Insights into the Israeli–Palestinian Conflict

Going to Israel was probably the most beautiful thing I could ever have imagined. Most people are afraid of the country but they do not really know what goes on there. In the short week I was there I saw and experienced more than I could have imagined. My trip was provided by the Anti-Defamation League. I applied for their Campus Leaders Internship and I was accepted. The whole point of the trip was to learn about the Israeli-Palestinian Conflict and to interpret what we have learned and spread it on campus. While in Israel I met with leaders from both sides of the political spectrum, Jewish and Arab; after experiencing both sides and deciding what side chooses not to promote hate towards the other I could then make my decision. The Anti-Defamation league is a Jewish Non-Profit that strives for world peace and fights against Anti-Semitism. My trip was literally a trip of a life time. I prayed at the Western Wall, followed the path that Jesus took on his way to be crucified, and I swam in the Dead Sea. This trip was truly amazing and I had a great time learning about the conflict that has plagued such a beautiful country, and seeing all of the sights.

By: Chance Long

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Ethan Caldwell
10 Study Habits of Highly Effective Students!

By: Alle Engelman

With midterms rapidly approaching and our lives getting busier than ever, wouldn’t it be nice if someone would lay out concrete rules to follow to ensure our success? EducationCorner.com has done just that. If you follow their “10 Study Habits of Highly Effective Students” you can be certain you will show those midterms who’s boss and continue to flourish in your academic career as long as you utilize them.

1. “Don’t cram all your studying into one session.”
This may seem obvious, but how many of us are guilty of falling into this nasty habit of procrastinating and regret it the night before the big test? To adequately prepare for an exam, the rule of thumb is to begin review one week prior. The amount of information you will retain for the test will not be nearly as much cramming as it would be if you followed this rule. You’ll also notice your stress level concerning any test will be greatly reduced!

2. “Plan when you’re going to study.”
Knowing your schedule for upcoming weeks as well as your academic deadlines are essential to make sure you allow yourself enough time to study, and not put it off until the last minute when you have other obligations!

3. “Study at the same time.”
By creating a consistent study routine your body will adjust and allow you to be mentally and physically prepared, making your sessions more productive. It is also said that students who study in the same environment that they will take their test in are able to recall the most information when it comes to the exam.

4. “Each study time you should have a specific goal.”
Make a list of what you need to be completed for each study session. This will keep you focused on what needs to be accomplished, plus it just feels really good to cross those things off your list!

5. “Never procrastinate your planned study session.”
We’re all guilty of it, but putting off studying for your exam or writing your paper will only hurt you in the end. Rushing to beat approaching deadlines only results in stress and sloppy work.

6. “Start with the most difficult subject first.”
As this will use the most mental energy, your most difficult task should be done first to employ the most effective use of time.

7. “Always review your notes before starting an assignment.”
Repetition is the key to learning. Reviewing your notes will increase comprehension both while doing the assignment and in the long term.

8. “Make sure you’re not disturbed while you’re studying.”
Breaking concentration will for obvious reasons prolong the time it takes to complete your tasks by causing you to lose concentration. Studying in the environment that you work in best is important to ensure your success.

9. “Use study groups effectively.”
Study groups are especially helpful if you are struggling with a concept; chances are what you don’t know another person in your group will. Discussing subject matter increases knowledge of the material; if you can explain it, you know it.

10. “Review your notes, schoolwork and other class materials over the weekend.”
Again, repetition is the key to retaining your information. Also, this way you will be prepared for the new material coming your way on Monday!

By putting these ten handy tips to use and making them your routine study habits, you can be sure you will be a successful student, and you will rock the rest of your semester. Good luck on midterms!
Staying Fit While in College

By: Natalie Andrews Wardel

Published: June 2011


It is easy to push exercise to the back burner when you start school. Life gets busy, finances are tight and there just doesn't ever seem to be an opening for exercise. Time is what you make it -- and fitness is something you have to make time for.

