



Insights



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

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YOU ARE INVITED
 TO ATTEND
 THE
 STUDENT SUPPORT
 SERVICES

OPEN HOUSE AND
 GRADUATION RECEPTION

THURSDAY, APRIL 21

11:00 — 1:30

AD 360



Refreshments will be served and door prizes will be awarded!!

StrengthsQuest – Are you an includer too?

By: **Paige Kroenke**



Mentee Highlight — Paige Kroenke

As a participant in Student Support Services, I was asked to take an inventory called StrengthsQuest to help identify some strengths that will further enhance my academic, social, and professional careers. My strongest strength was the includer strength; an includer is someone who always strives to “stretch” the circle wider. As I read the description of an includer, one phrase caught my attention. The phrase was, “In direct contrast to those who are drawn only to exclusive groups, you actively avoid those groups that exclude others.” This phrase is a perfect example of who I strive to be; I try to never exclude anyone. If I have plans, I always want to invite someone who may not have plans or may be left out. This strength seems like a strength that would benefit others

more than myself, but overall it has benefited me more than anyone I have met. I have made some of my best friends at Northwest, by simply just including rather than excluding. If I had not reached out to so many people I would not have met some of my best friends, met four future roommates, or be surrounded by such a strong, family-like support system here at school. Not only has being an includer helped my social life, but has also helped me in classroom settings. Including one extra person in a group project, talking to the random person next to me, or involving them in a study group has allowed me to form great connections with other students. Making this effort gives me the ability to branch out to either offer help, or ask for help whenever I need it.

Student Support Services Graduating Seniors

Crystal Damewood

Johnathon Guyer

Kelsi Jo Franklin

Reggie Sims

Niki Skutnik

Lisa Hise

Tamra Ruehter

Sara Ridinger

Andrea Dimiceli

Jason Sybert

CJ Clark

DeLinda Huff

Kelly Ables

Kirby Karwal

Franki Belfonte

Matt Umstead

Grant Aid Scholarship Program

ARE YOU ELIGIBLE?

- Are currently enrolled in the 1st or 2nd year of college (by year not credit hour classification)?
- Are currently receiving a Federal Pell Grant?
- Are currently in good academic standing?
- Are willing to be involved in SSS activities and programs?
- Deadline for completed application: **Friday, April 29.**

WHAT MUST YOU DO TO REMAIN ELIGIBLE?

- Participate in SSS Student Leadership and Service Council meetings and events.
- Secure 5 and 10 week grade checks from your instructors and meet with your Grant Aid Advisor about them.
- Seek assistance if you are receiving below a C in any course.
- Meet with your Student Mentor monthly.
- Participate in SSS-sponsored community service projects.
- Attend SSS-sponsored Academic, Leadership, and Financial Assistance Workshops.
- Maintain good academic standing.

WHY SHOULD I APPLY?

- Awards vary depending on individual needs and the number of recipients but awards are anticipated to range from \$750—\$1,500 per semester.
- This aid is used to offset unmet financial need and supplant loans.
- The required time commitment to maintain eligibility is about 15—20 hours per semester.

If interested please contact Brenda Johnson, **Student Development Specialist**



Student Support Services
AD 362
660-562-1862



Two resources are provided here to help you prepare for the stress finals bring.

Got

It's about that time again....

By: Kelsi Jo Franklin

With finals week quickly approaching, April 25-29, it's easy to get completely overwhelmed and stressed out. Below are some helpful stress management strategies to keep in mind. While it is always important that these guidelines are consistently followed, they will definitely benefit you in the weeks before finals. Just remember that everyone is just as stressed as you are—you aren't alone! There is a light at the end of the tunnel, so just keep these top ten strategies in mind, and you'll end up having your most successful finals yet!

