



SSS Courier

Volume 2, Issue 3

November 2009

Adams State College

Student Support Services & Advising

Monday, November 2nd—
Registration for Spring 2010 courses has officially begun. Have you scheduled an appointment with your advisor yet? Who is your advisor, anyway, and what are you supposed to do with him/her?

Here in SSS, Wendy, Tanya, and myself can all help our undeclared and conditionally admitted students with choosing and registering for classes. We serve as “official” advisors for these students. Our role is to help you choose courses that will help you earn a degree, that are going to work with your schedule, that are manageable and of interest to you. We want you to take classes that you are likely to be successful in, and we can answer general questions about the different degree options, as well as the general education requirements.

If you have a declared major, you will need to meet with your “official” fac-



ulty advisor from that department. If you don't know who that is, we can look it up for you. If you need to change to someone else, we can help, too.

We can still help our declared major students with their spring course selection, but it's helpful to meet with your faculty advisor first.

See you soon! - Brian Rauscher

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Other Updates:

- * SSS Grant Aid Applications are due December 11th—will you have 7 points???
- * 2010-2011 ASC Scholarship Booklets are available in our office—due in February.
- * Struggling in a class? It's still not too late to get a tutor— ask Tanya.

SSS Information

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Student of the Month

This month's student of the month is Michelle Pendell. She was born in Denver, CO, and her parents reside in Somerset, CO where they have been together for 40 years.

She has one brother who is married with two kids. She and her dog named Jack like to spend time together. When Michelle finds free time she likes to paint, ride her bike, travel, learn about the Native American culture and hang out with her friends.



Her career goal is to create set design for theatre, and one day get her Masters Degree in Fine Arts. The farthest she has traveled is all the way to Canada, and she has seen all but 7 of the 50 States.

One thing that no one would know about her is that she was once a circus clown for a short time in her life.

Mentor of the Month

Chelsea Nez is the November mentor of the month. She is from Cortez, CO, but she originally resided on a Navajo Reservation in Kayenta, AZ.

Her family consists of two little sisters, a step-dad, and her mother. Her career goal is to graduate with a Major in Nursing, and a Minor in History.

Her hobbies consist of hanging out with friends, watching movies and reading books whenever she has free time. The two farthest places she has traveled to are Washington, DC and San Francisco, CA.

The one thing about her that not too many people know is that she is actually not as quiet as she seems, she just has to get to know you first.



Tutor of the Month

Amanda Burgess is the November tutor of the month. She is from Alamosa, CO but lived in Arizona from ages 19-28. Amanda is the mother of two amazing boys, Daniel who is 7 and Alek who is 21 months.

Amanda would eventually like to go to UNM and study Speech Therapy. Her career goal is to work



in the school system.

For fun, Amanda likes to play games with her friends and her kids. The farthest Amanda has traveled has been to Orlando Florida to go to Disney World.

One fun fact about Amanda that no one knows...until now...is that she is terrified of....escalators.

SSS Activity Day

Cold weather and wind made the day perfect for the SSS Activity Day on October 27th.



Students came by the SSS office to enjoy indoor games and munch on Halloween goodies. Rowdy games of Life and Cranium could be heard throughout the office. Some students stopped by to simply play a quick game of solitaire or poker, and relax from the days stresses.



Students played well into the afternoon and

said that they enjoyed taking a break in the middle of the day from the papers, homework and studying.



Ashly Garcia excitedly stated, "I love games!" and Kristi Rogers said, "It allowed me to interact with students I had never met before. It was fun".

Activity Day is just one of the many Extracurricular activities that SSS offers. They are ways for students and SSS staff to spend time getting to know each other in a fun



and relaxing environment.



Look for SSS Activity Day on your Extracurricular Schedule in the future. And feel free to bring your favorite game to play!

We hope you will join us for our next event, the BBQ at Carroll park on November 4th!

-Wendy Loch Heminger



November Wordsearch

Q C F W X D I C O R N U S Z D G
 U U G H C T K T S B P H X O S L
 Z O N O B G M O D I I A I K U K
 Z W I O R Y P P L P Z R F Q R W
 O I V A E M Y G T Q L V R K L Y
 E N I I D L R U F U S E E I X A
 I T G S H I R N W N Z S D G Z H
 P E S Y M K B Z O V J T I R T I
 N R K S E J P S I Q V M C Q R J
 I Y N Y E T A L O C O H C T O H
 K U A G D E H F A L L Q R I Z A
 P T H S S D L E A V E S N C B A
 M D T S A E F M N G L D K R Y T
 U J X L H Q L L A B T O O F Q C
 P Q F P U M P K I N S I N R O S
 Z Y R R E B N A R C Z G V A J M



- Cider
- Leaves
- Corn
- Pilgrims
- Cranberry
- Pumpkin Pie
- Fall
- Pumpkins
- Feast
- Seasons
- Football
- Thanksgiving
- Harvest
- Turkey
- Hot Chocolate
- Winter

A Guide to Coping with Stress

As a college student you experience many forms of stress. This guide will help you to navigate the stressors of college life more successfully.

