

THE SSS CONNECTOR

"KEEPING YOU CONNECTED"

FROM THE DIRECTOR'S DESK

Recently members of Student Support Services visited the Martin Luther King, Jr. National Historic Site in Atlanta, Georgia. During our trip we had an opportunity to explore many locations associated with Dr. Martin Luther King, Jr. and his family. This trip was a true inspiration to us all. As a member of SSS, I hope each of you will aspire to be your best. And, I also hope that you will continue to pursue your dreams. It is truly amazing the positive impact one person can have on the lives of others.



"Keep the Dream Alive"

November 7, 2014—Martin Luther King, Jr. National Historic Site—Atlanta, Georgia

COUNSELOR'S CORNER



Together Everyone Accomplishes More

There are times that we would like to venture out on our own and accomplish projects or tasks independent of others. However, most of the time, we are in need of assistance to reach our full potential and accomplish our goals. It is essential to learn to work with others and appreciate the value of being part of a team. On October 17th SSS hosted a teambuilding retreat at The Oasis located on the campus of Connie Maxwell Children's Home. SSS students participated in games and low rope activities that allowed them to display their leadership skills and work as a group. Students demonstrated the importance of individual contributions, active listening, positive feedback, and goal setting. Participation in this event allowed students to experience the benefits of working together as a team.

STUDENT RESPONSIBILITIES

- Register for Spring 2015 Classes
- Regularly Meet with SSS Counselor
- Attend Academic Success Workshops
- Attend All Classes
- Be Punctual for All Classes
- Seek Tutoring Early
- Maintain a GPA ≥ 2.0
- Maintain SAP $\geq 67\%$
- Check D2L Regularly
- Attend SSS Special Events

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IN THE SPOTLIGHT

HOORAY

CHERYL MACKEY

ENGINEERING MAJOR

HI-TECH SCHOLAR

PRESIDENTIAL AMBASSADOR

PHI THETA KAPPA

SSS PARTICIPANT

WELCOME NEW STUDENTS

Katherine Boling

Melvin Boyd

Joycelyn Garrett

Iris Greene

Lisa Lomax

Yasema McCall

Bobbie Peterson

Brigitte Reisinger

Leferra Reid

Alim Simmons

Ursula Simmons



“No matter what great things you accomplish, somebody helps you.”

~ Wilma Rudolph ~

HOOTS 'N SALUTES

A Special Thanks to SSS participants who are 2014-15

Work Study Students!!!!

Amber Moton

Brandon Bell

Brianna McIntosh

Karen Martin

Kendra Norman

Odessa Williams

Olivia Hartwell

Wayne Judd



The Work Study Program provides funds that are earned through part-time employment to assist students in financing the costs of postsecondary education. This program allows students to earn money while gaining work experience. Eligibility is based on the student's resources and is determined by a formula developed by the U.S. Department of Education; therefore, applicants must complete the FAFSA.

STUDENT SUPPORT SERVICES

2014 FALL ACTIVITIES

SSS SUMMIT – TEAM BUILDING & LEADERSHIP RETREAT

Friday, October 17, 2014



BUSINESS ETIQUETTE IN THE 21ST CENTURY

Thursday, October 23, 2014



MARTIN LUTHER KING, JR NATIONAL HISTORIC SITE

Friday, November 7, 2014



ACADEMIC SUCCESS WORKSHOPS

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Newsletter Sources:
Academic Success Tips
The Skinny On
www.ptc.edu

Study Success Strategies



Now You're Speaking My Language



Writing Workshop



Math Anxiety



HEALTHWISE



Stress is the tension you feel when faced with pressures of daily life. Stress is what you feel when you have to handle more than you are normally required to handle. We all experience situations that can produce some difficult emotions. Stress can make your heart rate speed up; you breathe faster; or give you a burst of energy.

Some stress is normal and even useful in life. For example, some stress can help you win a race or finish an important project on time. But if stress happens too often or lasts too long, it can have negative effects. Stress can be linked to headaches, an upset stomach, back pain, or trouble sleeping. Your immune system can weaken, making it harder to fight off disease.

Stress can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at school or work.

Tips to help relieve stress:

- ◆ Manage your time wisely.
- ◆ Find healthier ways to cope.
- ◆ Exercise, eat healthy, drink water and get lots of rest.
- ◆ Let go of things you cannot change.
- ◆ Learn to say “No”.
- ◆ Ask for help. We are here to help you be your best.

“Adapt, Overcome and Persevere.”

~ Richard Metcalf, US Army ~

FINANCIAL MATTERS

Everyone has financial concerns, but not everyone handles them the same way. Some people learn to handle their money and practice good money management. Some rely on loans, which only worsens debt. Still others do nothing, thinking the problem will go away or fix itself. If you’re experiencing financial pressure, first take a look at what may have contributed to your situation:

Are you...

Living from paycheck to paycheck?
Living beyond your means?
Purchasing wants versus needs?
Having medical bills due to chronic illness or disability?
Following a budget?
Making bad investments?
Unemployed?

Financial problems can occur overnight or over a period of time.

If your financial problems are too big for you to handle alone, help is available. Banks and other financial institutions often have financial planning services. Good advice about financial planning and budgeting only works if it is put into action.

Better money management tips:

- ◆ Develop and stick to a household budget.
- ◆ Pay yourself first.
- ◆ Shop wisely.
- ◆ Don’t rely on overtime pay.
- ◆ Check bank statements for accuracy.
- ◆ Limit credit card use.
- ◆ Don’t gamble.



Student Support Services
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COLLEGE ACTIVITIES

December 10th: Fall Classes End

December 11th: Graduation

December 12th: Final Grades Due

COLLEGE CLOSINGS

November 26–28, 2014

Dec. 22, 2014—Jan. 2, 2015



UPCOMING EVENTS

STUDENT SUPPORT SERVICES

Academic Success Workshops, 12:45 PM—1:30 PM

November 18th: Professionalism, Tammy Keesee

Campus Event

December 2nd: Christmas Drop-In

Check D2L for Details

Technology Training

Ongoing: Basic Technology Training D2L-SSS News Page

Ongoing: D2L Training—Register Online

Happy Holidays and Be Safe!!!!