



Student Support Services Courier

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Adams State College



Greetings from #1 Petteys Hall



Fall is definitely here—as I type this, the low tonight is projected to be 16! I hope you're all enjoying the semester, and I strongly encourage you to take advantage of any and all resources available.

We in SSS have stayed busy working with a number of you, but we hope to see everyone coming back to meet with us over the next month. Wendy, Tanya, and I are all looking over the goals you set at the start of the semester—do you remember what your academic, career, and personal goals are? Let us know how we can help—we're here to support YOU.

One area I'm interested in talking about is balance. Do you have balance in your life now? I know it's difficult to moderate the fun and the necessary demands you're all juggling, but I think moderation is always a great goal to strive for. I hope you can find time, even 10 minutes, to do something relaxing for yourself. And if you're doing too much relaxing, how about balancing that with 10



minutes of going over your class notes? We have over two months to go before finals—what are you doing to ensure you won't burn out?

On the topic of balance and relaxing, we hope to see many of you at our Pool Party, Game Night, Activity Day, and Haunted House Trip. These are great opportunities to hang out with other students, and get points towards Grant Aid. Check out the calendar on page 5.

—Brian Rauscher

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UPDATES:

- * Grant Aid applications are now available—we're awarding \$24,373 this semester!
- * Office hours are now 8 to 5, Monday to Friday—we apologize for any inconvenience.
- * We still have academic planners—come get one if you need help with time management.



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Value of a Degree & Monthly Spotlight on Excellence

As the price of a college degree continues to rise, there's growing evidence that the monetary payoff isn't quite as big as often advertised. The best estimate now is that a college degree is worth about \$300,000 in today's dollars—nowhere near the \$1 million figure that is often quoted. "That \$1 million number has driven me crazy!" says Sandy Baum, a Skidmore economist who studied the value of a college degree for the College Board last year.

Baum's research showed that college graduates earn, on average, about \$20,000 a year more than those who finished their educations at high school. Add that up over a 40-year working life and the total differential is about \$800,000, she figures. But since much of that bonus is earned many years from now, subtracting out the impact of inflation means that \$800,000 in future dollars is worth only about \$450,000 in today's dollars.

Then, if you subtract out the cost of a college degree—about \$30,000 in tuition and books for students who get no aid and attend public in-state universities—and the money a student could have earned at a job instead of attending school, the real net value in today's dollars is somewhere in the \$300,000 range, a number confirmed by other studies.

But, especially these days, that still makes a college degree one of the most lucrative investments a person can make, Baum notes. Better yet, college graduates can go on to earn advanced degrees, which return even bigger payoffs. The average holder of a bachelor's degree earns about \$51,000 a year, Baum calculates.

Tutor



Scotty Pressley

Scotty is originally from Manchester, Tennessee. He is the youngest of three boys and the only one to attend college. His oldest brother is a member of the United States Navy, and his Middle brother works at home with his dad. Scotty came to Adams State college to get a degree in Exercise Science and Biochemistry. When Scotty has free time away from school, he likes to cycle and be an active member in his church. Scotty also enjoys Football, Basketball, and Hockey. The furthest he has traveled was from Manchester TN, to Logan Utah in 2003. Adams State College is the 3rd college that Scotty had attended, and the 1st one outside of TN. He started ASC exactly 10 years after starting college the 1st time, in 1998.

Scotty was chosen as the tutor of the month due to his passion and dedication to the SSS students. He did an excellent job as a Summer Scholar RA/Tutor and is the most requested Tutor in SSS.

Mentor



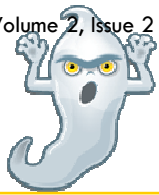
Robert Randall

Originally from Colorado Springs, Robert is the only child in a household of seven. He loves spending time with his parents, grandmother and two cats, Penny and Buddy. The furthest he has traveled was to England and France. Robert comes to ASC to study music, with the career goal of teaching music and composing for an orchestra or small trio. Besides his love for music, Robert also enjoys martial arts, movies, reading theological and philosophical literature, and collecting M&M dispensers.

Robert is chosen as the mentor of the month due to his desire to help and offer advice to the students of ASC. He has been an outgoing mentor, who has connected well with his mentees. He's worked hard to make sure that their needs are met. We know he will continue to offer support to, not only his mentee's, but all students in SSS.

But those who've gone on to earn MBAs, law degrees, or other professional degrees earn about \$100,000 a year.

In addition, Baum found that there are plenty of other rewards for a degree. The quality of the jobs college graduates get is far better, for example. College graduates are more likely to get jobs with health insurance. And it is easier for them to find and hold jobs. The unemployment rate for college graduates was just 2.2 percent last year, half the unemployment level of those with only high school diplomas.



