

February 2011



Insights

TRiO
 STUDENT SUPPORT SERVICES

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

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Today is the Day, Now is the Time!

 By: Justin
 Ranney

About to graduate and not sure what your next step is going to be? Take back, a deep breath and get ready to evaluate your vast array of options! Most students tend to go semester by semester and get through their classes but with no action plan or specific goal they are working toward. As you go through your undergraduate courses it is important to be planning for your future. Everyone has different plans and wants to do different things but a plan and goals are necessary for everyone. Rather than floating through life and getting done with the things you have to do be proactive and set some goals that will yield positive results for your future.

The first step in this process is starting early, and if you are near graduation don't worry because it is never too late to plan for your future! There are many great assets on the Northwest campus that we can utilize to help us plan for the future and also help us to go through the steps to get into graduate school or career searches.

First, start with planning for a career by contacting the Career Services staff. It is important as a student to start as soon as you can to develop contacts and to have a résumé that you can give to possible employers. The Career Services office has a lot of tools to help you to get started and also to help you make sure that your résumé professionally presents you. The office offers walk in hours where you can bring in your résumé for critiquing or even drop it off for them to look it over and then schedule an appointment to go over things that may need to be changed or added.

Another service that is essential for student success that Career Services offers is Hire a Bearcat. This is an online database of employers that are looking to fill positions and internships. On Hire a Bearcat you can submit applications to employers and also keep up to date résumés and cover letters to use when applying for positions. This service allows you to register for backpack to briefcases interviews, Mock Interviews, on campus interviews, and also other job offerings posted by employers.

If you do not have a résumé ready you should start one and visit us at SSS for help and critiquing. You can also make an appointment with career services because so many opportunities for employment are going to be available this spring semester! Mock Interviews are being held on February 16th and you can register now on Hire a Bearcat. These interviews are on a first come first serve basis so you need to get the ball rolling right away! The Career Fair is also right around the corner at the beginning of March and you do not want to miss your chance to make contact with employers and try to land available on campus interviews!

The key thing to remember is that it is your future and it is what you do with it. Those that plan ahead and work toward their goals are typically rewarded with success so get out there because the time is now!



Justin Ranney, SSS Mentor

WEB RESOURCES FOR SCHOLARSHIPS

WHO	WHAT	WHERE
Northwest Mo State University - Financial Assistance Office	Links to financial aid guide & scholarships available for Northwest students	http://www.nwmissouri.edu/FinAid/Guide.htm http://www.nwmissouri.edu/FinAid/scholarships/index.htm
College Board	College planning	www.collegeboard.com
College is possible	Resources for underrepresented students	www.collegeispossible.org
HEATH Resource Center	Financial aid for students with disabilities	www.heath.gwu.edu
Jump \$tart Coalition	Tips for saving and managing money	www.jumpstart.org
Office of Postsecondary Education	US Department of Education	www.ed.gov/students
Petersons	Educational and Financial info	www.petersons.com
Think College	College prep and GED info	www.ed.gov/thinkcollege
Cash for College	Overview of financial aid for college	www.nasfaa.org
FAFSA on the Web	Free application for federal student aid	www.fafsa.ed.gov
Federal Student Aid on the Web	Federal student financial assistance information	www.studentaid.ed.gov
Sallie Mae	Planning for college, loan information	www.salliemae.com
The SmartStudent Guide to Financial aid	Free college search and unique grant information	www.finaid.org
CollegeNet Mach 25	Scholarship database	www.collegenet.com
EDUPREP	Scholarship database and essay help	www.eduprep.com/scholarship.asp
FastWeb	Scholarship search and tips	www.fastweb.com
GOCOLLEGE	Database of awards and scholarships	www.gocollege.com
Scholarship page	Scholarship search	www.scholarship-page.com/
Scholarships.com	Scholarship database	www.scholarships.com
Wired Scholar	Financial assistance database	www.wiredscholar.com
All Scholar	Free Scholarship search	www.scholarships.com
NextStudent	Free scholarship search, student loans, and loan counseling	www.nextstudent.com
Collegeview	Free scholarship search	www.collegeview.com
CollegeAnswer.com	Free scholarship search	http://www.collegeanswer.com/
BrokeScholar	Will match your profile against many awards	www.brokescholar.com
FastAid	Free scholarship search	www.fastaid.com
Scholarships.com	Free scholarship search	http://scholarships.com
Scholarships 101	Free scholarship search	www.scholarships101.com

SSS Student Leadership Council



On Wednesday, January 19, the SSS Student Leadership Council (SLC) met for the first time this year in an attempt to regain momentum that the organization had in years past.

