

Greetings from #1 Petteys Hall

This past month, nearly 600,000 people lost their jobs in our country. That number is staggering, and it puts the unemployment rate up to 7.6 percent! I bring this up not to scare you, but to remind you about your own career and job prospects. What are you doing during your time at Adams State to further your career potential? How can you avoid being one of those laid-off numbers?

We in SSS are excited to be setting career goals and helping you work on them, and I personally have enjoyed meeting with a number of you on a variety of job-related issues. Regardless of how close you are to graduating, it's always a good time to work on career planning.

If I could encourage you all to take on two things this semester, it would be to:

1) *Talk to people about your career goals.* When was the last time you listened to someone about how they actually spend 40 hours a week? Have you met with your professors or advisor and talked about what you'll do after you graduate?

2) *Take on a new experience related to your career.* Summer job, internship, volunteering, student club, research—all of these look great to employers, and they help you narrow down what you really want to do.

I'm happy to help you with either of these, as is the Counseling & Career Center in Richardson Hall. Also remember that the annual Career Fair is on campus March 2nd, and it's one of our scheduled events this spring. If you haven't ever been to a Career Fair before, we can give you heads up on what to expect and how to best prepare.



While academics should be your primary focus throughout the semester, I hope you can look a bit ahead and see the value of planning for your career TODAY. A bachelor's degree with no experience doesn't always cut it in today's job market, and going straight to graduate school isn't always the best choice either. If you put some time and effort into your career planning now, it will most definitely pay off.

-Brian Rauscher
Director of SSS

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Financial Aid Reminder

All students who plan to take classes at ASC next fall need to update their FAFSA info at www.fafsa.ed.gov AFTER you have filed your 2008 tax return. If you have questions or need help, call the One Stop at 587-7306.

The sooner you submit your FAFSA, the more likely you are to get better financial aid.

Office Hours

Monday	8:00am-6:00pm
Tuesday	8:00am-6:00pm
Wednesday	8:00am-6:00pm
Thursday	8:00am-6:00pm
Friday	8:00am-5:00pm



Contact Info

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Spring 2009 Drop-in Tutoring

Need last minute tutoring? Need additional tutoring time? Come check out our Drop-in Tutoring program. You can now come to the SSS office anytime the tutor's below are available and receive tutoring on the spot. This is a great time to get last minute questions answered, get your paper reviewed, or go over homework questions before class. If you have any questions about the Drop-in Tutoring program, just give me a call at 587-8156!!

Date/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Sandra				Sandra
9:00 AM	Sandra	Kenneth		Kenneth	Sandra
10:00 AM		Kenneth		Kenneth	
11:00 AM		Kenneth		Kenneth	
12:00 PM		Kenneth		Kenneth	
1:00 PM			Scott A.		Scotty
2:00 PM		Scotty (2:30)	Scott A.		Scotty
3:00 PM		Scotty	Scott A.		Scotty
4:00 PM		Scotty			Scotty
5:00 PM		Scotty			

NEW ACADEMIC COUNSELOR/TUTORING COORDINATOR



I'm Tanya, the new Academic Counselor/Peer Tutoring Coordinator for SSS. I'm from Irmo, South Carolina. I moved to Alamosa five years ago to attend Adams State College. I have my Bachelor's degree in Business Administration with emphases in Management and Health Care Administration. As a student I was extremely active on the Adams State campus. I was involved in the AS&F Student Government, Grizzly Activity Board, Orientation Crew, the F.I.G mentoring program and was also a Resident Assistant in housing. Outside of work, I love to read, watch movies and play lots of games! I also have a beautiful miniature dachshund named Reese's that I love to spend my weekends with cuddling on the couch. I look forward to meeting you, so please stop by and say HI!

Our Drop-in Tutors



Scott Aldridge

Scott tutors:

Chemistry: 111, 131, 132, 321, 331



Scotty Pressley

Scotty tutors:

Math 095, 097, 099, Eng 101, 102, 203
Chem 111, 131, HPPE 100, 120, Psych 101, Hist 202, Hist 203, Speech 100, THTR 180, Mus 100



Sandra Montoya

Sandra tutors:

Math 005, 097, 099
Bio 101, 203, 204
Chem 111, 131, 132, 321, 322



Kenneth Waudby

Kenneth tutors:

Math 095, 097, 099, 106

If you are in need of a tutor, please stop by, give me a call at 587-8156 or make an appointment so we can get you set up!!!



