



Insights

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Saying it Loud!

On Monday 13th February, Northwest Missouri State University students and local residents took part in a series of events to celebrate Martin Luther King Jr. Day. The day began with a Peace Brunch at the Student Union, followed by a march to the Nodaway County Courthouse, where Student Support Services' participant, Carl Stafford, gave a powerful speech entitled "Say It Loud, I'm Black and I'm Proud."



Stafford, building on Dr. King's message of equality and freedom, set out a new definition of what it means to be black. In contrast to the 1950s/1960s definition of black pride which focused on pride within segregated African-American communities, Stafford promoted a message of cooperation among all races using the acronym PROUD, which stands for Proudful Righteous Observer Utilizing Dignity.

He justified the need for this new definition, and for cooperation among all Americans, by highlighting the recent struggles the American people have faced together. He used examples such as the terrorist attacks and the debt crisis to make his point - distinctions of color had no place in the tragic events of 9/11 or the economic difficulties during the recession. All Americans experienced the impact of these events to some degree regardless of race. He called on people to look at the values that they were utilizing in society today.

"I always dreamed of doing something like this," said Stafford when asked about his experience of the day. He said it was really inspiring and rewarding to reach out to people in the rural community and bring his message to this audience.

Carl is currently President of the NWMSU Forensics and Debate team; Vice President of the Alliance of Black Collegians; Vice President of the Minority Men's Organization; and a member of the NWMSU Sign Language Club. He is a Forensics (Speech) National Champion and ranked as one of the top ten collegiate speakers in the country.



Planning Your Career

Submitted By: Justin Ranney

Today, and more than ever, most people are responsible for building their own careers. Whether you are just starting, or you have several years of experience, these paragraphs might help you advance your career.

The 9 most important career planning tips are listed below:

1. Never Stop Learning

Life-long learning is your keyword.

The world is constantly changing, and everybody is looking for new ways of doing business. If you have decided that your current skills are good enough, you have also decided that your current job is good enough. But if you want a career in the future, you should add regular updates to your skills and knowledge.

2. Ask, Listen And Learn

A good listener can learn a lot.

Listen to your co-workers, your boss, and your superiors. You can learn a lot from their experience. Ask about issues that interest you, and listen to what they say. Let them tell you about how things work, and what you could have done better. Most people will love to be your free tutor.

3. Fulfill Your Current Job

Your current job might be best place to start your career.

It is often very little that separates successful people from the average. But nothing comes free. If you do your job well and fulfill your responsibilities, this is often the best way to start a new career. Talk to your supervisor about things you can do. Suggest improvements. Offer your help when help is needed. In return ask for help to build a better career. It is often possible - right inside your own organization - especially if you have proved to be a valued employee.

4. Build Your Network

Your next career step might arise from your contact network.

Did you know that more than 50% of all jobs are obtained from contact networks? If you have a good contact network, it is also a good place to discover future careers, to explore new trends, and to learn about new opportunities. Spend some time building new contacts, and don't forget to maintain the ones you already have. One of the best ways to get serious information from your network is to regularly ask your contacts how they are, what they do, and what is new about their careers.

5. Identify Your Current Job

Your current job should be identified, not assumed.

Make sure you don't work with tasks you assume are important. This is waste of time and talent. When you start in a new job, talk to your superior about your priorities. If you're not sure about what is most important, then ask him. And ask him again. Often you will be surprised about the differences between what you assume, and what is really important.

6. Identify Your Next Job

Your dream job must be identified.

Before you start planning your future career, be sure you have identified your dream job. In your dream job, you will be doing all the things you enjoy, and none of the things you don't enjoy. What kind of job would that be? Do you like or dislike having responsibility for other employees. Do you like to work with technology or with people? Do you want to run your own business? Do you want to be an artist, a designer or a skilled engineer? A manager? Before building your future career your goal must be identified.

Planning Your Career

7. Prepare Yourself

Source: http://www.w3schools.com/cert/career_tips.asp

Your dream might show up tomorrow. Be prepared.

