

FROM THE DIRECTOR'S DESK

"Only a life lived for others is a life worthwhile." *Albert Einstein*

Community Service

Being a part of a community means:

- Treating others with respect and dignity
- Being patient and understanding
- Acknowledging and celebrating diversity
- Having control and self-discipline
- Being reliable and trustworthy



The problem is, some people aren't so lucky and not everyone has been fortunate enough to receive the benefits of living in a safe, loving, prosperous community. While that is a sad fact of our world, it is not a completely unchangeable one. Yes, you can have the power to make a difference, be it small or great, in the lives of others or the future of your community. There are literally thousands of ways you can volunteer your time and energy to benefit others. Visiting with elderly in a nursing home, serving meals in a homeless shelter, assisting at the food bank, building houses with Habitat for Humanity, picking up trash at a local park, traveling to Central America to work in an orphanage, handing out fliers about global warming, you name it, there is a way to help. To get started, check out www.redcross.org or www.volunteermatch.org to find opportunities in your area or wherever you would like to be of service. Community service goes beyond simply finding ways outside of your daily schedule to help the less fortunate or support a worthy cause; it's also about consistently making an effort to put the needs of those around you in the front of your mind. Offering to help a classmate who's struggling with those tough algebra problems or making sure your school follows a recycling program are two examples of the infinite number of ways you can reach out and make a difference in someone else's life while going about your daily routine. Okay, what are you waiting for?

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REMINDERS 2013

- SUMMER CLASSES May 20-August 5
- See counselor to schedule your summer semester plan appointment
- If you do not plan to attend summer classes be sure to schedule an appointment with counselor for your fall semester plan and keep in touch
- Fall VIP Registration ends June 28

UPCOMING EVENTS

May 2013

STUDENT SUPPORT SERVICES

- May & August 2013 Graduates
- Aug. 9— Grads Celebration Luncheon (Time TBA)
Nagoya's Japanese Restaurant (in Gwd.)
- Academic Success Workshop (Tuesday Topic)
- Aug. 27—12:45 PM (Room & Topic TBA)
- Closings on May 8 & 9 (Student Records & Financial Aid Offices)

COLLEGE ACTIVITIES

- May 1-17— Fall Merit & Program Ready
Applications available online
- May 9—Spring Graduation (PTC campus)
James Medford Family Event Center
- 3:00 PM & 7:00 PM
- June 13— Pick up Degrees/May Grads

IN THE SPOTLIGHT

Congratulations

Recognition & Awards

Karen Tisdale

Who's Who

Distinguished Student Award

Distinguished Divisional Student

President's Award

Todd Raugh

Presidential Ambassador

All USA Academic Team Nominees

Xavier Buff

Hi-Tech Scholar/Engineering

HOOTS & SALUTES

BEST WISHES to May 2013

GRADS

Jorge Alvarado

Lyndia Belcher

Medina Bell

Travis Bombay

Willie Bowers

Keith Brown

Shanice Lark

Diane Malika

Beth Murray

Latoya Scott

Shateka Smith

Kimber Tullis

Natasha Wideman

Kudos to

2012-13 Scholarship Recipients

FALL 2012

Lyndia Belcher Donna Brooks
Asha Gilliam Flora G. Hunter
Jacquelyn Stewart

SUMMER 2012

Lida Johnson Karen Tisdale

SPRING 2013

Kelly Erickson Melissa Raugh
Debbie Lyshoj Todd Raugh
Dedric Norman Felicity Ray
Tracy Cornejo Rios
Melinda Walls

SSS Staff Directory

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Counselor's Corner

YES, YOU CAN!

"Success is a state of mind. If you want success, start thinking of yourself as a success." *Dr. Joyce Brothers*
A huge part of getting on the road to a healthy lifestyle and sticking with it is believing in your ability to do so. If you think you don't have the willpower to stick with healthy eating and exercise, you're likely to prove yourself right. If you believe in yourself and tell yourself you will succeed at what you've set out to do, chances are, you'll also prove yourself right. Start thinking positively about your ability to be healthy, happy, and successful.

POINTS TO PONDER: Recognize that you are not your thoughts, you are the higher being hearing your thoughts. The thoughts you hear are the result of the years that preceded who you are today. You have the control to adopt, or not whichever thought you want. Understand that thoughts are things. Like any other tangible object, negativism can be kicked out of your mind like a misbehaving cat is kicked out of the house. Your mind can only process one dominant thought at a time. By supplanting a negative thought with a positive one, you eject that negative thought from your mind. Your belief in your ability to accomplish something is a factor in whether you do actually accomplish it. It's not the only factor, but it's an important factor. There are factors and events outside of your control which can influence what you accomplish. Having the right mindset and a positive attitude can help increase your chances of accomplishing whatever you set out to do.

SUCCESSFUL PEOPLE TRAIN THEMSELVES TO SEE THE GLASS HALF-FULL Here are some questions to ask yourself: 1. Do I feel that even an unpleasant event can be a learning experience 2. When something happens that you do not like, do you think to yourself, "Why me?" 3. Do you feel you are lucky or unlucky? 4. Do you feel that you have control over how your life will play out in the next few years? Know that what you do in the first 25 years of your life will effect the next 25 years and second 25 years will effect the next 25 years and so on.

RESPONSE~ABILITY: May events are beyond our control, but how you react to them is not. Each person has the ability to respond to an event as he or she sees fit. People who take responsibility for their lives understand that what counts is how they react to events. The event does not control the person. Optimistic people understand this, and have an expectation that good things will happen because they have control over the course of their life.

SWEATING IT OUT: I'm too tired, it's too hard, I'm too busy, It's boring are all excuses not to exercise. Why do people exercise? Because they know that exercise: helps maintain your healthy weight and shape; releases endorphins in the brain, lifting your mood and energy level; prevents physical problems like osteoporosis, heart disease, type 2 diabetes; reminds you how much of a can-do, healthy and fit rock star you are.

"There are two types of people: Those that think they can, and those who think they can't, and they're both right." *Henry Ford*

FINANCIAL MATTERS...

"Financial Planning"

Well, I made a budget, opened a checking and saving account, got a credit card that I will pay the balance off of every month, found out my credit score, found a low-interest student loan to help pay for college, allocated money to pay my annual income tax...What ELSE could I possibly do to provide for the future?

FINANCIAL PLANNING IS IMPORTANT. THE DECISIONS YOU MAKE NOW WILL IMPACT YOUR FUTURE. YOUR DECISIONS WILL IMPACT YOUR ABILITY TO GET LOANS, RENT APARTMENTS, BUY HOUSES AND MAKE PURCHASES. IN SOME CASES, YOUR DECISIONS AFFECT YOUR ABILITY TO GET A JOB.

"I prepare myself thoroughly, and then when it is time to move ahead, I am ready to sprint." Donald Trump

CHECK YOUR D2L REGULARLY (For SSS happenings and updates)

Newsletter Resources: The Skinny On (Tools to Function at Top Performance/Building a Foundation for Growth)