

Greetings from #1 Petteys Hall

November already?!? It's hard to believe the semester is well past the half way point, but the cold weather is definitely a reminder that Winter, and Finals, are coming.

We hope you're still enjoying your classes, taking advantage of the wide range of activities, events, and services available to you, and studying in between all of this. SSS has stayed busy this semester with tutoring, workshops, activities, counseling, and advising, and we look forward to seeing you come by as the end of the semester nears.

There have been a few changes in the office, most notable is the hiring of a new Administrative Assistant, Jesserai Valdez. Jesserai has just started working at ASC, but she recently returned home to the Valley after earning a Bachelor's degree from UC Colorado Springs. Please introduce yourself to Jesserai, and look for a future article about her.

We are also including the new SSS grant and scholarship applications with this newsletter, as well as an update on our records of your participation. Both of these pieces are new to our office, and we welcome any feedback you may have about the grants or scholarships.

On a larger level, we recently found out that our SSS grant from the federal government has been extended for an additional year. So, we will be submitting the grant proposal next spring or summer, and are guaranteed to be here through August 2010.

We are going to stay busy in November, with the CSU Ft. Collins grad school trip, the Summer Scholars reunion, and more workshops and activities going on. And, coming in December, watch for details on an SSS Ski Trip to Wolf Creek.

Finally, we were excited to see how many of you had all passing grades for your mid-terms, and we are



even more excited to see all of your excellent grades after finals. If we can do anything to help, please come see us before you find yourself in trouble. Wendy, Lauren, and I are all happy to look over any papers you're working on, or to talk about study strategies. Tutoring is still available, and we encourage you to try out our new walk-in tutoring program. Keep up the great work!

-Brian Rauscher

Inside this issue:

<i>From the Director</i>	1
<i>Tutor of the Month</i>	2
<i>ASC Cares Day</i>	2
<i>Drop In Tutoring</i>	3
<i>Student Profiles</i>	3
<i>Effective Study Habits</i>	4
<i>November Calendar</i>	5

Did You Know:

- National TRiO Day is February 28th, 2009
- SSS may be moving and merging with other departments on campus. Let us know if you have any recommendations on locations or changes we can make!
- We are now at our capacity of 175 students, and have added a number of students on our wait list.

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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SSS Tutor of the Month



Congratulations to Charles Reichmann for being selected as out Tutor of the Month for October 2008. Charles tutors all levels of Math and has been assigned many upper level Math students. Currently, Charles tutors 14 students and at one point

during the semester tutored a total of 19 students. Tutors of the month are selected by the SSS Tutoring Coordinator. Please share your thoughts with Lauren about tutors you would like to receive this award.

“Hello all. My name is Charles and being a tutor here at Adams State College has been a great privilege. As I am a non-traditional student, this opportunity to help and share my knowledge with the student body has been very fulfilling. I admire and am inspired by everyone that comes in and gets the help they need at Student Support

Services. Having a college education is invaluable in opening doors and giving us the tools to be successful in life. So, I encourage all to seek the services at SSS as well as all school administrative services that can help them do well at Adams. I am currently an active member in the ACME Club; take 15 credit hours and a mathematics major and tutor in my spare time. I enjoy a friendly game of soccer on the weekends and barbequing. Take care and peace.”

November Reminders

- Spring 2009 Registration begins on Monday, November 10th. To get the best schedule, don't wait to meet with your Advisor and sign up for classes!
- Undeclared and Conditionally Admitted students in SSS are now being advised by Lauren and Wendy. Schedule an appointment soon.
- 2009-2010 ASC Scholarship Applications are now available in SSS. We would be happy to help you get more money!
- Interested in becoming a tutor? We will be hiring more tutors for the Spring Semester. See Lauren for details.

ASC Cares Day

October 4th marked a day in SSS history that many will never forget. Imagine a group of six women, hard at work. They are wearing hard hats, face masks, gloves and orange shirts proclaiming their cause. They are dirty from head to toe, and sweat drips from their foreheads. Hammers and pry bars are weapons against their target. They are demolishers, with safety as their goal.



This was the scene as SSS volunteered with Habitat for Humanity to demolition an old adobe home on the south side of Alamosa. The project was part of ASC Cares Day, a day of various volunteer opportunities around the valley. The volun-

teers from SSS, shown in the pictures, began the day early with a continental breakfast. They then moved to the job-site where the roof, walls and front



porch of the old adobe home were demolished using only hand tools. The volunteers carried load after load of rubble to the large dumpster, which quickly filled to its limit. The home was completely stripped, and Habitat for Humanity reported that they would finish tearing down the structure using machinery later in the week. The volunteers returned to the ASC campus, to clean-up and attend a BBQ as reward for their hard work.

Although exhausted, the volunteers had nothing but positive thoughts on the experience. “Who new that demolishing a building could be so constructive?”, stated Kim Lucas. And Kristi Rogers commented “That was so fun!” All volunteers were happy that they had the opportunity to help better the community, and each of them stated that they would volunteer again. “I like knowing that not all volunteer projects for Habitat Humanity are like taking out garbage,”-Kim.



(Rachael Raguindin, Kelly Kern, Kristi Rogers, Chelsea Nez, Kim Lucas)





New Drop-In Tutoring Schedule

For students who are seeking additional help in courses, SSS will begin a drop-in tutoring program beginning the week of November 10th. Please review the schedules below. If you have questions, please contact Lauren, Peer Tutoring Coordinator at 719-587-8156.



