

The SSS CONNECTOR

December 2013

From the Director's Desk

Upcoming SSS Student To-Do List

- ⇒ Register for Spring classes by Nov. 26th
- ⇒ Study for Finals
- ⇒ Visit your counselor before Dec. 9th to schedule appointment for your Spring 2014 semester plan
- ⇒ January 6, 2014 first day to pick up books

We are pleased to announce that Kris Burris has joined the Student Development Division as Director of Student Support Services (SSS). Kris will be responsible for the overall coordination of the SSS program and provide leadership and supervision to the SSS team. Kris has over 12 years experience working in the field of human service. And, Kris has served as an Adjunct Instructor at PTC. Kris has already began attending SSS events and has truly enjoyed meeting the SSS participants. Please join us in welcoming Kris to our SSS family!

COUNSELOR'S CORNER

WHAT IS TEST ANXIETY?

Test anxiety is a negative emotion that can affect how well you do on a test. Possible signs of test anxiety include: chronic worrying; inability to focus; increased heart rate; poor memory; and physical complaints. Please schedule an appointment with your SSS counselor if you are experiencing any of these symptoms.

MINIMIZING TEST ANXIETY:

Two Days or More Before the test: Be prepared. Review all notes, chapter summaries, PowerPoints and handouts. Purchase pencils, scan-trons, earplugs, and other needed items.

Night Before the Exam: Plan to have your studying done in advance. Calmly and carefully review material noting missing information. Allow time to relax. Go to bed at a normal time.

Morning of the Exam: Eat a healthy breakfast. Exercise. Avoid extra amounts of caffeine. Gather your supplies, gum, a banana or small chocolate bar, paper, pens, pencils, calculator, etc. Wear comfortable clothes and shoes. Leave home a little early to get a good parking spot. Arrive at the classroom at least five minutes before testing is scheduled to begin. Choose a comfortable seat, up front to avoid distractions. Get your supplies out. Read directions carefully. Take your time.

MANAGING TEST ANXIETY: Know your material well and prepare thoroughly. Schedule study time wisely to avoid cramming. Be familiar with test-taking strategies. Learn coping skills for anxiety. Exercise daily. Substitute negative thoughts with positive statements. Set reasonable expectations. Seek help from your SSS counselor if you experience test anxiety.

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HOOTS & SALUTES

WELCOME

NEW STUDENTS

Brandy Drawdy
Hope Swaney

DECEMBER 2013 GRADS

Best Wishes

Jobias Archie
Hilary Bell
Tiequon Ford
Trionne Griffin
Whitney Nicholson
Dedric Norman

SCHOLARSHIP RECIPIENTS

Fall 2013

Jerome Green
Wayne Judd
Comanika Mathis

Congratulations

Dedric J. Norman

Special Recognition

(Greenwood County)
PTC County Award Winner
“Achieving the highest
academic standing”

In the Spotlight

SSS helps students make the most of their time in college and prepares them for life after graduation. Here are some of our former students and where they have transferred:

Anderson University

LaTonya Ross

Ashford University

Lizzie Wideman

Clemson University

Miles Carrington

Columbia State University

Sherine Rice

Coastal Carolina

Garrett Johnson

Greenville Tech

Leslie Dobbins

Seth Harris

ICDC

Kayla Fuller

Lander University

Brittni Archie

Jorge Alvarado

Lacodian Carter

Lander University

Shay Griffin

LaShae Morgan

Danny Ray Ross

Newberry College

Jessica Thomas

USC Aiken

Zenovia Rayford

USC Upstate

Shanice Lark

No doubt about it, you can do it, too!

TRANSFER GUIDANCE

SSS works closely with students in an attempt to increase the number of students transferring from a two year college to a four year college or university. Transfer advising will provide you with information regarding majors, schools, applications and certification processes. Students desiring to transfer benefit from knowing the resources available at other institutions to assist with the application process and to ensure a seamless transition. SSS Counselors are here to assist you as you explore all your available options. Students who transfer must:

- ◆ Complete transferable English and Math courses as early as possible.
- ◆ Declare a major and complete courses in their area of focus.
- ◆ Identify at least three schools and note all transfer requirements.
- ◆ Take advantage of PTC SSS to increase your academic success.
- ◆ Volunteer your talents and hone your leadership skills.
- ◆ Research financial aid and scholarship requirements.
- ◆ Schedule on-campus appointments with college representatives.
- ◆ Attend transfer workshops and scheduled college tours sponsored by SSS.
- ◆ Submit your completed application during the school's filing period.

CASHCOURSE

NEW

UPGRADE

IS

READY

www.cashcourse.org

CASHCOURSE

CashCourse is a free online financial education resource available to all students at PTC. CashCourse is designed to assist students develop money management skills, survive in a tough economy and prepare for success after college. Registration is now required to gain access to your personalized CashCourse experience. Please visit www.cashcourse.org and follow these steps: 1. Select "Register Now" under the Students Section; and, 2. Select school/college name for custom branding and registration. Once the registration process is complete, you will be directed to the student dashboard. Please review and accept the CashCourse Privacy Policy during your initial log in.

