

Greetings from #1 Petteys Hall

Midterm grades are here! We are in the process of getting feedback from faculty on all of your courses, and we hope to talk to you in person about your successes and challenges. So far it looks like so many of you are doing very well, and we hope you keep it up through the end of the semester. It's not too late to get a tutor, so stop in to see Tanya as soon as you feel like you could use some extra help.

In other news, we are working on a new intake process for next fall, and we'd love to hear your suggestions on how to best recruit students who want to participate in SSS. Grant Aid and Scholarship applications have gone out for our program, and we hope to get the majority of you to apply for both. Summer Scholars preparations are

also underway, and we're looking forward to getting applications for the RA positions, too.

Advising for Fall 2009 registration will begin shortly after Spring Break, so don't forget to schedule an appointment with your SSS and Departmental Advisors.

Speaking of Spring Break, we wish you all a safe and relaxing week off. We will be open that week, with the exception of Tuesday morning and all day Friday. Feel free to come say hello and use the computer lab if you'd like. Tanya, Wendy, and I will also be available for appointments, but there will not be any tutoring.

Lastly, we've made some major changes to our website, and have created a Facebook SSS page, so let us know what you think of



those. We want to reach out to all of you as best we can, but without your feedback and suggestions, it's hard to know where to start!

As always, keep up the good work! We in SSS believe in you, and are incredibly proud of your accomplishments.

-Brian Rauscher

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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

Located in Petteys Hall #1
 Email: ascsss@adams.edu
 Office Phone: (719) 587-7632
 Brian Rauscher: (719) 587-8176
 Tanya Martin: (719) 587-8156
 Wendy Loch: (719) 587-7864

Supplemental Instruction Leader

SI Quick Reference

SI Course: Psychology 101

Class time: 8:00-8:50 MWF

Starting: Fall 2009

Pay: \$1,200 a semester

Qualifications:

- Junior or senior standing is preferred; sophomores considered.
- An overall GPA of 3.0 or above is required
- A grade of 3.0 or above in Psychology 101 is preferred.
- Good interpersonal and communication skills (to be determined by the SI supervisor) are required.
- Psychology major or minor is preferred, but not required.

Supplemental Instruction (SI) is an academic assistance program that utilizes peer-assisted study sessions. SI sessions are regularly-scheduled, informal review sessions in which students compare notes, discuss readings, develop organizational tools, and predict test items. Students learn how to integrate course content and study skills while working together.

SI leaders attend course lectures, take notes, read all assigned materials, and conduct two to three out-of-class SI sessions a week. The SI leader is the "model student," a facilitator who helps students to integrate course content and learning/study strategies.

Student Support Services is looking for an SI leader for Psychology 101, beginning Fall 2009. The SI course will be held Monday, Wednesday, and Friday from 8:00-8:50. You can find the SI application on the Student Support Services webpage, or stop by the SSS office. **The application deadline is March 31st.**

Benefits of being an SI Leader

- The SI Leader is paid a total of \$1,200 a semester for working 7-10 hours a week.
- If interested, the SI leader can also tutor students who are unable to attend SI sessions. Tutors make \$8.50/hr.
- SI leaders strengthen their own academic skills in the subject area while practicing communication skills.
- SI leaders can enhance their resume with skills obtained working with the SI program!

For more information about the SI program, visit the Student Support Services webpage and check out Supplemental Instruction.

www.adams.edu/students/sss. You can also call Tanya Martin at 587-8156.

Subjects offered for Tutoring

- Accounting I
- Anatomy & Physiology I, II
- Bio 101, 203, 204, 206
- Business 120
- Business law
- Chemistry 111, 131,132, 321, 322, 331
- Eng 101, 102
- Environmental Science
- HGP 110, 111
- HPPE 100, 120,
- Intro to Business
- Japanese
- Kinesiology
- Math 095, 097, 099, 104, 106, 120, 121, 250, 322, 327
- Music 100, 104, 108, 204, 208, 304
- Physics 225
- Psychology 101, 201 204, 205, 245, Stats
- Soc 245, Stats
- Spanish

Tutoring

It's never too late to sign up for tutoring. If you need help studying, writing papers, help with your homework, or just need someone to sit down with you and go over your notes, stop by our office to sign up for a tutor, or take advantage of our drop-in tutoring program. The Drop-in tutoring schedule is below.



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			



Career Tip: Get an Internship!

An internship is a great way for you to know if you want to go into a certain field or area of study. It also looks fantastic on a resume, and can often lead to a permanent employment position. Internships are not hard to find, and most business here in Alamosa welcome the "volunteer" work. Internships can also be done at a college or university. Often these internships are research based and can lead to college credit. They can even be fully funded and offer you a stipend and free room and board.

