

# The SSS CONNECTOR

April 2014

**SPRING 2014**

**Student Responsibilities:**

- Complete Spring Semester Plan
- File 2013 Income Taxes
- Complete 2014-15 FAFSA
- Attend Appointments with Counselors
- Attend 2 Academic Success Workshops
- Return Laptop On or Before Due Date
- Maintain 2.0 GPA or Higher
- Maintain SAP > 67%
- Seek Tutoring Early
- Check D2L Regularly

## From the Director’s Desk

On March 4th Mrs. Eleathor Williams facilitated a workshop for 28 SSS participants entitled “Social Skills and Dining Etiquette” at Hunter’s Creek Country Club. The presentation consisted of information designed to equip students with the tools needed to succeed in a social or professional dining setting. Students were encouraged to practice the art of hand shaking, compare American vs. European style dining, and explore the best techniques to master a job interview. A dinner buffet was provided and allowed students an opportunity to demonstrate their knowledge and receive helpful feedback. Everyone in attendance had an amazing time. We hope you will consider joining us at the next Etiquette Event.



## COUNSELOR’S CORNER

### “TRANSFER TIPS”

Are you planning to transfer to a four year college or university? Here are some helpful tips to assist you in transferring smoothly:

- \* **Decide a Major.** Your major will determine the specific courses you need to complete in order to have a efficient transfer.
- \* **Plan Ahead.** Schedule to visit the college you have chosen to attend.
- \* **Make Sure the School is Right for You.** Make sure the college has the program of your choice. Consider all factors such as cost, housing, transportation, etc. You should make the final decision about your college choice rather than peer or parent pressure.
- \* **Know What Questions to Ask and Who to Ask.** Knowing is part of the battle therefore, it is wise to develop a list of important questions to cover your bases.
- \* **Formulate a Battle Plan.** Write out what you need to accomplish and carry out the tasks in order.
- \* **Be Motivated.** None of these tips will be helpful unless you are motivated to take action and make it happen. Motivation is necessary in order to accomplish your tasks.
- \* **Contact Your SSS Counselor for More Information on Transferring to a Four Year Institution.**

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# HOOTS 'N SALUTES

## **WELCOME NEW STUDENTS**

Sonny Brown	Karen Martin
Joshua Campbell	Brianna McIntosh
Stlina Coleman	Victoria Tatum
Irashia Johnson	Rebecca Weaver
Megan Patterson	Donna Toland

## **College of Charleston Tour Participants**

Erniko Brown	Jessica Oli
Mary J Carter	Angela Payne
Olivia Hartwell	Latoya Perrin
Flora Hunter	Jalisha Tucker
Comanika Mathis	John Tutt

## *In the Spotlight*

### Biltmore Estates, Asheville, NC



On March 14th 30 SSS participants and four staff visited the Biltmore Estates in Asheville, NC. Those in attendance were Mary Jane C, MaryAnne C, John D, Mary D, Yolanda H, Olivia H, Quanesha H, Suzann J, Wayne J, Debbie L, Rosa M, Karen M, Stephanie M, Ernestine P, Malinda P, Cheryl P, Preston P, Jessica Raugh, Jessica R, Abigail R, Demisheia S, Nicole S, Jacquelyn S, Krista T, Cynthia T, LaTasha T, Jalisha T, John T, Thao V, Odessa W, Debbie A, Kris B, Sandra B, and Betty Jean Gilchrist.



## FINANCIAL MATTERS



### Keeping Track of your Dough

Every financial adviser in Canada and the United States advocates creating a budget to help you live within your means. A budget is simply tracking all the money you anticipate receiving including your income taxes in a given period, and all the expenditures you anticipate incurring. By taking the time to make a budget, you can identify exactly how much you can spend for items without going into debt.

“Making a budget is nothing more than thinking about your income and expenses today versus worrying about them tomorrow.” Jim Randel, “The Skinny On Credit Cards”

**CASHCOURSE:** Free online financial resources. To learn more, visit: [www.cashcourse.org](http://www.cashcourse.org).

## HEALTH wise....

### “Eat Smart, Think Smart”

Fatigue and lack of energy are real problems for college students. Most people run out of steam because of poor lifestyle choices such as: not eating right; over-indulging in caffeine and alcohol; lacking physical activity, ignoring the calming benefits of relaxation; and lacking sleep. Often simple changes to your eating habits and the timing of your meals can make a difference. Food is the fuel that your body runs on and the fuel that runs your brain. Therefore, the brain and body are inseparable. Mental performance can be controlled by choosing the right combination of foods. Healthy foods supply your brain with the most basic types of energy it needs to think, remember, solve problems, and control the rest of your body. Whole grains, brown rice, unrefined cereals and flours, vegetables and fruits are great choices for high performance.



## UPCOMING EVENTS (April)

### SSS EVENTS

**11th:** SSS Mini-Retreat, Team Building Connie Maxwell

**Academic Success Workshops, 12:45–1:30 PM, Room 155B**

**8th:** Diversity, Carol Paguntalan, PTC

**15th:** Understanding Your Learning Style, Joyce Brown, PTC

### COLLEGE ACTIVITIES

**1st:** Summer VIP Registration Begins

**9th:** Awards & Recognition Program

**17th:** Spring Activities Day

**21st–25th:** Spring Break

## Staff Directory

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## STUDENT SUPPORT SERVICES

IS YOUR KEY TO

