

The SSS CONNECTOR

OCTOBER 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 2014 classes Nov. 1-26, 2013

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From the Director's Desk

As of today, the SSS Director position is still vacant and the selection process is ongoing.

Hopefully a director should be named in October.

If you have questions or concerns, please feel free to ask any of the SSS staff or our Dean of Students, Andy Omundson.

Counselor's Corner

"MIDTERM GRADES"

So you're enjoying the college life, especially the social aspect. College should be a good and memorable experience. You're now half way through the semester. Sure, you know you could be putting forth a little more effort, going to class more often, and spending a little less time in the Student Center. You think to yourself: "I have all the time in the world to get caught up with assignments and to bring my grades up." By week seven of the semester, you have fallen into a pattern. Whether it is a positive or negative pattern, mid-term grades are often the big, red flashing light that cause students to take a detour or change route. Hoping things will get better doesn't make them change. You have to take action if you want better results.

Once your midterm grades have been posted, you will then have some indication of how you are doing. Grades do not evaluate whether you are kind, interesting, funny, or decent, the criteria most of us use in judging others. What it does show is how well you are playing the game of college. To win this game you, you have to be purposeful about following the principles of being a successful student: Be There-Do the Work-Get Help-Plan and Think. If your midterm grades are good, congratulations! However, a good performance brings its own perils. In some subjects, the work gets more difficult as the semester goes on. Figure out what you have done that has been so effective, and rededicate yourself to following the principles of success. Your focus should now be on maintaining these high marks. Resist the urge to let them slip, there will be more tests and papers. Don't settle! Just because you received a marginal or satisfactory. Even with strong midterm grades, there may still be room for improvement. Aim high! If you are not happy with your mid-term grades, your first step should be to talk with each one of your instructors and to determine the highest grade possible given the remaining assignments. This will help you to do two things. It will help you set goals for each course, and help determine whether to remain enrolled in the course. It is easy to spend time socializing. Students need to find a balance for time studying and time socializing in order to receive good grades.

HOOTS & SALUTES

WELCOME

NEW STUDENTS

*John C. Dunlap
Jalisha Tucker
Meagan Witt*

Recognizing

*Nicole Wertz
BIO 112
Tutor*

Way to go!

In-Programs

Debbie Lyshoj (RESPIRATORY CARE)
Alana Walker (MASSAGE THERAPY)
Felicity Ray (PHARMACY TECHNOLOGY)

RADIOLOGIC TECHNOLOGY

Lindsey Seymour
Tamika Mansel
Travis Burton

PHLEBOTOMY TECHNICIAN

Annette Enwright
Sharon Kelly

CARDIOVASCULAR TECHNOLOGY

Flora Hunter
Christian Johnson

NURSING

Lida Johnson
Abigail Rodrigues

Hats Off

New & Returning

Work-Study Students

*Amber Murray
Asha Gilliam
Debra Lyshoj
Dedric Norman
Haile Paul
Jerome Green
Kelly Erickson
Kendra Norman
LaTasha Todd
Wayne Judd*

In the Spotlight

KUDOS

to our

Fall Kick-off Volunteer Team

Clarice Hardaway

Jerome Green

Sabrina Dorn

Jacquelyn Stewart

Suzy Vu

Tammy Briggs

Ms. Debra Ashley

Student Support Services Advisory Council (SSSAC)

SSSAC is voluntary and open to current SSS students.

I. PURPOSE:

1. Support the mission of SSS
2. Opportunity to give direct feedback on services and events
3. Provide assistance to SSS staff whenever called upon

II. RESPONSIBILITIES:

1. Demonstrate leadership within the program
2. Make a positive impact on SSS students serving as role models
3. Promote participation by planning social events with an educational purpose

III. SSSAC officers are:

Tammy Briggs (Chairperson)
Tinslee Christopher (Co-Chair)
Jacquelyh Stewart (ICC Rep)
Debra Lyshoj (Recording Secretary)
Odessa Williams (Historian)

Active Members are:

Clarice Hardaway
Erniko Brown
Stephanie Davis

Anyone in the SSS program is welcome to attend the meetings

Meetings will be announced on D2L, in newsletter and by the staff

If you enjoy planning events and activities; practicing leadership skills; and sharing your expertise and talents please contact Ms. Sandra Burton

Congratulations
CASHCOURSE

Scavenger Hunt
Winners

Todd Raugh

Abigail Rodrigues

Preston Pettit

Mary Dunlap

Melissa Raugh

Pick up prizes (116-A)

CASHCOURSE

CashCourse presents free financial resources at your fingertips. CashCourse is an online financial wellness program. CashCourse provides financial resources for college students. Our goal is to help SSS participants make informed financial decisions. This is a great tool to help keep students on a healthy financial path or needing to correct unhealthy financial habits. CashCourse will help you:

- ◆ Build money management skills
- ◆ Survive in a tough economy
- ◆ Prepare for success

To learn more, visit: www.cashcourse.org/ptc.

Thanks to all of you for participating with the online scavenger hunt and congrats to our “5 prize winners”.

FINANCIAL MATTERS...

