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411 Newsletter Spring 2015 Issue 1

Career and Academic Support Service

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411

Career & Academic Support Services

Educating and Empowering Lifelong Learners

Issue 1, Spring 2015

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Re-Program Your Software



At 211 Degrees, Water is hot.

At 212 Degrees, Water boils.

And, With Boiling Water comes Steam;

And, Steam can Power a Locomotive.

Raising the temperature of water by one extra degree means the difference between something that is simply very hot and something that generates enough force to power a machine - A beautiful, uncomplicated metaphor that ideally should feed our every endeavor - consistently pushing us to make the extra effort in every task we undertake. *Excerpt taken from "212, The Extra Degree" by Sam Parker & Mac Anderson*

Call it Commitment. Call it Attitude. Call it Drive.

Call it what you like!

But! There's no denying the power that can be unleashed when "YOU" make up your mind to put in a single extra degree of effort in everything "YOU" do.

From the Director's Desk

Happy New Year,

Welcome to the Spring 2015 Semester. After a wonderful winter break it is a pleasure to welcome our students back. Although it is the heart of winter, the Student Support Services TRiO program has a Spring Calendar of Academic event that will accelerate your learning and enhance your knowledge and support your development of critical thinking skills. Please look on page XX for an overview of the upcoming events. We are so pleased to kick-off our "Reprogram Your Software" series. We think you will enjoy participating in this program as much as we enjoyed planning it.

We understand that our TRiO students come to us with a broad variety of experiences, both positive and not so positive. Many of them share the belief that they are not good enough, or may wonder how they will ever be a success in college. We hear daily the defeatist statements and are taking steps to help our students reprogram their internal compass to a more positive, healthy template for success. Note the front cover of this newsletter and you will be pulled into the world of positive transformation.

It's crucial that we help our students to silence the internal negative chatter that they are accustomed to hearing if we are to meet the objectives of the Student Support Services TRiO program. We see daily the resilience of our students and want to equip them to embrace and translate this resilience into positive self-talk. That is what the program is designed to do: **To help students become a success while in college and translate that successful mindset to their next step in life.**

Our programming and services reflect a culture of success starting with the assessment that each student receive as they enter our program. This process helps us to help students find the best resources for their academic and social needs. The next step of the process is the assignment of a Success Coach who will assist students in setting goals and assuring that every student will have someone to go to and know that they belong here. Every student is encouraged to sign up for tutoring immediately and scheduled to attend the Learning Labs. On page xx is an excellent example of what is offered in one of the SSS Learning Labs.

Going for tutoring is often seen as a weakness by many of our students. Therefore, we have created a student friendly environment in the Lower Level of Page Library. Tutoring is offered by both peer and professional tutors. Additionally our weekly learning labs are often facilitated by upper-class Student Support Service students, ones who have been successful in transforming their thinking to a

mindset of success. Read further on page xx to hear about the wonderful options for getting academic assistance.

Our new tutor scheduling system, Acutrack, will text message students fifteen minutes before the start of a tutoring session. That's why we need student's most accurate contact information. We know how busy a day can be in the life of a college student, and this new system will help us better serve students. Please stop by the lower level of Page Library and update your information.

Participation in some facet of our SSS program is essential. Whether you only need to meet with a Success Coach periodically, attend a Learning Lab or are a regular at tutoring, your activity could earn you additional funds for college. Speak with a Success Coach about how you might get extra financial support.

I would like to give a big thank you to Mr. and Mrs. TRiO, Allen House and Marteshia Cooper, our first to serve as such. We will be asking them to be very involved in the Spring selection of the 2015-2016 Mr. and Mrs. TRiO participants who may hold this office.

Another big thanks to the Student Support Services staff and the Academic Support staff. They work together to bring their amazing gifts to the program each day and work beyond the call of duty to support our students on their paths to success.

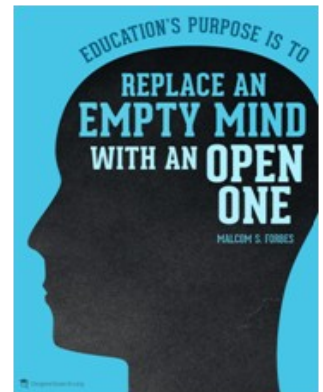
The Fall 2014 saw many exciting and needed changes. The SSS department moved into new and spacious offices in MLK, and was assigned from the Student Affairs division to Academic Affairs division. We welcome the new Provost, Dr. Said Sewell. Dr. Swell has worked with TRiO Programs at other universities. All these changes have helped us to be more visible and better serve our students.

