MESSAGE FROM THE SSSP DIRECTOR

Welcome new and returning students!

Fall is fast approaching and it is time once again to say good-bye to summer and start hitting the books. We here at SSSP want to work with you to make this a positive and productive year. We know that it is difficult to start college and balance your school, work, relationships and family. We are here to assist you on this journey we call Higher Education so please come in and let us know how we can assist you.

Did you know that involved students are happy students? Research shows that college students involved in campus organizations are more likely to persist in college. In other words, the happiness that comes from being involved will assist and enhance your survival as a student on campus. First-year students that become involved in campus life are more likely to return to college as a sophomore than uninvolved students.

Involvement in campus organizations can afford you many opportunities. You will develop valuable, job-related experience. You will develop leadership, time management and other personal development skills. Becoming involved in a campus organization will definitely give you the opportunity to meet new people and make new friends. You will also have the chance to interact with faculty and staff members on campus. All of these benefits will contribute to your overall survival as a first-year student.

A great way to get involved is to come help SSSP get our new student organization started. We want to provide students with leadership opportunities and a chance for greater input into our services and programs we offer. If you would like to be involved in this project, please let Othelmo know you are interested.

Leap into Action with . . . . .

RCTC tutoring!

Welcome back to the 2005-2006 school year! Tutoring, both drop-in as well as one-to-one will begin Tuesday, September 6. Remember, to get signed up for tutoring, you must first meet with your advisor to obtain the tutor request form. Your instructor and advisor signatures are required on this form prior to being assigned a tutor. Tutoring is starting later this semester to allow for training the tutors prior to the start of tutoring. During the first two weeks of classes, students are encouraged to work with their instructor's office hours or form study groups.

Welcome Back Open House

Thursday, August 25
11 a.m. - 1 p.m.
UCR, SS159 (new entrance)
The construction in SSSP is complete! You are invited to stop in to see the new area and say "hello" to new and returning students and staff. We will have treats.

RCTC Fall Tuition Payment

Full and complete payment for Fall Semester is due in the RCTC Cashier’s office by Tuesday, September 20. Late fees ($50 + $30 payment plan fee) will begin Wednesday, September 21.
Graphing Calculator Policy

Wednesday, August 24  2:00 p.m.
Friday, August 26 11:00 a.m.
Wednesday, August 31 Noon
All workshops conducted in CC409.

Students must attend a mandatory one-hour workshop in order to check out a graphing calculator. If the dates and times above do not work, please see Carrie to sign up for other available times. We will not give out calculators until you attend a workshop. Please let us know what your needs are, we are flexible.

Student Materials Available for Check Out

SSSP has supplemental materials that students can check out. We have video tapes and CDs for most math classes. Please stop by SS163 to check out materials through Sharon Bishop.

Fall Enhancement Workshops

SSSP will offer a variety of workshops fall semester. Workshops include using the graphing calculator, computer workshop for navigating the RCTC website, D2L, student e-mail and web portal, SQ3R: survey, question, read, recite, and review, time management, test preparation and doing library research using the computer. All of the workshops will be conducted by SSSP staff members. Descriptions of the workshops can be found on the SSSP News bulletin board outside of office SS160 in our area. Please see the calendar on the back page of the newsletter for date, time and locations. Please plan to attend one or more of these workshops, they are designed to benefit you.

SOME FUNDAMENTALS FOR STUDENT SUCCESS

This is an outline of some basic strategies for being a successful student at RCTC. Here is our model for success. Start with these principles and ideas and make them your own.

1) Habits and Expectations - Part of being deliberate means changing habits and expectations that are keeping you from accomplishing everything you want. Another part of being deliberate means being organized and managing your time well. Develop a habit of spending 15 minutes at the end of each day assessing your day, considering your progress toward your goals, and planning your next day.

2) Use a day-planner and make a daily to-do list - These are the essentials of good time management. All busy business people use them. The day-planner helps you keep all your appointments straight, but it also helps you build your daily to-do list. Use the day-planner to keep notes of things you need to do or remember as you go through the day. (This means you have to actually carry it with you). If you have the habit of referring to your day-planner often, you will be able to juggle more things in your day because you will not have to rely on your memory.

3) Be on campus from 8 to 5 - Quit telling yourself that you aren’t a morning person. Most of us said that ourselves before we got a job with required attendance. The University day starts early, and you should too.

4) Visit professors often - And you thought getting up early was hard. Most students find the idea of visiting professors outside of class terrifying. If you are saying to yourself right now that you aren’t scared, you are either not being objective about your reality or you better be opening your calendar to see when you can schedule some appointments with these Very Important People. Consider this a business relationship. Business relationships are carefully cultivated. You want your professor to think of you as one of his or her most interested, active students. This will benefit you in many ways. You will get a better education. You will have good references when you go to your next job. You will get better grades. You will improve your communication skills and self-confidence. Research indicates that the number one success indicator for college students is contact with faculty members.

“My thoughts direct my actions,
My actions become my habits,
My habits define my character,
And, my character is the birthplace of my destiny.”