First, let's define what we mean by stress. Stress is an arousal of your sympathetic nervous system. Chronic stress means your sympathetic nervous system is aroused for extended periods...hours, days, or even weeks on end.

The symptoms of stress that a college student may experience are...

- **Body symptoms** -- ulcers, back ache, gastrointestinal problems
- **Mind symptoms** -- racing thoughts, trouble concentrating, feeling confused
- **Emotional symptoms** -- irritability, anger, resentment, anxiety
- **Spiritual** -- feel distant from God, don't think much about Him
- **Relational** -- feel distant from loved ones, no heart to heart sharing, conflicts



Common causes of stress and what to do about it

Time crunches -- self discipline is one of your most effective means of fighting stress. Use a **weekly planner**. Determine what your weekly and daily priorities are and write them in your planner. Get into the habit of making your to do lists before you turn out the lights at night. Take 10 minutes in the morning before you rush off to class to review your planner. Look at your planner throughout the day to remind yourself of your goals and tasks.

Inability to say "No" -- once you start using a weekly planner it will be easier for you to say no. In fact make sure you schedule your study time as well as your classes. When someone asks you to do something, always consult your schedule first. Say, **"I'll get back to you on that"** if you don't have your schedule with you. That buys you some time to consult your schedule and make a disciplined decision that will help you, not hurt you, in the long run.

Genuine crisis -- There are genuine crises that are beyond our control. As the saying goes "Stuff Happens!" This is where we must remember that although stuff happens, nothing happens without God's knowledge of it. Turn to family, friends and the resources on campus for support.

Relationship conflicts -- being in college means you as well as your friends are in major life transitions. You want to depend more on yourself and less on your parents. This can be a very troubling time in relationships as you fight temptation, learn that not everyone is who they say they are, and discover who you are. To cope with relationship stress it's important to **make good choices in friends**. Hang with those who live by the same values as you. Don't let others pressure you into doing things your gut says "no" to. Learn to set healthy boundaries.

Financial Stressors -- Most college students have very little disposable income (money left over after all your bills are paid). Therefore, start a weekly budget. Take a few minutes each week to manage your money. **Give yourself an allowance for those special times with friends**. Think creatively about how to save money. For example make lattes and chai's at home rather than buying them at your local coffee shoppe! **Create an emergency fund**. And I don't mean Mom and Dad. Take 10% and put in your savings/emergency fund. **This is the kind of discipline that could make you a millionaire by the time your 45 years old.**

Sleep deprivation and nutrition -- because college students are often over worked and underpaid they often suffer from sleep deprivation and the effects of poor nutrition. Living on coffee and a few hours of sleep as well as lots of cheap starchy foods like Ramen Noodles. **Getting proper sleep is a necessity to your overall health and ability to perform academically**. Therefore guard your sleep with your life! Budget 8 hours a night. **Make meal plans as well**. Plans that include easy but nutritious feed. Beans and brown rice is a cheap but nutritionally dense meal. Don't forget to **eat as many leafy green salads, fresh fruits and dark colored raw Veggies like carrot sticks and red peppers**.

Implement these stress coping techniques into your life and feel the benefits of a healthier more relaxed YOU!

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Daylight Savings Time Ends—move clock back</i>	2 <i>Spring 2010 Registration Begins</i>	3	4 <i>SSS Fall BBQ at Carroll Park 5pm</i>	5 <i>Time Mgmt Workshop - 2pm @ SUB 302</i>	6 <i>CSU Grad School Trip - leave 7am</i>	7
8	9	10	11	12 <i>Resume Workshop— 12 Noon @ SSS Office</i>	13	14
15	16 <i>Cookies & Milk—3-5pm SSS Office</i>	17	18 <i>Budgeting Workshop 1pm @ SUB 302</i>	19	20 <i>Preparing for Grad School Workshop 10am SUB 302</i>	21
22	23	24	25 <i>No Classes — Campus is Open</i>	26 <i>Thanksgiving—Campus is Closed</i>	27 <i>Campus is Closed</i>	28
29	30					