We intend to have a wonderful Spring Semester, and are already planning the best 2015 TRiO Day ever. We will keep you posted.

Happy New Year

Ruth Canada, Director
Career and Academic Support Services

One of the Most
Important Qualities
You Will Ever Have
In Your Life Is
Being Open-Minded



Open-mindedness does not mean that you must change who you are. Open-mindedness is a level of understanding that goes beyond a simple "Oh, I see." It involves the steadiness in your tone and the patience in your demeanor. It requires asking questions, being genuinely interested in peoples' thoughts, and accepting people for exactly who they are, differences and all. Open-mindedness doesn't even mean that you agree with something. It means you are willing to adjust your own conclusions and take someone else's into consideration when creating a final verdict. And, sometimes, open-mindedness means that no final verdict can ever exist. The beauty of open-mindedness is that it allows you to find out so many new things and soak in so many new perspectives. It allows you to try on many definitions of Normal until you settle into one that feels right for you and nobody else.

By Alexia LaFata

Tutoring Possibilities at Lincoln University

What if I told you there are 24 people ready and waiting in the lower level of Page Library to help you succeed in college and give you a head start in your career?

What if I said we have 20 excellently prepared peer tutors standing by to give you the edge in the very same classes you need the most help?

What if I boasted about our “Math-a-Magician” with degrees in Mathematics and Mathematics Education prepared to show you how to raise your math grades?

What if I bragged that there is a published poet, editor, and English educator roaming the bottom floor of the library equipped to unleash your voice and boost the scores on your papers?

What if I pointed out that a former practicing attorney stepped out of the courtroom to help students like you step into A's in your courses like Psychology, Philosophy, Sociology, and Business Law?

Did I mention the future physician with a degree in Biology and a minor in Chemistry that is here to help you excel in your science classes? He's ready right now to help you ace your tests and class work.

All of these individuals are ready to help you at the drop of a dime. So!

WHERE ARE YOU?



Where are You?

Are you where you want to be in your classes? Are your math and writing skills on par with your academic and career goals? Are you satisfied with your achievement in college, or do you have room to grow? Could your grades be better? Have you tried tutoring lately?

Take the first step now and get to know Lincoln University's tutoring services. Good things come to students who take advantage of the many resources Career & Academic Support Services (CASS) has to offer.

Our Tutors

Tutoring is provided for courses in Agriculture, Accounting, Business, Biology, Chemistry, Criminal Justice, Computer Science, Economics, English, History, Journalism, Math, Philosophy, Physics, Political Science, Psychology, Sociology, Spanish, and MORE! All CASS tutors are trained to help students improve their academic skills and make strides in their specific course. We have 20 peer tutors and 4 full-time staff Learning Specialists to assist you. Best of all, all of our services are FREE!

Scheduling Appointments

Make an appointment today! Visit the lower level of Page Library to make an appointment with a peer tutor or Learning Specialist. Your tutoring appointment will take place in the library. We use AccuTrack™ software to schedule your appointments, so you have flexibility in scheduling around your favorite tutor, life, and class schedule.

Tutoring works best when you make regular weekly appointments with a tutor who can get to know you and your learning style over time. You might be able to make an appointment the day before your exam, but this isn't Hogwarts. Our tutors do NOT have magic wands. You have to put work into your tutoring sessions to see results. If you do put in the effort, we think you will be amazed at what you can accomplish in a semester. We may not be Harry Potter, but we know we can help get you to where you want to be.

Tutoring FAQs

What times are tutoring services available?

Tutoring is available between 8AM and 8PM, Monday through Thursday, 8AM to 3PM on Friday, and 4 PM to 9 PM on Sunday. Availability of tutoring varies depending on how many tutors tutor the specific course. If you are having trouble with appointments, please contact a Learning Specialist. We will try to find a tutor who is available when you are free.

What do tutors do?

Tutors help students understand course material. You can review lectures and class notes to increase your understanding. Your tutor can quiz you to prepare you for an upcoming exam, recommend ways to study, and give test-taking tips. If you have specific questions, your tutor can focus on those questions with you. You can select the amount of time that you want to meet with a tutor, but most appointments are 50 minutes.