Author Unknown
5) Attend all classes - There is nothing like class attendance to keep you up with your academic work. Never, never miss class. Never, never miss class. One more time. Never, never miss class. If you find yourself missing class for reasons you can’t quite explain, get some counseling; seriously.

6) Sit in the first three rows in class - This helps you stay engaged and helps the professor learn to recognize you (which is a good thing). Please do not believe that sitting in the back row with a hat pulled down over your face makes you invisible to the professor. And maybe it isn’t cool to sit up front, but you may have noticed that professors are not up on what’s cool and what’s not, and the professors give the grades, not your peers.

7) Study Skills - This is an area where most students are lacking skills. Discuss with your advisor your notetaking, reading, test taking, and time management skills. Plan to attend the study skills workshops offered by SSSP.

8) Finish written projects in time for advance critique - Learning requires both doing and being coached on what you did. Drafting your paper early and having it critiqued means you can learn before you turn the paper in. Obviously this means good grades and a better education.

9) Be honest - With everyone, especially yourself!! Admit when you’re screwing up. Give yourself credit for doing well. Being honest will help your self-esteem, lower your anxiety levels, and contribute to good personal relationships.

10. Maintain a wholesome lifestyle - Simply do what is in your own best interest. A wholesome person keeps a positive attitude about the future while remembering the lessons of the past.

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Success is our goal . . . .

GET THERE with SSSP!

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DID I MISS ANYTHING?

(Questions frequently asked by students after missing a class.)

○ Nothing. When we realized you weren’t here we sat with our hands folded on our desks in silence, for the full two hours.

Everything. I gave an exam worth 40 percent of the grade for this term and assigned some reading due today on which I’m about to hand out a quiz worth 50 percent.

Nothing. None of the content of this course has value or meaning.

Take as many days off as you like: any activities we undertake as a class I assure you will not matter either to you or me and are without purpose.

Everything. A few minutes after we began last time a shaft of light descended and an angel or other heavenly being appeared and revealed to us what each woman or man must do to attain divine wisdom in this life and the hereafter.

This is the last time the class will meet before we disperse to bring this good news to all people on earth

Nothing. When you are not present how could something significant occur?

Everything. Contained in this classroom is a microcosm of human existence assembled for you to query and examine and ponder. This is not the only such place such an opportunity has been gathered

but it was one place

And you weren’t here.

Tom Wayman

**Who’s Driving Your Bus?**

If college is a journey, who’s driving your bus? Are you a passenger idly looking out the window, watching the scenery roll by, enjoying parts of the ride, but sometimes wondering where in the heck you are and how you got there?

Or are you in the driver’s seat? Making decisions about how far, how fast, what route, and what to do about unexpected bumps in the road?

Skip Downing, who writes about strategies for being successful in college and in life, suggests that we can either be Victims (passengers) or Creators (drivers) in our own lives and college careers. When events happen (like a party invitation the night before an exam or a change in our work schedule), we always have a choice - of what to do, or think, or feel about it. And the pattern of how we usually respond determines how quickly and reliably we reach our destination.

When a challenge comes along, which of these patterns do you most often follow?

Do you blame someone, complain, make excuses, or keep doing what you’ve always done? (“Her tests are too hard.” “I hate this textbook.” “But I always watch this TV show.”)

Or...do you look for alternatives and solutions, take action, or try something new? (Maybe if I read my chemistry assignment out loud, it will put the baby to sleep. Maybe I can review my flash cards during my break at work. Or my friend can quiz me on our drive to school.)

Back to school can be like New Year’s - make a resolution to be in charge of your own success. Ask your advisor to help you switch your habits and your thinking from Passenger to Driver and get where you want to go!

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**Success is our goal . . . .
GET THERE with SSSP!**
You’ve Got (e)-Mail!
RCTC students have e-mail accounts. Student Support Services Program staff will be using this account to correspond with you regarding your academic and program activities. To access your e-mail information, do the following: Use a web browser and go to http://www.rctc.edu/html/enrolled.html and click on “eGuide.” Use the pull-down menu (the rectangular box after “Find People”) to change the first field to “StingerID” and the second field to “Equals.” Enter your Stinger identification number in the third field and click the “Search” button. The result will show your e-mail address and your user ID. Make note of both and log out. You are now ready to log into the college’s network using your User ID.

Logging into the Campus Network:
- Use the pull-down menu to set the “Location” to “RCTC Student”
- Enter your User ID
- Enter your initial password, which might be any of the following:
  - Your birth date in the form YYYYMMDD
  - 999999999 (eight 9’s)
  - (If neither of the above works, go to AT 203, the computer Help Desk, and request that your password be reset.)
- A small screen will appear allowing “Grace Logins.” Click yes, then:
  - Enter your new password twice (passwords must be at least 8 characters long and are case sensitive).
- Always be sure to log out or restart so that the next person to use the workstation cannot access your account.

Logging into RCTC Student E-mail:
- Use any web browser (Netscape, Internet Explorer, Safari, etc.) and go to the URL webmail.roch.edu (do not use “www” at the beginning of the address).
- Your e-mail address is User ID @ acad.roch.edu.
- Always be sure to log out or close your browser so that the next person to use the workstation cannot access your account.

