

The SSS CONNECTOR

NOVEMBER 2013
Fall 2013 Student Responsibilities:

- Complete fall semester plan
- See Counselor on regular basis
- Attend 2 (Tues. Topics) Academic Success Workshops
- Maintain 2.0 or better
- Maintain SAP > 67%
- Check D2L regularly
- Seek tutoring early
- Register early for spring classes (Nov. 1-26)
- Make appointment for Spring semester plan before December 9, 2013

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From the Director's Desk

ANNOUNCEMENT: New Student Support Services Director

The SSS staff welcomes Kris Burris to the SSS family as well as the PTC family. We look forward to her first day with us on Monday, November 11. We encourage all SSS students to swing by to say hello and to introduce yourself.

Counselor's Corner

"MANAGING YOUR STRESS"

Stress can come from every aspect of your life. Common sources include: work; school; deadlines; conflicts with a family member; boss or co-worker; too many projects; personal life; divorce; illness; financial problems; other major changes at home; the environment; weather; overcrowding; noise. Stress is a fact of life. Everyone feels stress at one time or another. Everyone's different and so is their reaction to stress. Make a plan to manage your stress. **Some signs of stress** are: tight muscles; fast heartbeat; mood changes; nail biting; cold hands and feet; headache; nervousness; increased use of alcohol or other drugs. If signs of stress are lasting or severe, contact your health-care provider. By managing stress, you can feel more: refreshed and have more energy; in control because you are calmer; alert and focused on the day ahead. Take the time to find out the best ways for you to cope with stress. Here are some general rules: find activities you enjoy; give yourself time to relax; and stick with it! **BE PATIENT**. It may take time for you to feel all the benefits of managing stress. **EXERCISE**. It relieves tension in a healthy and natural way. Get involved in some useful physical activity. Try to get 30 minutes or more of moderate physical activity each day. Always consult your doctor before starting any exercise program. **FIND A HOBBY**. Hobbies refresh your body and spirit. Consider: Music, arts, or crafts, cooking, gardening or volunteering. **MANAGE EVERYDAY STRESS**. Get enough sleep, so you're ready to handle the day's challenges. Talk out problems with a trusted friend or your SSS counselor. Manage time wisely by keeping a to-do list. Be realistic and don't overdo it or make too many commitments. Take breaks throughout the day. **EAT RIGHT**. Eat enough fruits, vegetables and whole grains. Cut back on sweets, salt and fatty foods. Work our anger. **PRACTICE a RELAXATION TECHNIQUE**. Pick one that suits you and use it often. Some choices include: meditation, visualization and deep breathing. Here's a simple method: Relax your arms and shoulders. Close your eyes, and take a deep breath and exhale. Repeat. Concentrate on your breathing and put aside all stressful thoughts. **BE CAREFUL** when it comes to alcohol and other drugs. Don't rely on substances to reduce your stress. They can actually make it worse and you could become addicted. Substances to limit or avoid include: alcohol, caffeine, nicotine, barbiturates or tranquilizers (unless prescribed by your health-care provider and used as directed). Learn to control stress so that it doesn't control you. Turn your stress into positive life choices. Help is available. **For sources of help contact:** Your SSS counselor; School counseling center; A place of worship; A mental health center or state or local health department; An employee assistance program (EAP); Mental Health America www.nmha.org 1-800-969-6642; or The National Mental Health Information Center <http://mentalhealth.samha.gov> 1-800-789-2647

HOOTS & SALUTES**IN THE SPOTLIGHT****WELCOME**

NEW STUDENTS

Lesley Booth
 Jessica Raugh
 Krista Templeton

*Congratulations!!!!**Debra Lyshoj "Debbie"**Second year**Respiratory Care Student**Received from Self-Regional Healthcare**The Frank Spooone Memorial Scholarship**On Oct. 25, 2013***STUDENT SUPPORT SERVICES ADVISORY (SSSAC)****SSSAC ON THE MOVE....**