Are there walk-in hours?

You can meet walk-in tutors in writing and math. Walk-in schedules are available at the front desk in the lower level of Page Library. If you need help editing a paper or solving homework problems, walk-in hours are an excellent option for you!

How do I become a tutor?

CASS is always looking for qualified, motivated tutors. For more information about becoming a tutor, contact a Learning Specialist in the lower level of Page Library.

You + CASS = Success

Your college education is in your hands. Don't pass by the tremendous resources of CASS! Walk on over to Lincoln University's tutoring services in Page Library and see what a little academic support can do for you today.

Amy Miller, Learning Specialist

"We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future."

~Robin Sharma

Not sure which is the career for you?

Want/need an internship?

Want more information about the Career Center?

Have you registered with CSC?

Visit CSC today!

Located in
Page Library
Room 232

CASS Staff

TRiO Staff

Ruth Canada,
Director
Rikketta Franklin,
Outreach Specialist
Laurence Hogg,
Intake Specialist
Kathy Narens,
Admin Specialist
Billy Nelson,
Learning Specialist
Cynthia Scroggins,
Program Coordinator

Tutoring

Billy Nelson
Learning Specialist
Amy Miller
Learning Specialist
Michael Brownstein
Learning Specialist
Jennifer Winkelman
Learning Specialist

Career Center

Jan Curtiss
Coordinator
Brittany Stegeman
Career Learning
Specialist

Lincoln University Center for Career Services

The Department of Career and Academic Support Services (CASS) announces the re-opening of the Career Services Center

Lincoln University is pleased to announce the grand opening of its newly renovated . The grand opening will be February 9, 2015. The Center for Career Services is located on the main floor of Page Library behind the information commons and is easily accessible.

Through a robust calendar of events, the Center for Career Services goals are to help students prepare for the world of work through assessments, career readiness skill building, internship preparation, and employment. Students should

have involvement with the center as freshmen and continue through graduation. Students may seek assistance in selecting a major course of study by working with staff to help identify areas that are of interest to them.

Students are introduced to employers through career forums, career fairs and personalized sessions with young professionals from the business community. The goal of this format is to allow students to hear directly from companies and professional what employers are looking for in new employees.

The Career Services staff, Jan Curtiss, Coordinator and Brittany Stegeman, Career

Learning Specialist will be happy to assist you with getting connected to Blue Tiger Paws. The Blue Tiger Paws is an interactive software system that allows students to remotely access career preparation tools to help them achieve career success.

The Career Services Center hours are 8:00 a.m. to 5:30 p.m. with extended hours as needed to meet the needs of students.



Grand opening of Lincoln University's Career Center ***Ambassadors conduct ribbon cutting***



Ambassadors participated in a ribbon cutting February 5 to celebrate the grand opening of Lincoln University's Career Center. The center will offer career services to serve employers who want to connect with LU graduates. LU also celebrated "Founders Day" on February 5th - celebrating 149 years! Pictured cutting the ribbon are **Dr. Kevin Rome**, President; **Dr. Winston Rutledge & Greg Gaffke**, LU Curators; **Ruth Canada**, and **Dr. Said Sewell**, Provost & Vice President for Academic Affairs.



What is TRIO ?

According to the 1986 Congressional Resolution, TRIO is meant to focus the nation's "attention on the needs of young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

What TRiO/SSS Provide:

- **Group & Individual Academic Coaching** for Freshman, Sophomores, Juniors and Seniors!
- **Personal Life Coaching** until Graduation
- **Academics Support Labs** for College and Career enhancement
- **Learning Labs** for life outside the classroom
- Explore **Leadership Development** through group activities
- **Career Literacy** and Confidence in Major
- Exposure and Opportunities to gain **Cultural Awareness**

At **SSS**, You will also have:

Opportunities for Service Learning through **Volunteerism**

Potential to Earn a **Grant Aid Scholarship** and/or a **Part-time job**



Program QUALIFICATIONS

- ❖ LU Undergraduate Program Enrollment
- ❖ U.S. Citizenship or Resident Alien Status
- and meet ONE of the following criteria:*
- ❖ First-Generation College Student
- ❖ Meet Federal Income Qualifications
- ❖ Have a Physical or Learning Challenge

Participated in College Bound or
College Access Programs?

continue the opportunities with

Student Support Services

where potential meets success

Lincoln University, TRIO Student Support Services is excited to present

Lincoln University **TRiO**

Mr. and Ms.