The benefits to having a set exercise routine are numerous. Not only will you burn calories, but exercise improves your mood, increases your energy levels and can even help you sleep better. All of this results in a more focused life, which could lead to doing better in school. So carving out some time for exercise isn't such a bad idea.

Remember, before starting any fitness routine, you should consult a doctor. Just make sure you are healthy enough to withstand some cardio -- and don't over do it.

First, develop a plan. If you have an idea of what you are working for, you will do it. Students are naturally goal-focused due to the school lifestyle, so give yourself a goal. Do you want to run a 5K? Download the Couch to 5K program. Or, do you want to do a triathlon? There are training programs for that too.

Second, work out on a schedule. Maybe there's a break in your day twice a week that could be filled with a 30-minute jog. Perhaps there's a fitness class you could take near your work. Look at your schedule, carve some time and pencil it in just like you would a regular appointment.

Third, if your workout is of the solo type, like jogging, find a buddy whose schedule fits yours. The time has to be there. If there's no friend available, consider joining a running club or meetup online. As a last resort, find an accountability partner, someone who you can report to, or who will ask you "did you go running this week?" so that you stay focused.

One great way to accomplish all of these is to join a team. Find an intramurals team or a league for a sport you love. The team will hold you accountable because everyone wants to win.

Fourth, eat healthy. Cut out the junk and learn what is "healthy" and what is just marketed to us as healthy. Good food does good things for the body, like improving brain function, which makes it easier to stay awake in class. If you are results driven about an exercise plan, you won't see results unless you burn more calories than you take in. If the cost has you worried, check out Get Rich Slowly's 16 Ways to Eat Healthy While Keeping it Cheap.

The fifth and final step in "staying fit while in school" isn't really exercise related, it is to remember to take care of yourself. Therapists call this a "self care" item. While you might not be into seeing a shrink, it does help to create a list of ways you can cheer yourself up. They should be mostly non-food or money related, to resist the splurges that can make you feel down afterward. A few examples are taking a bubble bath, taking a nap, listening to music, etc. Remember, staying mentally sane and balanced is just as important as exercise, in fact the two work hand in hand. By taking care of the body through diet and exercise and proper self care, tackling the tasks at school will be much easier.
Developing as a leader might be one of the most significant and important opportunities you will have as a student. Chances are, at some point in your life, you will have the opportunity to lead. In fact, you may already have served as a leader several times. Learning and emerging as a leader is a process that takes knowledge, skills, and practice, and requires you to be intentional in how you use your talents.

StrengthsQuest can help you develop as a leader by:

- Increasing your self-awareness. Effective leaders know what they do well and they find ways to apply their talents authentically and productively. Understanding your talents is an important step in cultivating self-awareness as a leader.

- Deepening your knowledge and appreciation of others' talents. As you learn more about your own talents, you will begin to see the unique talents in others. You'll also appreciate others for the different perspectives they offer because of their talents. The best leaders understand that teams with a diversity of talents achieve the best outcomes.

- Forming and maximizing teams. Although leaders need not be well-rounded, teams should be. Understanding each team member’s talents is crucial to getting the most out of a team -- and in a way that honors the contributions each person can make. Understanding each team member’s talents will give you new insights into how the team can perform to its full potential.

- Helping others to affirm, develop, and apply their talents. As a leader who understands your own talents and how to apply them productively, you can lead others to develop and apply their talents.

Each of your talents can be used to lead others if you intentionally develop them. To learn more about how your talents can help you as a leader, read Chapter 8 in the online book. You will need to sign in to view this content.

http://www.strengthsquest.com/content/141350/Leadership.aspx

**Upcoming Events!**

**October 21st** - Walkout Day - No Classes

**October 22nd** - Homecoming

**October 27th** - Lunch and Learn Financial Aid Workshop
1.00—1.50 p.m., Union Tower View Room

**November 2nd** - SSS Leadership Event
5.30 p.m.— 7.00 p.m. Union Boardroom

**November 9th** - SSS Student Leadership Council
4.00 p.m. Administration Building #304