“Financial Security”

One of the lessons you can learn from senior citizens is the decisions you make as a young adult will greatly impact your life in later years. How much you save. Your investment decisions. Debts or no debts. That is why it is so critical that you use your college years to learn all you can about the financial world. You must educate yourself about the basics and not blindly take advice from anyone who has an agenda that may not be in your best interest. Here is your NUMBER ONE rule for financial decisions. If you do not fully understand a product, offering, or opportunity being purposed to you, THEN PASS do not contribute your hard-earned dollars to something you do not totally comprehend.

“Use your time in college to boost your street smarts...learn everything you can about banking, income taxes, investments, debt and credit, insurance and career opportunities. The time you spend today to make yourself financially savvy as possible will stand you in good stead as you bob and weave through complicated financial world waiting for you outside your campus wall.” (Jim Randel, *The Skinny On Finance for the Young Adult*)

“EATING HEALTHY on a BUDGET”

Step 1: Plan ahead before you shop. Plan meals and snacks for the week according to a budget. Find quick and easy recipes online. Make a grocery list. Check for sales and coupons in local paper or online and consider discount stores. Ask about a loyalty card at your grocery store.

Step 2: Shop to get the most value out of your budget. Buy groceries when you are not hungry or not in a hurry. Stick to the grocery list. Stay out of the aisles that don't contain things on your list. Remember to purchase refrigerated and frozen food items last and store promptly. Proper refrigeration will help food last longer. Bring coupons with you to the store. Try to combine coupons with items on sale for more savings. Buy store brands if cheaper. Purchase some items in bulk or as family packs, which usually costs less. Choose fresh fruits and vegetables in season. Buy canned vegetables with less salt. Good low-cost items year round include: Protein—garbanzo, black, kidney, northern and lima beans; Vegetables—carrots, greens, potatoes; Fruits—apples, bananas, 100% frozen orange juice; Grains—brown rice, oats; Dairy—fat-free or low-fat 1% milk.

Step 3: Make cost-cutting meals. Some meal items can be prepared in advance; precook on days when you have time. Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions and freeze. Try a few meatless meals by featuring beans and peas, or try “no-cook” meals like tacos or salads. Incorporate leftovers into a meal later in the week.

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

See D2L
for previous
Tuesday Topics:
Tia Adger's
Note-Taking Tips
&
Bonnie Hastings'
Relaxation Tips

TUTORS
ARE
NEEDED

~~~~~  
SEE  
Audrey Hearst  
in TLC Lab  
if interested  
~~~~~

Tutors
Are
Paid Positions

****UPCOMING EVENTS****

Student Support Services Events

All Academic Success Workshops/Tuesday Topics-12:45-1:30 PM
Oct. 8—Math Anxiety (Rick Judy)
Oct. 22—Calling all Geeks/Technological Literacy (Jennifer Stroud)
Nov.5—Financial Literacy (Financial Aid)

College Activities

Oct. 4—Last Day to Apply for Fall Graduation
Oct. 14— A Term Classes End
Oct. 15—Midterm
Oct. 15—B Term Begins
Oct. 18— T Term Midterm Grades Post
Oct. 21—2nd Disbursement Checks Mailed
Nov. 1-26—Spring 2014 VIP Registration

HEALTHwise:

TOP 4 TIPS for LOSING WEIGHT and KEEPING it off

You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? Staying at a healthy weight can make you feel better. Now that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

TIP 1: Set a weight goal and learn your BMI. Talk to your doctor and set a weight goal together. Write how much you would like to weigh and the reasons for wanting to reach (and stay at) a healthy weight.

TIP 2: Eat less—you decide how! Making just a few changes can help with weight loss. Some people give up sugary desserts to help lower calories. Some throw away the frying pan. Others find measuring their foods and watching portions is key. Try eating fewer calories : limit high calorie snacks. Instead, choose lower calorie, healthy snacks such as a carrot with a low fat dip. Skip or share sugary and high fat desserts. Instead eat a piece of fresh fruit. Cut back on high calorie beverages and limit the amount of alcohol you drink. Drink water instead of soft drinks. Eat smaller portions. Use a measuring cup to get a true view of how much you are eating.

TIP 3: Keep track of what you are eating. Keeping track will give you an idea of your eating patterns. It can help you see areas where you are doing well and where you can improve. Three ways to track are: A) Write down everything you eat and drink daily in a notebook. B) Track online at [www. choosemyplate.gov](http://www.choosemyplate.gov) Click : "Assess Your Food Intake: to log what you eat and find out how well you're doing. C) Take a photo of the food with your cell phone to remind you of what you ate.

TIP 4: Staying physically active can help you arrive and stay at a healthy weight. Staying active helps burn up some of the calories from foods. Go to [www.choosemy plate.gov](http://www.choosemyplate.gov) to get tips on how you can stay active. Remember, some physical activity is better than none! Check off ways you can add activity to your day. __ Take the stairs __ Ride a bike __ Walk at lunch __ Take up a sport __ Hike with your kids __ Jog in place while watching TV ; think of other things that you could do and add them to the list.

For more info on BMI, visit: http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
Newsletter Resources: The Skinny on College Success & Student Finances; www.ChooseMyPlate.gov