Ms. TRIO – Marteshia Cooper

*Life is a test.
It's up to you to get an 'A'.
Marteshia Cooper*

The goal of Mr. and Ms. TRIO is to bring visibility and awareness of the TRIO Program to campus. It is also to support the SSS students by helping to build and sharpen their knowledge and skills necessary for planning, decision making, community engagement and networking. The goal is also to assist freshmen and remind current SSS students to stay involved and aware of the resources available through Student Support Services and the campus community.

Mr. and Ms. TRIO represent the unofficial role model of students in Student Support Services TRIO

program. Our hope is that Mr. and Ms. TRIO will serve as excellent leadership and personal development representatives of the SSS program and promote retention. Mr. and Ms. TRIO also serve as role models that can relate to other students in the program through shared similarities like weak foundational skills, transitional struggle and the results of persistence. They show how the SSS program has been an avenue that helped them to develop the ability to overcome many obstacles, excel academically and personally and have pride in who they are and the SSS program.



Mr. TRIO – Allen House

*If you can't fly, then run,
If you can't run, then walk,
If you can't walk, then crawl.
But, whatever you do, you have to
keep moving.
M. L. King, Jr.*

RESPONSIBILITIES

Represent the Lincoln University Student Support Services TRIO program

Help to create connections inside and outside the Lincoln University community and SSS

Participate in planning academic workshops and learning labs

Discuss academic and college life challenges with SSS community and help to develop strategies for overcoming them

Help plan and make decisions about cultural events

Co-Facilitate the SSS Roundtable

Assist in exploring and identifying SSS student's needs

Participation in college sponsored events and activities

Support effective principles that include strong holistic learning strategies in community service

Assist with tracking the volunteer service learning program

Why Goal Setting is Important

Goals are what take us forward in life; **they are the oxygen to our dreams**. They are the first steps to every journey we take and are also our last. It's very important that you realize the significance and importance of goal-setting and apply this knowledge in your life.

What Is A Goal? *A desired result*

Why Goal Setting Is Important:

1. Goals Give You Focus

You can have all the potential in the world but **without focus** your abilities and talent are useless.

2. Goals Allow You To Measure Progress

By setting goals for yourself you are able to measure your progress.

3. Goals Keep You Locked In And Undistracted

By setting goals you give yourself mental boundaries. When you have a certain end point in mind you **automatically stay away** from certain distractions and stay focused towards the goal. This process happens automatically and subtly but according to research does happen.

4. Goals Help You Overcome Procrastination

When you set a goal for yourself **you make yourself accountable to finish the task**.

5. Goals Give You Motivation

The root of all the **motivation or inspiration** you have ever felt in your entire life are goals. By making a goal **you give yourself a concrete endpoint to aim for and get excited about**.

Written by Osman Abraham

SMART Goals

S – Strategic, Specific

(What exactly do I want to measure?)

M – Measurable

(How am I going to measure it?)

A – Attainable

(Is this a reasonable goal?)

R – Results-Based

(What will my goal look like when I've reached it?)


T – Time-Bound

(When should I reach my goal?)

A SMART Goal is a ruler for measuring learning growth.