Calling all SSS students and the entire PTC family to join in with our community service projects assisting the Greenwood Food Bank

Oct. 21—Nov.1—Collecting plastic grocery bags and egg cartons (Dozen)

Starts Nov. 15– Deadline TBA – Food Drive: Canned Goods, Non-Perishable items

*****Drop-off points: Student Success Center & front of Student Center (See D2L for more details)**

For questions or more information see council members: Tammy Briggs, Tinslee Christopher, Jackie Stewart, Debbie Lyshoj, Odessa Williams, Erniko Brown, Stephanie Davis, Clarice Hardaway or SSS staff.

Anyone in the SSS program is welcome to attend the meetings.

Meetings will be announced on D2L, in newsletter or see SSS staff.

Help get the word out there!!!

"MANAGING YOUR TIME"

In order to get a better sense of how effective a time manager you may (or may not) be, you need to track how you are spending your time. A time journal can help you do that. A time journal is nothing more than a diary. It is suggested that at the end of the day for a week, you enter in increments for 30 minutes what you did in the preceding 24 hours. General categories might be: 1) Sleep 2) Class time 3) Class preparation and study 4) Phone or text 5) TV or Internet 6) Recreation 7) Eating 8) Shower, dress for school or work 9) Exercise 10) Miscellaneous

There is no magic to the categories or form of a time journal. The point is for you to see how much you are allocating your most precious resource—your time. By preparing a time journal, you may be surprised to find that you are spending more (or less) time on certain activities than you should.

BALANCING TIME and GOALS—Balancing all that you have going on is a constant struggle. If you want to accomplish your goals you need to find and guard the time you need to make them happen. Whatever your goals may be, you need to understand and acknowledge the direct correlation between time invested and goal achievement.

PROCRASTINATION—The word, we give the myriad of excuses we all have for putting off working at a project, chore, or challenge. It is so easy. Putting off today what we can do tomorrow, clever but not good advice. According to Einstein, "nothing happens until something moves". If you want to move forward in life, you will have to defeat the urge to procrastinate.

PRIORITIZING—Making choices between two competing realities. There are only so many hours in a day vs. how much time you give to your goals will directly affect your achievement. It is about developing a sequence in all that you have to do. What should you do first, then second and so on? (with the understanding that as the day progresses, things may intervene that will prevent you from getting to everything) Which activities are important, not just urgent? Which activities can be delayed and which cannot? How you prioritize your days' task can have an enormous effect on what you actually achieve.

REMEMBER: Time waits for no one.

CASHCOURSE

On-line
CASHCOURSE

Will
Help
You
Make informed
financial
decisions

CASHCOURSE presents free financial resources at your fingertips.

NEWS UPDATE CASHCOURSE is being upgraded

As soon as we are up and running, we will inform you of all the new benefits.

Thanking you in advance for your patience with us while we are under construction.

FINANCIAL MATTERS...

“MANAGING YOUR MONEY”

For those students attending college right out of high school may be their first experience dealing with large amounts of money or, receiving and handling a disbursement check. If you are not use to managing a budget, the following should help.

USE YOUR HEAD...

- ◆ Don't commit your money to any large items before working out how much you have to spend on essentials
- ◆ Avoid buying anything that requires you to pay interest
- ◆ Avoid using credit cards: it is easy to lose track of spending using them and the interest rates can be very high
- ◆ If you start to get into financial difficulty, speak with your SSS counselor for options
- ◆ Be wary of taking out loans

FIND OUT WHAT YOU MAY BE ELIGIBLE FOR...

- ◆ You may be eligible for higher education grants
- ◆ You may be eligible for bursaries or scholarships
- ◆ You may be eligible for church or civic donations

KEEP TRACK OF YOUR MONEY USING A FINANCIAL JOURNAL...

- ◆ Make a note of when you need to pay out large sums such as fees or rent
- ◆ See at a glance what money is outstanding and when payment is due
- ◆ Keep a record of ALL money you take out of your account
- ◆ Get a mini statement weekly of your account to check income and outgoings expected

PART-TIME WORK, ONLY IF TIME PERMITS...

