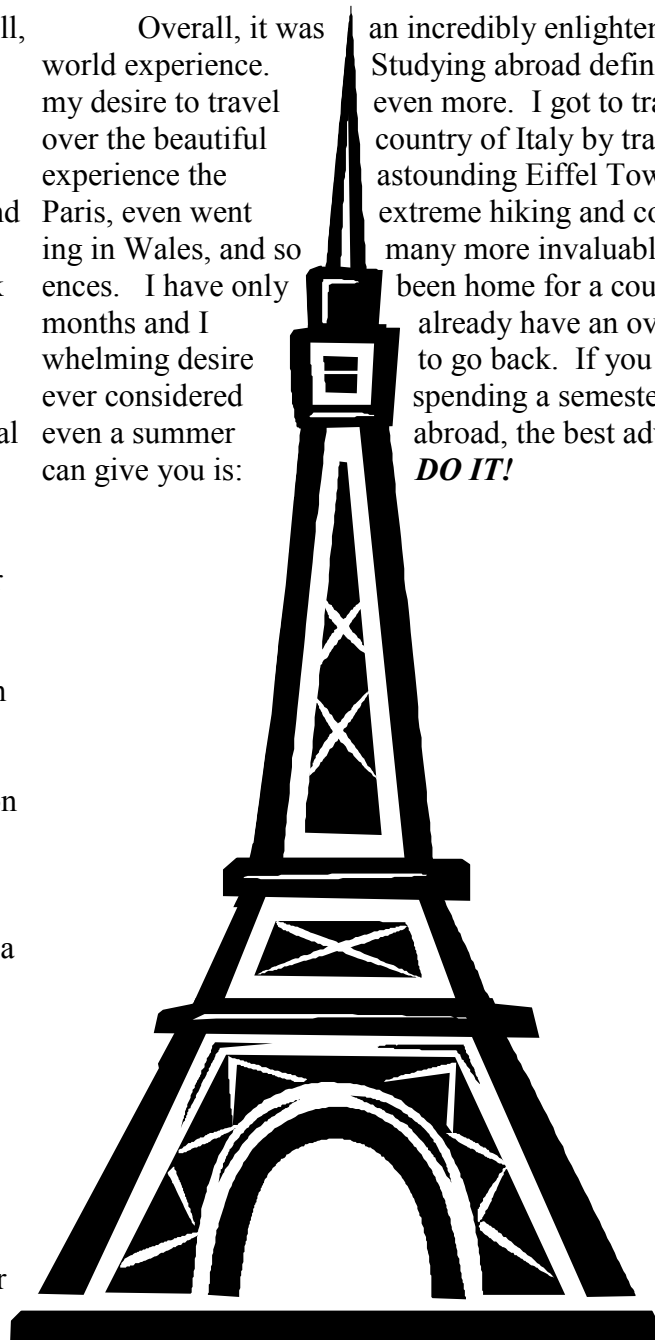
An internship abroad is beneficial for several different reasons: experience in an international business, opportunities unavailable in the United States, and a distinguishing resume builder that could separate you from competing applicants after graduation. During my internship at GUESS in London, I was given the opportunity to help run several promotional events; coordinate and assist in meet and greets with top magazine companies like Cosmo, InStyle, and Marie Claire; I even aided in organizing the opening fashion show during London Fashion Week!

The people I worked with at GUESS were from all over world – Australia to Korea to Bulgaria to Italy – it has completely and entirely shifted my perspective of the world communities. It was so interesting to truly be the minority and have people fascinated with my “country-sounding” accent compared to the much more sophisticated English accent that I was constantly surrounded by. I have made friends that I now have all across the world, and I am looking forward to one day being able to go back and visit (after, of course, I save money for the next ten years!).

Imperial College is one of the leading London universities. CAPA was unique, because it combined over 400 students from all over the United States into the program. It was wonderful not only seeing the difference in English culture, but also the difference in the United States’ West and East Coast culture compared to the Midwest.

Overall, it was an incredibly enlightening world experience. Studying abroad definitely fed my desire to travel even more. I got to travel all over the beautiful country of Italy by train, experience the astounding Eiffel Tower in extreme hiking and coasteer- many more invaluable experi- ences. I have only been home for a couple of months and I already have an over- whelming desire to go back. If you have ever considered spending a semester, or abroad, the best advice I can give you is:

DO IT!



September 14 — Academic Workshop #1,  
“Reading & Writing for College Classes”  
1 p.m. Station West  
September 16 — Bowling Party, Bearcat Lanes, 4-6 p.m.  
September 23 — Exploring Majors & Minors,  
Student Union Ballroom  
September 29 — Mock Interview Day  
September 30 — Academic Workshop #2,  
Lunch & Learn: 1 p.m. Station East  
October 4 — Hot Topics, 4 p.m., AD 303  
October 11 — Midterms begin!

# What's Happening??

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