CASS Calendar – 1st Quarter

February	March	April
<p>Feb 1 TRiO Roundtable MLK 316 @ 6 pm</p> <p>Feb 3 Taking Notes in Science Classes Page Library, Rm 101 @ 2:30 pm</p> <p>Feb 4 Developing Success Strategy MLK Room 316 @ 3:30 pm</p> <p>Feb 5 Founders Day Mitchell Auditorium @ 11 am</p> <p>Feb 6 Avoiding Plagiarism, Page Library 9:30 am, Presentation 9:30 am Lab</p> <p>Feb 10 Surviving Group Projects Page Library, Rm 101 @ 2:30 pm</p> <p>Feb 10 Poetry Slam: Calling All Hearts 24 Hour Lounge @ 6 pm</p> <p>Feb 11 Being Happy with Who You Are MLK Room 316 @ 3:30 pm</p> <p>Feb 12 Tips for Online Classes Page Library, Rm 101 @ 3:30 pm</p> <p>Feb 13 Lincoln's Birthday – No Class</p> <p>Feb 17 Discovering Your Learning Style Page Library, Rm 101 @ 2:30pm</p> <p>Feb 18 Being Happy with Who You Are MLK Room 316 @ 3:30 pm</p> <p>Feb 19 Math is not Scary Page Library, Rm 101 @ 3:30 pm</p> <p>Feb 20 Writing Lab , Page Library, Rm 101 Library Resources for You 9:30 am, Presentation 9:30 am Lab</p> <p>Feb 24 Taking Deadlines Seriously Page Library, Rm 101 @ 2:30 pm</p> <p>Feb 25 Effective Communication MLK Room 316 @ 3:30 pm</p> <p>Feb 26 How to Meet with Your Professor Page Library, Rm 101 @ 3:30 pm</p> <p>Feb 27 Writing Lab, Page Library, Rm 101 No More Run-on Sentences or Fragments! 9:30 am, Presentation 9:30 am Lab</p> <p>Feb 27 TRiO Day Pawley Theater @ 10 am</p>	 <p>Mar 2 TRiO Roundtable MLK 316 @ 6 pm</p> <p>Mar 3 Moving Beyond Memorization Page Library, Rm 101 @ 2:30 pm</p> <p>Mar 4 GAMES MLK Room 316 @ 3:30 pm</p> <p>Mar 5 Conquering Test Anxiety Page Library, Rm 101 @ 3:30 pm</p> <p>Mar 9 Midterm Week</p> <p>Mar 16 Spring Break Week</p> <p>Mar 24 Assessment Week: Major Field Exams</p> <p>Mar 24 Networking for College Students Page Library, Rm 101 @ 2:30 pm</p> <p>Mar 25 How Successful People Think MLK Room 316 @ 3:30 pm</p> <p>Mar 26 Balancing School, Work, and Family Page Library, Rm 101 @ 3:30 pm</p> <p>Mar 27 Writing Lab, Page Library, Rm 101 Writing Research Papers 9:30 – 11 am Lab</p> <p>Mar 30 Mr. & Ms TRiO Elections</p> <p>Mar 31 Dealing with Personal Setbacks and Bad Grades Page Library, Rm 101 @ 2:30 pm</p>	<p>Apr 1 Spring Career Fair Career Center, Scruggs TRiO Roundtable MLK 316 @ 6 pm Problem Solving MLK Room 316 @ 3:30 pm</p> <p>Apr 2 Spring Career Fair Career Center, Scruggs Choosing Your Classes Page Library, Rm 101 @ 3:30 pm</p> <p>Apr 3 Free Day University Closed</p> <p>Apr 5 Easter Sunday</p> <p>Apr 7 Building Your Leadership Skills Library, Rm 101 @ 2:30 pm</p> <p>Apr 9 Effective Communication Skills Library, Rm 101 @ 3:30 pm</p> <p>Apr 10 Writing Lab , Page Library, Rm 101 Poetry 9:30 am, Presentation 9:30 am Lab</p> <p>Apr 14 Creating Study Groups Library, Rm 101 @ 2:30 pm</p> <p>Apr 15 Brainstorming Techniques MLK Room 316 @ 3:30 pm</p> <p>Apr 16 Honors Convocation Mitchell Auditorium @ 11 am</p> <p>Apr 17 Writing Lab , Page Library, Rm 101 Overcoming Writer's Block 9:30 am, Presentation 9:30 am Lab</p> <p>Apr 21 Strength Quest Library, Rm 101 @ 2:30 pm</p> <p>Apr 22 Teamwork: Navigating Relationships MLK Room 316 @ 3:30 pm</p> <p>Apr 23 Achievement Gaps in Higher Ed Page Library, Rm 101 @ 3:30 pm</p> <p>Apr 24 Writing Lab , Page Library, Rm 101 Proofreading 101 9:30 am, Presentation 9:30 am Lab</p> <p>Apr 28 Rocking Your Final Exam Page Library, Rm 101 @ 2:30 pm</p> <p>Apr 30 Goal Setting Page Library, Rm 101 @ 3:30 pm</p>

Green Font: Dropping Knowledge Workshops facilitated by Learning Specialists in Page Library Room 101

Blue Font: Learning Labs facilitated by SSS Staff and SSS Students in MLK Room 316

**WE LEARN FROM FAILURE,
NOT FROM SUCCESS!**