Your User ID and password to log into campus computers is the same as for e-mail. Note that if you change your password in one, it changes it for the other.

Communications from SSPP Staff
Please check the SSPP News bulletin board outside of SS160 frequently for information regarding workshop offerings, SSPP workshops, activities and news. Workshop and cultural activities information can also be found on the Student Support Services web page. We will also post information to the SSPP D2L website. Please check the sites frequently for the latest TRiO Buzz.

What is . . .
Free?
Fun?
Inspiring?
Stimulating?
Resume building? . . . .

The 2005 TRiO Student Leadership Conference
November 4-6 at Interlaken Resort in Wisconsin

If you are an active female SSPP member and want to improve your leadership skills and self-confidence, join Academic Advisor Leslie Albers for this energizing and motivating conference at a relaxing resort in beautiful Lake Geneva, Wisconsin. Activities include speakers, workshops, Etiquette and Ethics luncheon, games and parties, banquet, and a dance...and the chance to meet over 300 TRiO college students from all around the Midwest.

If you’d like to attend or need more information, please see Leslie in SS 160 before Friday, September 2 or call her at 280-3543.
“A Great Opportunity for Next Summer”  
Submitted by Grace Lumboy, SSSP Participant

Summer vacation is almost over and school is about to start. I know, we are all excited about the new upcoming year: reuniting with old friends and working together on that math equation or art project. But with all of this fun and laughter, the one question that is on the top of everyone’s mind is, “How was your summer?”

This summer was not quite like most other summers. This summer, I participated in a great TRIO study tour program in Europe. Yep, I went to Europe and Student Support Services helped me “Get There.”

All right, that was a little cheesy... but guess whose got a lot of cheese? Europe! And it is not the ordinary cheese we have here, but unique types of cheese from local farms -- all that sheep and cows you know!

Getting off the stinky but yummy topic of cheese, the study tour took me many places in Europe. We were home-based in Liverpool, England, where we attended classes at the University of Liverpool and stayed in college housing right across from the famous street of Penny Lane. Yep, the one and only Penny Lane made famous by the Beatles. If you are not familiar with that one, other songs like Yellow Submarine, Hey Jude, and All You Need is Love pop into mind—doesn’t that make you want to sing? Anyway, Liverpool may be the home of those four guys with funny hair-dos, but there is so much more to the city than a music lover’s haven. Learning about the history of the city and its ties to the transatlantic slave trade was a major part of our sociology study there.

There are certainly a lot of things different in the way Americans do things compared to how Europeans do things. For example, when in the United Kingdom, look to your right NOT your left when crossing the street. The whole three weeks we were there, we were learning, observing and comparing the social structures of each country that we were in. Yes, each! We were not limited to the United Kingdom (England, Northern Ireland and Ireland). We were also given the opportunity to have a 48-hour weekend adventure in Europe through Germany, Belgium, and the Netherlands. This mini-backpacking trip is part of the curriculum as the Independent Travel Module. Basically, groups of students were given an opportunity to plan or simply go on the trip deciding each and every step, such as getting from one place to another using the European rail system, and deciding where to go and what to do. It was a ton of fun! Three countries, four cities, and a time warp a la Twilight Zone in 48 hours...simply amazing, and exhausting!

Europe is so much different from the United States. There are a lot of things to get used to, a lot of culture shock. Many things surprised me, but it also gave me an opportunity to appreciate all the things that I am used to or take for granted.

Well enough of me talking about my trip—don’t want to spoil all the fun now, do I? But here’s my advice: if you are given an opportunity to travel outside of the United States—or even better—to study abroad, TAKE IT. As much as it is a study of the social history of nations and travel, it is also an opportunity to learn more about yourself—traveling independently and meeting new people. Take some risks and open your mind to new ideas...you never know, you just might meet the Muffin man who lives on Drury Lane.
MARK YOUR CALENDAR

**August**
- 24 Graphing Calculator Workshop 2:00 p.m., CC409
- 25 Welcome Back Open House, 11:00 a.m. - 1:00 p.m. SS159
- 26 Graphing Calculator Workshop 11:00 a.m., CC409
- 30 Computer Workshop: Navigating the RCTC Website, 2:00 p.m., SH206
- 31 Calculator Workshop, noon, CC409

**September**
- 6 Tutoring Starts, SQ3R Workshop, Survey, question, read, recite, review, 2:00 p.m., CC409
- 13 Time Management Workshop, 2:00 p.m. CF202
- 20 Test Preparation Workshop, 2:00 p.m., CF202, **Fall Tuition is Due**
- 27 Library Research Using the Computer, 2:00 p.m., SH206
- 28 No Classes - **Student Success Day Workshops**

**October**
- 20-21 No Classes - MEA

**November**
- 4 No Classes - **Faculty Duty Day**
- 7 No Classes - **Career Day**
- 21 Last Day to Withdraw from Classes
- 24-25 No Classes - Thanksgiving Holiday Break

**December**
- 1 SSSP Annual Holiday Party 11:30 - 1:00, SS159 area