- ◆ Many students take on a part-time job for personal finances
- ◆ Work-study is helpful and convenient
- ◆ To save for a rainy day or that unexpected car repair


We're here for you

**Student
Support
Services**

SSS STAFF DIRECTORY

Director - TBA
Sandra Burton, Counselor - Rm. 114-A
P:864-941-8650 - burton.s@ptc.edu
Debra Ashley, Counselor - Rm. 116-A
P:864-941-8386 - ashley.d@ptc.edu
Betty Jean Gilchrist, Admin Specialist- Rm. 104-A
P:864-941-8385 - gilchrist.b@ptc.edu
F:864-941-8709
LOCATION: Student Success Center (A-Building)

SSS is your key to success

****UPCOMING EVENTS****

Student Support Services Events

All Academic Success Workshop/Tuesday Topics-12:45-1:30 pm
Nov. 5 - Financial Literacy- Christi Jackson
Nov. 19 - From Backpack to Briefcase - Idaly Partridge

Nov. 12 — Etiquette Training /Dinner — 5:00 pm — Rm. 102-C
Presenter: Ms. Tiffany Shoenleber — Gwd. campus

Nov. 10-22—SSSAC Food Drive
Dec. 6 — SSSAC Meeting — 12:30 pm —Rm. 121-A

College Activities

Nov. 1- 26 Spring VIP Registration
Nov. 27- 29 School Closed / Thanksgiving Break
Dec. 9 — Fall Classes End
Dec. 12 — Fall Graduation

HEALTHWISE

“BUDGETING for the HOLIDAYS”

The holidays are swiftly approaching, the time of year for gift giving, entertaining, and for many overspending and financial stress. Enjoy this season without letting the holiday spending get the best of you. Here are ways to handle holiday spending for a more affordable and less stressful season. 1) Set the budget-look at last year's spending. What areas did you spend more than planned? Consider all the major spending categories and how much you can afford in each category. 2) Get Creative-is a way to save money. Homemade gifts are often more meaningful and appreciated for your time and effort. Find starter ideas at: <http://www.tipjunkie.com/category/homemade-gifts/> 3) If you do not have the time or skills to make or homemade gifts, crafty items may be found at Etsy (<http://www.etsy.com/>) 4) Join together with family members to help those who may be less fortunate 5) Entertain for less-a little planning and budgeting can help you avoid financial headaches. Baked gifts are often appreciated. Invite friends over for brunch instead of meeting at a restaurant. Request local guests to bring their favorite dish. 6) Remember that celebrating special events should be enjoyable for you. Don't stress yourself, spend yourself into debt, or spread yourself too thin trying to create the perfect party. Memories make themselves when you're enjoying time with family and friends. Try this “Yummy” recipe at your next gathering.

Honey Candied Yams (makes 6 servings)

Ingredients: 3 small sweet potatoes /yams 1/4 cup honey 1/2 cup of water
1/4 teaspoon ground nutmeg 1 tablespoon light margarine 1/4 teaspoon lemon flavor

1-Wash and peel yams. Cut in quarters, then cut into 2 pieces each. Rinse pieces.

2- Place yams, honey, water, nutmeg, margarine, and flavor in a sauce pan and heat until boiling. 3-Turn heat down to medium, cover and let simmer until all water boils out and the sauce is syrupy. 4-Optional-Sprinkle a little cinnamon if you like

Nutrition Content:	Per serving	Makes 6 serving	
Calories: 79	Total fat: 0.99g	Saturated fat: .20g	Carbohydrates: 17.92g
Protein: 0.66g	Sodium: 21mg	Cholesterol: 0mg	Dietary fiber: 1.04g

HINT—HINT H₂O

The week before an exam, drink several glasses of water a day .

Dehydration can make it harder for you to think clearly and to memorize information, as water is needed for the electrical connections in the brain