There was a great turn out with 16 student representatives in attendance

that were all willing to jump into leadership roles and committees to help plan future SSS events and activities.

As an officially recognized organization on campus, the SLC's mission is to provide a student led decision making body for participants of SSS. All participants are welcome to join and SSS would enjoy having more students take part and give back to the program in which they participate.

Our next meeting will be Wednesday, February 16th from 4:00 – 4:45 p.m. in the Administration building, room 304. Committees include: Community Engagement/Volunteer Committee, Fundraising/Scholarships Committee, Social Committee, Leadership Event Committee, and finally, Marketing/Publicity.

If you have any questions or would like help out with one of our committees, you can contact Brenda at brendaj@nwmissouri.edu or x1259.

Single tickets on sale Nov. 8, 2010. Group tickets on sale now!

Student Support Services will be attending the New Theatre Restaurant on Thursday, March 10, 2011. Don't forget to sign up for this trip. Sign-ups will begin February 18.

SSS will view "Lend me a Tenor." World renowned tenor "Il Stupendo," is set to star in the gala fundraising production of OTHELLO. He doesn't show up. The show, of course must go on and Assistant Manager Max dons the costume and makeup required for the role. His disguise succeeds admirably--until Il Stupendo shows up and heads for the stage. What follows is a chain-reaction of mistaken identity, plot twists, double entendres, innuendoes, and constant entrances and exits through many doors.

Life Long Fitness!

By: Ally Varner



After attending the HR Training presentation, "Life Long Fitness!" on January 24th, I was more inspired than ever to improve my exercise routine. Joe and Kelly Quinlin,

athletic trainers on campus, taught student employees the importance to make healthy decisions every day.

I live with three softball players, so they are constantly going to practice, weight lifting, or running in their spare time. Thus, I am often intimidated and feel that I do not work out often enough. Part of my New Year's resolution was to lengthen my exercise routine from 2-3 days a week for 2 hours to 4-5 days a week for 2 hours. After attending the training and learning why fitness is important, I realized that

instead of comparing my schedule to others, I need to set personal goals. Kelly explained our fitness goals should be made using the acronym SMARTER — Specific, Measurable, Acceptable, Realistic, Time-phased, Exciting, and Recordable.

Kelly and Joe also outlined the importance of fitness both physically and mentally. Working out improves one's physical condition, energy level, metabolism and mental health. Joe and Kelly also explained that an all-around healthy lifestyle is important. Joe explained that a healthy diet is essential for everyone.

A bell curve was provided to demonstrate that one's metabolism is at its highest at noon, thus lunch should always be the biggest meal of the day. He also detailed unhealthy decisions one can make in their diet; just one Whopper value meal

from Burger King has 1200 calories! In order to burn off such high calories, one would have to perform one hour of cardio at 7mph and then lift weights at a high intensity for one hour. A calendar was provided to each person so they could monitor what they eat every day. After telling my roommates about this, they printed calendars too and we now all monitor what we eat daily. This practice has helped us make healthier decisions when it comes to food.

The HR Training presentation, "Life Long Fitness!" helped me be accountable for my fitness goals. I learned a great amount about why exercise is important, what types of exercise each person should do, and healthy eating habits. This knowledge has also helped my roommates and I become closer as we all strive towards living healthier life styles.

Adjusting to College Life:

*Do You Think You Might Have a **Disability***

(Taken from www.nwmissouri.edu/swd)

Northwest is committed to provided quality support services to all students. It is the responsibility of the NWMSU student to make his/her own needs known by requesting services through the Learning Assistance Providers/Service (LAP/S).

What does this mean for you? Don't be afraid to ask for help! One out of 5 people have some type of disability (Census Bureau Fact). If you suspect you might have a disability, services are available to help you.

For assistance with this process, please contact the Student Development Specialist, Brenda Johnson at brendaj@nwmissouri.edu or 660.562.1259 or stop by her office in AD 363 .

Need Help with your FASFA?

See Brenda Johnson for assistance.