Applying for Scholarships

March 1st, the deadline for scholarship applications, is fast approaching. SSS wants you to know what we are here to help. We have many 2009-2010 scholarship guides in stock and are very familiar with the scholarship website. We can help you look through the scholarships and find the ones that best fit your needs and academic goals. Help in completing the applications, and finding the needed material specified by each scholarship is our specialty. We can offer the clarification that you need as you embark on

your scholarship hunt. Please remember these points as you begin thinking of applying for scholarships:

- 1) Incomplete applications are never considered. Include all necessary documentation required with each application.
- 2) Turn in all applications no later than March 1st to the One Stop.
- 3) You must be accepted by ASC to apply for scholarships.
- 4) All scholarships require full-time enrollment

(taking 12 credit hours per semester).

- 5) All successful recipients of scholarships will be notified in writing or by email.

We hope these tips have helped. But please stop by our office if you need help of any kind or is you have questions regarding the scholarship application process.

Wendy Loch
Academic Counselor

February Events:

Workshops

February 11th.....noon
Financial Aid & Scholarships

February 26th.....11:00 am
Test Anxiety



Extracurricular Activities

February 7th.....6-8
Basketball -Western State

February 12th.....6:00 pm
R&B Concert and
V-Day Dinner

February 26th.....8:00 pm
Play: "Obsucra & "The
Crown Prince of Perfect"



Student Profiles

Monica Gallegos

Awarded Grant Aid & Scholarship

Monica is originally from the San Luis Valley and currently lives south of Alamosa. She is a proud supporter and student of ASC. She tells SSS that she has a wonderful and supportive family, who has helped her in reaching her decision to attend college as a non-traditional student. Her children are her life, but she also loves to swim, hike, camp and go on picnics. Music and dancing are also past-times that she enjoys. The furthest she has traveled is Mexico, and most people do not know that she has lived abroad for several months.

Monica was the only SSS participant to be awarded both the scholarship as well as grant aid. We are proud of her and her accomplishments.

Kim Lucas

Awarded Scholarship

Kim is from Woodland Park, CO...near Denver. She tells us that she has an older brother, an adventurous mother and a hard working father. She is a double major, with her first majors as music performance. She plans to work in small ensembles and doing small gigs. She is also a business marketing major, which keeps her busy. She loves playing the flute and performing in color/winterguard. She also enjoys playing videogames and reading. The furthest she has traveled is south Korea. And she doesn't want you to know what she secretly dances in her room.

Kim is the second Scholarship award winner. We are happy to have her as part of SSS, as a work-study and as a student.

Budgeting Your Precious Time

In order to plan our days and to manage our time, we have to be capable of budgeting that time with a relatively high degree of accuracy. If we schedule multiple tasks in a given day and underestimate how long it will take to complete them, we will be forced to shove excess over to the next day. Invariably, it seems, this leads to more reshuffling and a quick move from organization to chaos.

In order to budget our time correctly, we need to be able to make an educated (and reasonably accurate) guess as to how long various projects will take. There is no simple way of knowing this. However, there are a few things we can do in an effort to make accurate predictions. Let us look at three things we can do to budget our time more accurately.

Guess Long

One of the most common mistakes new time managers make is underestimating the length of time any given project. When the project runs over time, a problem results. Schedules must be adjusted, and deadlines could be missed. One can protect themselves from this fate by intentionally overestimating the amount of time a project will take. The daily task list may be checked off early, allowing one to get a head start on the next day.

Pay Attention.

We would all love to be free spirits with no need for a watch or clock. Unfortunately, the rest of the world appears dedicated to working by the clock. We really should, too. If for no other reason, then to get some first hand information about how long individual tasks are taking us. You certainly do not want each and every click of a second hand to lord over you, but keeping a close eye on the time goes part and parcel with time management.

Log it.

Observing time and paying close attention to it in a general sense is valuable. Even more valuable, however, is actually logging the time we spend on certain tasks. While we work each day, it is a good idea to track the amount of time we spend on any given project. This is important because we will eventually encounter a task similar to one completed at some previous time. By logging our time, we can consult that history to better predict how long the task will take this time. If one consistently logs projects and time expenditures, they also become more aware of time, in general.

Are you ready to budget your time accurately? If you maintain a project log, overestimate the time required to complete a project and to pay some level of attention to the clock, you are definitely making progress toward that end. Projecting time requirements for tasks can be one of the trickier aspects of time management, but techniques like these will make the process easier.

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Women's & Men's Basketball- Western State Plachy Hall 6pm
8	9	10 CSU Summer Research Info Session w/ Free Pizza Porter 130 12:15pm	11 Financial Aid & Scholarships Workshop (bring your lunch) SUB/A129 12noon	12 R&B Concert & Valentines Dinner SUB 6pm	13	14
15	16 Snow Days No Classes	17 Snow Days No Classes	18	19	20 TRIO Day in Denver (No staff in SSS office)	21
22	23	24	25	26 "Obscura" & "The Crown Prince of Perfect" X-Perimental Theatre 8pm Test Anxiety SUB A129 11am	27	28
March 1	March 2 Career Fair SUB 9am-4pm					