SSS has been informed of some great internship opportunities. We highly recommend these two:

-AGEP & McNair Summer Research Internship. For undergrad students in science, technology, engineering or mathematics. Offered at Colorado State University, it is intended to provide a significant research experience and prepare underrepresented populations for entering graduate school.

-The Hispanic Association of Colleges and Universities National Internship Program. For undergraduate, graduate

or professional level students who meet certain criteria. Federal agencies and corporations recruit well-qualified and motivated students with hopes to increase diversity in their workforce by providing internships to high-achieving Hispanic students.

If you have any questions regarding these internships or any others, please stop by the SSS office for more information. Brian is also happy to help you with application materials such as a resume and cover letter. We hope you will take advantage of internship opportunities.

Wendy Loch

Student Profiles

Kenneth Waudby

Kenneth was born and raised in Wichita, Kansas. He has a large family consisting of 9 brothers and sisters, which are scattered throughout the U.S. His career goals is to open a tutoring center for K-12 students that is affordable for all SLV residents. When Kenneth isn't studying, he is collecting music, traveling,, spending time with his family, and working on home improvement projects. He reports that the furthest two destinations he has traveled is East Florida and West Mexico. Kenneth reports that most people do not know that he can master any task he sets out to accomplish; he has never found something that he cannot do.

Kristi Rogers

Kristi is a native of La Jara, CO; a small town just south of Alamosa. She is the middle child in her family, having a younger brother and sister, as well as an older brother and sister. She has goals of becoming a talk-show host and award winning actress. Her hobbies include watching movies (especially Harry Potter) and sports. She is an avid Bronco fan! The United Kingdom is the furthest Kristi has traveled. And she reports that London was her favorite place. She states that an interesting thing about her involves her winning an award for best character in play. However, she learned the lines only 10 minutes before the play!

Other Upcoming March Events:

Wednesday
March 11th
Chips & Salsa
Get-Together
SSS Office
4:00-5:30



Friday
March 27th
SSS Movie Night
SUB Loft
6:00-8:00pm





Nine Healthy Habits for 2009

Let's make this the year that all of our healthy resolutions and good intentions pay off for ourselves and our families.

The following nine simple, healthy tips will get you started on the road to a healthier, happier future. They cost nothing in terms of time and money, and require just a little time and minimal effort.

Look for opportunities to incorporate these healthy habits into your daily routine and notice the changes in the way you feel about your health and yourself. Share your success with your friends, family and co-workers.

1. **Substitute water for one 20-oz bottle of regular soda each day.** You will save enough calories to lose 26 pounds in a year.
2. **Pick up the pace.** By simply doing what you normally do a little faster, you'll burn more calories and improve heart and lung function.
3. **The average person makes about 200 food choices each day. When making those choices, pay attention to plate size, package size, serving size.** By using smaller plates and bowls you will eat up to 60 percent less (if you don't go back for seconds).
4. **See it before you eat it.** Put your serving in a bowl and avoid eating directly from the box, bag or package. You'll consume about 134 fewer calories per sitting.
5. **Sit up straight to eat,** and you'll eat about 10 percent less.
6. **Taking the stairs** for a total of just 2 minutes, five days a week, provides the same calorie-burning results as a 20-minute walk—and burns 100 to 140 calories.
7. **Adults gain two hours of life expectancy for each hour of regular physical activity.** Walking for as little as 30 minutes a day provides significant heart-health benefits.
8. **Obesity is associated with 53 health conditions and has roughly the same association with chronic health conditions as 20 years of aging.** Type 2 diabetes in the U.S. has increased 1000 percent in the last 30 years. Just a 10 percent weight loss will reduce your risk of developing heart disease, stroke, diabetes and high blood pressure.
9. **Reward yourself.** Acknowledge your achievements, even the small ones.
Reaching a goal takes hard work and you should be proud of your efforts and share your success with your friends, family and co-workers.

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Career Fair @ 8:00am in the Student Union Building	3	4	5	6	7
8	9 Stress Manage- ment Workshop @ 9:00am in SUB 129	10	11 Chips & Salsa Get Together @ SSS Office 4-5:30pm	12	13	14
15	16 SPRING BREAK All Week **No Drop in Tutoring**	17 SSS Office Closed 8-1pm	18	19	20 SSS Office Closed All Day	21
22	23	24	25 Summer Scholars RA/Tutor Application Due	26 Time Manage- ment Workshop @ 2:00pm in SUB 129 Mentalist @ 7:00pm in Carson Auditorium	27 SSS Movie Night SUB Loft 6-8:00pm	28
29	30	31				