Don't wait a second. Update your Curriculum Vitae (CV) or resume now, and continue to update it regularly. Tomorrow your dream job may show up right before your nose. Prepare for it with a professional CV and be ready to describe yourself as a valuable object to anyone that will try to recruit you. If you don't know how to write a CV, or how to describe yourself, start learning it now.

8. Pick The Right Tools

Pick the tools you can handle.

You can build your future career using a lot of different tools. You can add a lot to your career by studying books and tutorials. Doing short time courses with certification tests might add valuable weight to your CV. And don't forget: Your current job is often the most valuable source of building new skills. Don't pick a tool that is too heavy for you to handle!

9. Realize Your Dreams

Put your dreams into action.

Don't let a busy job kill your dreams. If you have higher goals, put them into action now. If you have plans about taking more education, getting a better job, starting your own company or something else, you should not use your daily job as a "waiting station". Your daily job will get more and more busy, you will be caught up in the rat race, and you will burn up your energy. If you have this energy, you should use it now, to realize your dreams.

MEET OUR NEW MENTORS!!

Hi! My name is Kayla Etherton and I'm a junior here at Northwest, double majoring in psychology and spanish. I am involved with many activities on campus, including Sigma Sigma Sigma sorority. I'm from Lexington, Kentucky and I plan on studying abroad in Costa Rica next fall. I love being outdoors and I enjoy reading. My areas of expertise include psychology, spanish, literature, composition, and statistics courses. I hope to see you in the SSS office!



My name is Brittany Dorscher. I'm originally from a small town in Iowa. I am studying elementary education with a minor in early childhood education. I want to be an elementary teacher because my third grade teacher inspired me. It's only my second year here at Northwest Missouri State University, but with the credits I brought in from high school, I am a junior.

I have two siblings, which happen to be younger than me. My sister graduated high school a year after me. My brother will be in a freshman in high school next year. Family is very important to me. I love the color blue. I turn 20 the Monday we get back from spring break (March 26)!

Vigorous Exercise Linked with Better Grades

Submitted By: Cassie Shearhloft

College students who want to boost their grades can start by boosting their level of exercise, new research suggests.

A report presented at the American College of Sports Medicine's 57th annual meeting in Baltimore finds that college students who regularly engage in vigorous exercise get better grades. Although a link between physical activity and higher academic achievement has been shown in middle-school students, it has not been clear whether exercise is associated with better grades among older students.

To find out, researchers at Saginaw Valley State University in Michigan tracked the grades and exercise habits of 266 undergraduates. They found that students who regularly participated in vigorous physical activity had higher G.P.A.'s.

But does exercise really boost grades — or are high academic achievers simply more likely to be higher achievers in physical activity as well?

To answer the question, the researchers controlled for a number of factors that might influence grade point average, like gender, study time and participation in college sports. They even controlled for area of study, noting that a kinesiology major, for instance, might be more likely to exercise than a student studying another subject.

After controlling for such variables, the findings still showed that exercise made a sizable difference in a student's G.P.A. On a 4.0 grade scale, students who exercised vigorously seven days a week had G.P.A.'s that were, on average, 0.4 points higher than those who didn't exercise. (The full study isn't available online, but [the American College of Sports Medicine has posted a press release](#) about the research.)

Although the researchers controlled for the amount of time a student spends studying, earlier reports showed that students who study a lot are also more likely to exercise regularly, suggesting a high academic work ethic may also translate into a higher commitment to exercising.

Notably, a study published last year in the journal [Medicine and Science in Sports and Exercise](#) found that the more hours a student spends studying, the more likely he or she is to exercise. Compared with students who studied less than an hour per day, students who studied three or more hours a day were nearly four times more likely to participate in vigorous exercise and about three times more likely to take part in moderate physical activity. And students with G.P.A.'s of 3.5 or higher were three times more likely to participate in vigorous physical activity than students with a G.P.A. under 3.0.

