

# The SSS CONNECTOR

MAY 2014

## STUDENT REMINDERS

### Students Graduating

Must schedule an appointment with your SSS Counselor to complete the exit interview.

### Students Attending Summer

Must schedule an appointment with your SSS Counselor to update semester plans in order to receive services during the summer term.

### Students Returning in Fall

Must schedule an appointment with their SSS Counselor to update semester plans upon their return for the fall term.

All students not planning to attend Summer or Fall terms must contact their counselor immediately!!!

SUMMER REGISTRATION IS OPEN—REGISTER TODAY

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## From the Director's Desk



Cheryl Perry—MaryAnne Contreras-Kris Burris (Director, SSS)

Can you identify the one thing all three of us have in common? Yes, we are women. But, what else is there? Keep guessing... Do you give up? Drumroll please... We are all first generation college students. Yes, that is correct; I was a first generation college student. Like these women and you, I began my educational journey at a two-year institution. It is my hope that your experience with SSS will not only lead to your success at PTC, but that we will also inspire you to continue your education at a four-year institution. I am proud to work with each of you!

## Counselor's Corner

### “FAILURE IS NOT AN OPTION”

As this semester draws to a close, we urge each of you to reflect on both the successes and challenges you have faced. How did you do? No one said it would be easy, and if they did, they were misinformed. Perhaps you had a great semester and all went well. Wonderful! But, perhaps things didn't go as planned, and you didn't do as well as you would have liked. There is still hope. We encourage you to embrace your most difficult challenges and learn from them. Ask yourself: What could you have done differently? Did you seek assistance from your counselor, your academic advisor or the TLC for tutoring? Did you connect with another student who was doing well in a particular course? Did you reach out to your instructors for extra help? Did you apply yourself to the greatest extent possible? What if you answered yes to all these questions, but still failed to have a successful semester? Accept it and move on with a revised plan and increased vigor. Remember, it's not about where you start, but where you finish. Take time to evaluate your choices and your actions, and then resolve to move on mentally. Know that we are here to help you be the best student you can be and to persist to graduation. Please contact your SSS Counselor for support and assistance with reaching your academic goals.



# HOOTS & SALUTES

## Congratulations

(PTC SCHOLARSHIP RECIPIENTS)

Lesley Booth	Wayne Judd
Erniko Brown	Comanika Mathis
Mary Anne Contreras	Abigail Rodriquez
Clarice Hardaway	Victoria Tatum
Flora Hunter	Thao Vu
Tamara Hunter	Kaitlin Young

## BEST WISHES

MAY 2014 GRADUATES

Desima Beam	Windy Bolt
Tammy Briggs	Tinslee Christopher
Tracy Cornejo-Rios	Asha Gilliam
Quanesha Hentz	Todd Raugh
Nicole Spearman	

## WAY TO GO!

Receiving SSSAC Certificates of Participation

Tammy Briggs		Yolanda Harrison
Erniko Brown	Debra Ashley	Olivia Hartwell
Tinslee Christopher	Kris Burris	Debbie Lyshaj
Stephanie Davis	Sandra Burton	Jackie Stewart
Mary Dunlap	Betty Jean Gilchrist	Rebecca Weaver
Clarice Hardaway		Odessa Williams

## HATS OFF....

Receiving Special Recognition & Awards

**Flora Hunter**

(Presidential Ambassador)

**Todd Raugh**

(Who's Who Among Students in American  
Junior Colleges)

# IN THE SPOTLIGHT

**Kris Burris, Student Support Services Director**  
attended

**TRIO Priority 1 Training Institute**

**April 21—24, 2014**

**Chicago, Illinois.**

**CONGRATULATIONS**

**Tinslee Christopher**

**Greenwood County Award Winner**

# FINANCIAL MATTERS....

## "Seven Ways to Strike Back"

One way to make your money go further is to fight back against all the sneaky ways the stores, shopping web sites, and even restaurants lure you into spending more money with them. Here's how to make sure you're the one in the driver's seat:

- \* Plan for success. Decide how much you'll spend before you even leave home. Make a list of what you'll buy and stick to it.
- \* Limit temptation. Pay with cash. Credit cards make it easy to overspend. Counting cash makes you think if it's really worth it.
- \* Research your bigger purchases. Read reviews in magazines or reliable web sites. Talk to knowledgeable people you trust.
- \* Think "used" instead of "new". You can save a lot of money by buying "gently used" items such as clothes, games, etc.
- \* Look for discounts such as coupons online, in catalogs, magazines or local newspapers before shopping.
- \* Don't shop when you are on top of the world or feeling blue which could cause you to buy on a whim.
- \* Don't shop when you're dieting. Research shows there's a limit on the amount of self-control a person can manage in one day.