Tutor: **Kenneth Waudby**
 Courses: Math 095, Math 099, Math 099
 Time: **Wednesday 2:00 - 5:00 p.m.**



Tutor: **Venessa Pettis**
 Courses: Math 095, Math 097, Math 099, Psych 101, Psych 211, Psych 245, HPPE 226, Eng 101, Eng 102
 Time: **Wednesday 12:00 - 2:00 p.m.**
Thursday 12:00 - 2:00 p.m.



Tutor: **Frank Sandoval**
 Courses: Bus 103, Bus 211, Japn 103, Span 103, Span 104, Span 203, Eng 101, Eng 102
 Time: **Monday 9:00 - 11:00 a.m.**

SSS Summer Scholars Updates

Did you participate in a past Summer Scholars session as a student or an RA/Tutor? If so, we encourage you to come attend the November 21st Reunion Dinner at Calvillo's at 5pm. We have invited our Dean, Ken Marquez, as well as instructors from previous years. Sign up in the SSS Office—only 15 spots left!

The 2009 Summer Scholars session has tentatively been set for July 12th-31st. If you are interested in working as an RA/Tutor, watch for applications in the Spring. If you would like to help recruit HS seniors who will be coming to ASC, see Brian.

SSS Student Profiles



Have you met...

-Dani Barry
 -From: Colorado Springs
 Family: 2 sisters—Alyx & Andi
 Career Goal: To become a Nurse
 Hobbies: Eat, Sleep, Do Well at School
 Furthest She's Traveled: France & Germany
 Something No One Else Knows about Her: Is highly secretive!



Have you met...

-Brandy Hodges
 -From: Denver, but moved to San Luis at age 7
 Family: 1 brother and 1 sister
 Career Goal: Do something in Business
 Hobbies: playing the violin, painting, hanging out with friends, listening to music
 Furthest She's Traveled: Florida
 Something No One Else Knows about Her: Can walk with her feet outwards.



Effective Study Habits

by Gene Grzywacz

Effective study habits are essential for achieving and maintaining a high GPA. More importantly, effective study habits help you to store information in long-term memory, allowing you to use the learned information in a novel setting. Applying the following rules for studying will aid you in earning excellent marks in school.

Do: 1. Keep the area around your desk neat and tidy. If possible, the area should also be quiet. If you are having trouble finding a quiet place to study, try the local library or park. The library is a perfect place to have peace and quiet. The park may not be as quiet, but the fresh air can make studying less nerve-racking. If these options are unavailable, then try listening to some music while studying.

2. Have a scheduled study time for each school day. Remember that one classroom hour should be reinforced by two hours of studying at home.

3. Sit down for 45 minute intervals, followed by 15 minute breaks. Having an easily attainable goal, like sitting for set duration of time, is effective for increasing motivation.

4. Reward yourself if and only if you have met your goal for that study session. For example, if you plan to study one chapter and succeed, then you may reward yourself by doing something pleasurable. Examples of positive reinforcement are: food, exercise, videogames, etc.

5. Make correspondences between your class notes and your textbook. This will help you to fill in any background information not covered in class.

6. Prepare questions about the chapter that will be discussed in the following class. This will help you identify areas that you don't understand.

7. Put any new words or concepts to use. The more you use the learned information, the more likely you will be to remember it. This is especially true for language classes.

8. Finally, review what you have studied just before you go to bed. You will find that you will remember the words very strongly the next morning.

Don't: 1. Procrastinate. Cramming is not beneficial for producing long term memory.

2. Highlight. Highlighting is a form of procrastination, because you are saving note taking for later. This means you must use the book twice instead of once. Instead, make careful notes to compliment your classroom notes, along with page numbers so that you can refer back to the book if necessary.

3. Study on the computer. You are bound to be tempted to check your email or surf the net.

4. Leave your cell phone on during study time. No matter who is calling or texting you, usually it can wait 45 minutes. Having your cell phone on during study time can be a major distraction and is not conducive to learning.

5. Study just after you have eaten. Studies have shown that thinking is slower after having a meal.

6. Space out. When you feel your mind begin to wander, remind yourself to concentrate. If you are reading, using your finger is a good way to keep your mind on track. The movement of your finger on the page forces you to pay attention to what you are doing.

SSS CALENDAR

NOVEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Soccer vs. CSU Pueblo 2pm	3	4 SSS-Slam Poet Shihan Carson—7pm ELECTION DAY!	5	6 World Food Day 5pm-7pm Student Life Center	7 SSS Fall Choir Concert Richardson 8:00pm/ Volleyball Western State 7pm	8 SSS Volleyball Vs. Ft. Lewis Plachy 7pm
9	10 SPRING REGISTRATION BEGINS	11 Veteran's Day	12 Free Faculty Lecture Series 7pm Porter 130	13 SSS Ghost Hunter Fleming Carson 7pm/ Preparing for Graduate School 4pm SUB A129	14 SSS CSU Ft. Collins Trip	15 SSS CSU Ft. Collins Trip Fall Band Concert 2pm Richardson
16	17	18	19	20 Art Film Dr. Strangelove 7:30pm	21 SSS Jazz Concert Richardson 8pm/ Summer Scholars Reunion 5pm Calvillos	22
23 Chamber Strings Ensemble 7pm	24 Fall Percussion Ensemble 8pm	25	26 Thanksgiving Break starts No Classes SSS OFFICE CLOSED	27 THANKSGIVING No Classes SSS OFFICE CLOSED	28 No Classes SSS OFFICE CLOSED	29
30	1	2	3	4	5	6