E-mail her

*(brendaj@nwmissouri.edu), call her
(662.562.1259) or stop by her office*

(AD 363)!

Everything You Always Wanted to Know about Procrastination

By: Tamra Ruehler

Tips taken from www.how-to-study.com

Why do Students Procrastinate?

Perfectionism
Fear of Failure
Confusion
Task Difficulty
Poor Motivation
Difficulty Concentrating
Lack of Priorities

How do I know if I procrastinate?

If you agree to five or more of the statements you procrastinate

I often put off starting a task I find difficult.
I often give up on a task as soon as I start to find it difficult.
I often wonder why I should be doing a task.
I often have difficulty getting started on a task.
I often try to do so many tasks at once that I cannot do any of them.
I often put off a task in which I have little or no interest.
I often try to come up with reasons to do something other than a task I have to do.
I often ignore a task when I am not certain about how to start it or complete it.
I often start a task but stop before completing it.
I often find myself thinking that if I ignore a task, it will go

away.

I often cannot decide which of a number of tasks I should complete first.

I often find my mind wandering to things other than the task on which I am trying to work.

How to help stop procrastination!

Motivate yourself to work on a task with thoughts such as "There is no time like the present," or "Nobody's perfect."

Prioritize the tasks you have to do.

Commit yourself to completing a task once started.

Reward yourself whenever you complete a task.

Work on tasks at the times you work best.

Break large tasks into small manageable parts.

Work on tasks as part of a study group.

Get help from teachers and other students when you find a task difficult.

Make a schedule of the tasks you have to do and stick to it.

Eliminate distractions that interfere with working on tasks.

Set reasonable standards that you can meet for a task.

Take breaks when working on a task so that you do not wear down.

Work on difficult and/or unpleasant tasks first.

Work on a task you find easier after you complete a difficult task.

Find a good place to work on tasks.

Student Teaching Tips! *By Guest Columnist: CJ Clark*

If you are anticipating student teaching, you probably are a little nervous about getting out in the classroom, every day, and trying what has been, until now, an intellectual exercise. I have just a few tips that have really been helping me out so far.

Smile, even if you're nervous or dreading being up that early 5 days a week. I have had students comment on how nice I am before I even acted as instructor in their class. Plaster one on your face.

Wear comfortable shoes! Guys, I'm sure you will. Girls, tile kills. I would personally recommend flats or maybe wedges. No matter how elegant you are in your heels, it's the students who wear them, not the teachers.

Get organized early. I keep everything in a folder on my computer and asked early on for any .docs my instructor had. Know your road map to the end of this unit and have a pretty

solid idea about the next one with most of the tangibles in place. Put things in binders that you collect or print and want to keep – divide it by class!

Get a lesson planner OR print out a calendar for each class that you can pencil in assignments. Start your TWS elements early. There's a ton to do learning the established lessons so you can step in, creating new lessons, and grading (oh my gosh, talk about volume!)

USE your planning period. Sit down and work. You can get a lot done in this time, and it saves you from having to invest in a bigger bag to lug home work which didn't get graded. Students don't like to talk in class. 1 or 2 will talk, the rest will sit and stare unless you find ways to get them up, moving, sharing, etc. Small groups are less scary to them than large groups.

SSS Etiquette Dinner, February 9

When thinking about basic rules of etiquette ask yourself these questions: Do you know which fork is used for the salad? Do you know what all of the various plates and utensils purpose are? Do you know the proper way to eat and butter your bread?

If you are like the majority, you probably answered “No” to at least one of those questions. However, there are several instances throughout your life where it could be vital that you understand and can correctly perform proper etiquette at a dinner. There are several companies that prefer to conduct job interviews in a dinner setting, or several occupations where you could have to take potential clients to a nice dinner. The point is you never know when you will find yourself in a situation that will expect you to know how to behave, eat, and conduct yourself in an accordance with dinner etiquette that is acceptable and correct.

Here at Student Support Services we have the solution to any etiquette questions that you make have! You are cordially invited to our Student Support Services Etiquette Dinner we are hosting this month.

Don't miss this opportunity to expand and perfect your dinner etiquette with a fabulous dinner presentation led by Mrs. Cindy Kenkel. This presentation will entail every etiquette rule and answer any question that you may have had on how to properly conduct yourself in a business setting. This will be a fun educational experience, while we provide you with a fabulous dinner and social setting.

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