# HEALTHwise



## Top 10 Reasons to Stress Less

Contrary to popular belief, stress is not all bad. In modest doses, it motivates us to get things done and keep us focused on our goals. But when stress persists, as it often does, it can make us physically sick. The causes of stress are not the same for everyone. Stressors may vary based on stage of life, socioeconomic level, and marital status among other factors. Controlling stress is important for your emotional and physical well-being. Regardless of what's behind your stress, here are 10 reasons to try to keep it in check.

1. **You'll Stay Healthier:** Stress can weaken your immune system, leaving you more vulnerable to everyday ailments.
2. **You'll Lower Your Risk of Disease:** Persistent, unrelenting stress can weaken your body in such a way that you're more vulnerable to serious chronic illness.
3. **You'll Eat Better, Weigh Less:** People under stress tend to have poor eating habits. This can be a recipe for weigh gain.
4. **You'll Exercise More:** Scheduled exercise adds structure to your day and reduces stress as you focus on other things.
5. **You'll Sleep Soundly:** Good sleep habits are vital to our overall health. Stress has a real and very negative impact on our sleep cycle.
6. **You'll Strengthen Personal Bonds:** Your loved ones should be a source of stress relief not stress. Don't hesitate to open up to them.
7. **You'll Be More Social:** Social interactions help alleviate stress.
8. **You'll Do Your Job Better:** Unmitigated stress can feed into a vicious cycle of unfulfilled promises and unaccomplished goals.
9. **You'll Give It Your All:** People who stress are never fully invested in what they're doing.
10. **You'll Be Happy:** Stress can kill our sense of joy and calm, as well as our sense of safety and balance.



Adapted from List Maker's Get- Healthy Guide

## UPCOMING EVENTS

### COLLEGE ACTIVITIES

Thursday, May 8th: Spring Graduation 3:00 pm & 7:00 pm

Monday, May 19th: Summer Classes Begin

Monday, May 26th: College Closed

Monday, June 30th — Friday, July 4th: No Classes

Friday, July 4th: College Closed

Friday, August 1st: Summer Classes End

Thursday, August 7th: Summer Graduation

Friday, August 22nd: Fall Classes Begin

Monday, September 2nd: College Closed

### STUDENT SUPPORT SERVICES

All SSS participants are invited to join us on Thursday, August 28th in Room 155-B from 11:30 AM—1:30 PM for the 2014 Student Support Services Orientation and Welcome Back event.

This is a great opportunity to learn more about our services and the college.





## College of Charleston Campus Visit

March 28, 2014



## Team Building Ropes Course

Connie Maxwell—Oasis

April 11, 2014



"I had such a wonderful time. The Team Building did exactly that: build a team. This activity gave me the strength and courage to push myself further. I even worked on accepting praise and it didn't kill me (smile)." Ms. Olivia Hartwell, SSS Participant

## 2013–2014 Student Support Services At-A-Glance



### Staff Directory

**Kris Burris , Director** – Rm. 113-A  
P: 864-941-8697 – burris.k@ptc.edu  
**Sandra Burton, Counselor** – Rm. 114-A  
P: 864-941-8650 – burton.s@ptc.edu  
**Debbie Ashley, Counselor** – Rm. 116-A  
P: 864-941-8386 – ashley.d@ptc.edu  
**Betty Jean Gilchrist, Administrative Specialist**—Rm. 104-A  
P: 864-941-8385 – F: 864-941-8709 – gilchrist.b@ptc.edu

STUDENT SUPPORT SERVICES  
IS YOUR KEY  
TO