FINANCIAL MATTERS....

“ Why SCHOLARSHIPS?”

A scholarship is a financial award provided to students to assist with the cost of attending an institution of higher education. Scholarships are based on merit and financial needs. They may also be specific to the student, declared major and/or college. Most importantly, scholarships are free. They do not require repayment.

For more information:

- ◆ Talk with your SSS counselor about scholarships
- ◆ Use a free scholarship online search services such as:
 Fast Web Sallie Mae College resource Network
 Frugal Dad Insights on Money, Career & Coupons Hispanic Scholarship Fund
www.scholarship4school.com www.scholarshiphunter.com www.scholarshipexperts.com

It is not necessary or advisable to use scholarship services that charge a fee. Focus on local, state, and regional scholarships before national ones. Contact employers or organizations your parents/guardians may belong to such as local foundations, ethnic and heritage groups or religious organizations . Many scholarships are available at PTC for current students. Applications are available online during the months of January, May and September at PTC. Specific dates will be posted in the PTC calendar.

Student Support Services Advisory Counsel (SSSAC)

SSSAC leaders are on F I R E!!! The council is a diverse group of energetic go-getters full of great ideas. The meetings are open to all current SSS students. The first project was successful thanks to all of you. If you did not get to donate egg cartons or grocery bags, there will be other opportunities. SSSAC is currently accepting gifts for Toyland for Tots to brighten the lives of 23 children from the Crossroad Pregnancy Center. Donations are being accepted until December 3rd. Please sign –up in 101-A to select a gift. This is a great project for individuals or small groups. Please wrap your gifts and use the candy cane off the tree for the gift tag. You are invited to the next SSSAC meeting on Dec. 6th at 11:30. Gifts will be distributed immediately following the meeting.


We're here for you

**Student
Support
Services**

SSS STAFF DIRECTORY

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LOCATION: Student Success Center (A-Building)

SSS is your key to success

CHILL OUT TEST TIPS

- ⇒ Allow enough time to study.
- ⇒ Get lots of rest.
- ⇒ Arrive on time for the test.
- ⇒ Carefully read instructions.
- ⇒ Take 3 deep breaths before starting the test.
- ⇒ Take your time.
- ⇒ Be positive.
- ⇒ Concentrate only on your test.
- ⇒ Imagine yourself passing your test.
- ⇒ Be calm.
- ⇒ Remind yourself this is only a test.

Newsletter Resources:
SSS New Student Handbook
www.cashcourse.org
www.flu.gov

******UPCOMING EVENTS******

Student Support Services Events

Dec. 4 — Financial Literacy/Christmas Drop-In 11:30 am — 155-B
Dec. 6 — SSSAC Meeting — 11:30 am — 121-A
Jan. 28 — Understanding your Learning Style —
Academic Success Workshops 12:45 pm-1:30 pm — 155-B

College Activities

Dec. 9:	Fall Classes End
Dec. 10—Jan. 14:	Happy Holidays
Dec. 11:	Final grades posted
Dec. 12:	Graduation (Greenwood campus)
Dec. 23—31:	Winter break (school closed)

2014

Jan. 1:	Holiday School closed
Jan. 15:	Classes begin (T & A terms)
Jan. 20:	MLK Day School closed

HEALTHwise:

TIPS TO STAY HEALTHY DURING FINALS

Stress is huge part of the college experience. However, we don't have to let it get the best of us. Here are some tips to stay healthy and happy during finals.

- 1. AVOID STRESSFUL PEOPLE** — Stress is usually contagious. Being around friends and classmates who are stressed out will only add to your stress.
- 2. EAT HEALTHY AND EXERCISE**— Skip the sugar, which will make you crash, and go for snacks like granola bars or fruits and veggies to keep your blood sugar stable. Also try to get some form of exercise. Even a 10 minute walk will leave you calmer and more focused.
- 3. JUST SAY NO** — There will probably be a friend who wants to hang out or party the night before your final. Resist the urge. Say no to the distractions and be selfish for a day.
- 4. TAKE BREAKS**— For every hour or so that you work, take a 10 or 15 minute break. Let yourself do whatever you want to do during the 10-15 minutes, and then start working again.
- 5. GET PROPER REST** — Go to bed at a reasonable hour. Set your alarm so you will not be hurried the next morning.

DO YOU FEEL SICK? Have a fever 100 degrees or higher, chills, a dry cough, runny nose, body aches, headache, tiredness, diarrhea, vomiting or severe chest discomfort? You may have the FLU.

IF YOU THINK YOU HAVE THE FLU, STAY HOME EXCEPT TO GET MEDICAL CARE

For more information about the Flu go to: www.flu.gov