Stress Management Strategies: (Source: <http://www.sas.calpoly.edu/asc/ssl/stressmanagement.html>)

1. **Learn how to say "No!"**- know your limits and do not compromise them. Taking on more than you can handle is never a good idea. It is ok if you don't do every single activity that your club, organization, fraternity, sorority, or your friends are doing.
2. **Laugh-** Do something that you enjoy: take on a hobby, hang out with friends, and learn to balance your life. If you are feeling upset, express your feelings. Don't keep them to yourself because that will only add to your stress!
3. **Healthy eating** – get the proper nutrition. Eat at least one hot-home cooked meal a day.
4. **Exercise** – physical activities can help you in not only burning off calories, but burning off stress. Exercise helps release tension. Exercise for 30 minutes a day for at least 3 times per week.
5. **Relaxing your mind and body** – take deep breaths. Visualize success. Set some “alone time” where you do something you enjoy. Practice “mindfulness”, focusing your attention on the present moment.
6. **Sleep** – at least 7 hours of sleep are needed in order for your brain and body to function at optimum level. Avoid taking naps longer than 1 hour.
7. **Time management** – get a *planner*, create a schedule, or even a to-do list. Map out what your semester will look like. Once you have done that, do a schedule for each week. Then create a schedule for each day. Be **specific**. Mark down your class meeting times, study time for a specific subject, mealtimes, fun activities, and sleep. (If you need help with this talk to Kelsi Franklin or Andrea DiMiceli to see their Study Session!)
8. **Organization** – learn how to organize your notes, keep track of your assignments and important due dates or date of exams. Establish your priorities for the day.
9. **Find a support system** – whether it's your mom, sister, brother, friend or mentor J J, find someone you feel comfortable sharing your feelings with. Sometimes all we need is to vent off the frustration.
10. **Make changes in your surroundings** – if you find it difficult to study in your dorm try moving to a place where there is no loud music, and brighter lights.

Stress?

Finals week stress?

By: Ryan Hesse

Taken from the National Mental Health America website.

Exam Week Stress

It's exam week and the end of the semester has arrived. Suddenly, it's crunch time. Thinking about the papers you have to write and the studying you need to do before you take those finals can seriously stress you out. Having a game plan can help you avoid stress and substantially increase your chances of success.

Here are some tips to help you cope during exam week:

1. **Get moving.** A little bit of exercise will decrease your stress level and make your studying more productive.
2. **Eat smart.** Ordering pizza may seem like a good way to get dinner when you feel like you are too busy to leave your computer, but it's not a great idea. Eating a well-balanced diet will give you the energy you need to get through the end of the term.
3. **Establish your priorities.** Three papers to write and four exams to study for, all in the next week? Decide what you have to finish today and what can wait for another day or two. You can't do everything at once.
4. **Create a study plan.** Once you've decided what your priorities are, you can make a study plan. Make a schedule for what you are going to do each day. Don't forget to leave the room for short, but frequent, breaks.
5. **Set realistic goals and reward yourself when you reach them.** Maybe you can't write all your papers in one night, but you can get a rough draft of one done. Set a goal and work towards it. When you have gotten there, reward yourself with a dinner with friends or a walk outside.
6. **Do what works for you.** Some people need silence and others need quiet music. Some people study well with a partner while others work better on their own. Figure out what is best for you.
7. **Listen to your body.** Headaches, sore muscles, and nausea are all signs of stress. If you aren't feeling well, you may need to change the way you're studying.
8. **Take time to relax.** Getting away from the library for a yoga class or some other activity will help you focus when you go back to studying.
9. **Recognize and accept your limits.** You're an English major taking physics this semester? Understand your strengths and weaknesses. Not many people get A's in every class they take.
10. **Celebrate the end of exams.** You made it! Hang out with some friends and have a good time. You worked hard and should be proud of yourself.

Plan your End-of-Semester Calendar!

April 13 — Root Beer Pong Tournament

12 — 2 p.m., outside Union by Bell Tower

April 21 — SSS Open House and Graduation Reception

11— 1:30 p.m., AD 360

April 22 — Classes End!

April 25 — Exams Begin!

Remember SSS mentors will be available through the end of classes. Jacquie, Lisa and Brenda will be around to assist if you need anything during finals week!

Student Support Services
360 Administration Building
Northwest Missouri State University
800 University Drive