SSS Student Staff

Kristi



My name is Kristi Rogers. I am a Sociology Major at Adams State. I have lived here in the valley all of my life and I like being in Alamosa. I am a big Harry Potter fan and am interested in many things, mostly football (GO BRONCOS)!! I have two step brothers, a step sister, a half sister, a sister, and two brothers. I am hoping to get my degree from Adams State and go on to be apart of the criminal justice world.

My name is Patrick Vigil and I am currently a sophomore at Adam State College. I graduated from Alamosa High School and come from a smaller family. I am a Biochemistry Major with a minor in mathematics, and hope to work in a Laboratory one day. I like to read, run, watch movies, listen to music and play video games. School is very important to me and is a very big part of my life. I spend the majority of my time on campus either sitting in classes, working, or studying in the library. My favorite color is red and my favorite number is 4.

Patrick



Kim



Hey guys! I am a Music Performance/ Business Marketing major here at Adams State. I love being active in many clubs across campus such as the Adams State Dance club (which you all should join). With all that is on my plate I tend to be very busy, but if you need anything, I would be willing to help. I love being a part of this program because of its very homey feel and how we get to meet others who are also part of SSS.

Hi my name is Alonzo Lobato, and I am a Program Assistant here at Student Support Services. I am from San Luis, CO and I plan to obtain my Bachelors of Science in Nursing. This will be my third year working for Student Support Services and I also tutor and mentor for the program. I enjoy playing

Alonzo



video games and hanging out with friends. I also like to go hunting and fishing. After I graduate from Adams State, I plan to go into the Air force. Eventually I would like to work for Flight for Life. I'm 21 years young, my favorite color is azul and my favorite number is 22.

ASC Cares Day

This fall marked another great day for SSS student volunteers. Students took part in ASC Cares Day by helping the local chapter of the American Red Cross.

The morning began by meeting in front of Richardson Hall for a delicious continental breakfast, sign-in and obtaining this years ASC Cares Day T-



shirt. Students then made their way to the Red Cross center here in Alamosa (located behind the old K-mart). There they assembled hygiene kits for disaster victims, as well as emergency workers. Hygiene kits included basic toiletries, granola bars and chapstick. These kits will be used should there ever be an emergency in the SLV.

Students also helped repair some office furniture for the Red Cross, and aided in some basic maintenance duties.

All involved reported that they had fun volunteering and felt it was a rewarding experience. Alonzo Lobato stated,

“I’m glad I could do it”.

For information regarding volunteering with SSS, please contact one of the counselors or speak to the front desk.



Top: Christian Magtoto, Christopher Magtoto, Monique Kauffman, Rita Mays, Rafael Martinez, Alonzo Lobato, Carolyn Koch. Bottom: Vanessa Rivera, Natalie Gonzales, Edulia Monge

Breast Cancer Awareness Month

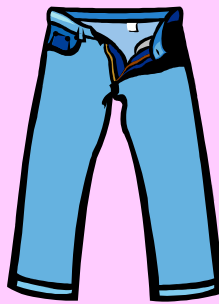
Lee National Denim day will be held on Friday October 2nd.

Since its inception in 1996, Lee National Denim Day has adhered to a simple philosophy: one day, one cause, one cure®. In 13 years, that philosophy has become a mantra for millions and has made an impact Lee Jeans never dreamed possible.

It all started when several Lee Jeans employees realized that each of them, in one form or another, had been touched by breast cancer. An everyday conversation sparked an idea and led to the creation of Lee National Denim Day, which has become one of the largest single-day fundraisers nationwide for breast cancer.

In its first year, Lee Jeans set a goal of raising \$1 million on Lee National Denim Day. To do this, Lee Jeans invited

companies to go casual for a cause, inviting employees to wear their jeans to work on Denim Day in exchange for a \$5 contribution to the fight against breast cancer. The underlying concept behind the program was simple - by convincing enough people to take one small step, together they could reach an incredible goal.



The response to the inaugural Lee National Denim Day program was astounding. That year, more than 3,000 companies signed up to participate, raising \$1.4 million dollars for the fight against breast cancer, setting the stage for what would become one of the most captivating social action campaigns in the country.

Since its first year, Lee National Denim Day has raised more than \$75 million for the fight against breast cancer and unites nearly one million supporters nationwide each year.

October 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---------------------------------|---|--|---------------------------|
| | | | | 1 | 2 | 3 |
| | | | | Test Anxiety Workshop— 11am SSS Office | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Counselors out of the office | Pool Party— Plachy Hall 6pm Counselors out | Counselors out of the office | | FALL BREAK | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Stress Management Workshop 9am— SUB 302 | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | Game Night— The Loft (2nd floor of SUB) 7pm | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | Activity Day— SSS Office 8am-5pm | | Day of Reflection | | Haunted House Trip—8pm |