Source:

Parker-Pope, T. (2010, June 3). Vigorous exercise linked with better grades. *The New York Times*. Retrieved from <http://well.blogs.nytimes.com/2010/06/03/vigorous-exercise-linked-with-better-grades/>



ACADEMIC DISHONESTY



Cheating

Why It's Different in College

By [Grace Fleming](#)

Submitted By: Garrett Hargiss

No matter what you did in high school when it comes to cheating, you should know that cheating in college is quite different. It's a *really* big deal.

College administration takes cheating seriously. It's not unheard of for whole classes to be expelled for "collaborating" or outright cheating.

[This happened recently](#) at the University of Virginia, when a large part of an economics class was caught cheating.

As a freshman, you will be introduced to the honor code at your college. It will outline the rules for your particular institution.

When you're caught cheating, even once, you lose all credibility with professors. This is a big loss in college. In high school we can survive if our teachers lose confidence in us, or even if they don't like us. College is a different story.

You're going to get to know your major professors pretty well, and you're going to need them for things like recommendations for internships, scholarships, awards, jobs, and special programs. To a great extent, your success will depend on their opinion of you. Don't mess that up!

Professors are good at catching cheaters. They have more time and more resources. They also have [tenure](#) and a little bit more flexibility than high school teachers when it comes to checking out their suspicions and following through with allegations.

In high school there's a tendency to treat cheating less seriously, perhaps because high school students are minors. In college you're an adult. If caught cheating, you will pay adult consequences.

Your high school education may have been funded by taxes, but your college education is probably funded by you and your parents. Whenever you cheat, you are wasting time. If you cheat in college you are also wasting money.

College is competitive. Fellow students will take cheating more seriously in college, because they realize what's at stake. They're more likely to turn you in.

Cheating is for losers. How would you feel if your parent was accused of cheating on the job? What if they were fired for it? They'd feel the same way if you were caught cheating in college.

Source: <http://homeworktips.about.com/od/homeworkhelp/a/collegecheating.htm>

STRENGTHSQUEST



Submitted By: Jordan McCrady

StrengthsQuest's Take on Careers!

"The Chinese philosopher Confucius had it right 2,500 years ago: 'Choose a job you love, and you will never have to work a day in your life.'"

StrengthsQuest: Discover and Develop Your Strengths in Academics, Career and Beyond

Imagine a job where you have the opportunity to do what you do best -- every day. What would that job look like for you?

Who would you work with, where would you work, and what type of activities would you be doing?

Finding a job that is a good fit for your talents is a key part of the career exploration process. Gallup research has found that employees who have the opportunity to use their strengths are six times as likely to be engaged in their work and more than three times as likely to report having an excellent quality of life than employees who don't get to focus on what they do best.

Through StrengthsQuest, you'll gain insight into your areas of greatest potential: the things that you naturally do best.

StrengthsQuest is not a career assessment and it won't tell you what job or career you should do. But it does provide valuable information about who you are and gives you clues to the type of work environment in which you are most likely to thrive.

When searching for a job, it's important to follow this advice that StrengthsQuest offers. Think about it. The profession you choose will ultimately (and hopefully) be the profession you hold for the rest of your life. Doesn't it seem counterintuitive to hold a job that doesn't offer you any satisfaction? As the article from StrengthsQuest states above, it's essential to select a career that adheres to your strengths and offers you a high degree of satisfaction. As a Communications major, would it make sense for me to find a job where I sit in a cubicle? Heck no! I plan to find a job where I can collaborate and interact with a variety of people on a daily basis. And I implore you to do the same. Find something you love and run with it. On that note, be sure to swing by Career services and utilize the services that they have to offer. Only you can create your own path, so make it one worth traveling!

Upcoming Events!

Wednesday 29th February: Career Services Interview Day

Tuesday March 6th: SSS Financial Aid Workshop
Boardroom, 1-2 p.m.

March 19th-23rd: Spring Break—SSS Office Closed

March 30th: Education Expo (Career Fair for Education Majors)