

The SSS CONNECTOR

"Keeping you connected"



Kris Burris

From the Director's Desk

It is with great enthusiasm that I extend a warm welcome to each of you as we begin the 2014-15 academic year. Student Support Services is a TRiO program funded by the Department of Education. Each year we are awarded funds used to serve 160 low-income, first generation and/or students with documented disabilities. SSS participants are provided opportunities to receive services that are designed to increase retention and graduation rates. It is our goal to ensure each student achieves his/her academic and career goals. I encourage you to actively participate in SSS sponsored activities and regularly meet with your SSS Counselor.

SSS Welcome Back Event

Thursday, August 28, 2014
Drop-In: 11:30 AM—1:30 PM
Room 155 B
Light Refreshments Provided

Counselor's Corner

"Effective Habits for Effective Study"

- Take responsibility for yourself; do not put off things today for tomorrow.
- Make decisions about your priorities, your time, and your resources.
- Center yourself around your values, principles and positive people.
- Put first things first; it is ok to say no, even to family sometimes.
- Discover your key productivity times and places.
- Consider yourself in a win-win situation; contributing your best.
- First understand others, then attempt to be understood; when you have an issue with an instructor put yourself in the instructor's place.
- Look for better solutions to problems. If you do not understand the course material, don't just re-read it. Try something else! Talk with your Instructor, Academic Advisor or SSS Counselor. See a tutor or a classmate. Try a study group, open-lab tutor, online Net-Tutor, You-tube, or studyblue.com.



Student Responsibilities

- Complete Fall Semester Plan
- Schedule Regular Appointments with SSS Counselor
- Attend at least 2 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

INSIDE THIS ISSUE

Director's Desk	1
Counselor's Corner	1
Welcome.....	2
In the Spotlight	2
Hoots 'n Salutes	2
Academic Success	3
SSSAC	4
Tutoring.....	4
Financial Matters	5
HealthWise	5
Upcoming Events	6
Staff Directory	6



WELCOME NEW STUDENTS

Dedra Bland
 Dale Bradford
 Marva Burnside
 Lavelle Campbell
 Mary Childs

Tretorius Parks
 Kenny Perrin
 Brianna Puckett
 Jasmine Rice
 Tammy Richardson

Lillian Davis
 Dennis Jones
 Cheryl Mackey
 Cassey Medlin
 Chaston Moton

Tevin Sibert
 Jacquelyn Tate
 Jadaisha Turman
 Savannah Wideman
 Shayla Wright

“Optimism is the faith that leads to achievement; nothing can be done without hope and confidence.”
 ~Helen Keller

IN THE SPOTLIGHT

*SCHOLARSHIP
 RECIPIENT*

MARY S. CHILDS

SUMMER 2014

4.0 GPA

SONNY BROWN

QUANESHA HENTZ

WILDA HYLTON

CHERYL MACKEY

FELICITY RAY

THAO VU

REBECCA WEAVER

ODESSA WILLIAMS

HOOTS ‘N SALUTES

Best Wishes August 2014 Graduates

Erniko Brown
 Flora Hunter
 Anne Hyde

Damon Hylton
 Christian Johnson
 Debra Lyshoj

Jessica Oli
 Felicity Ray
 Alana Walker



Special Recognitions

Flora Hunter

Student Speaker—Cardiovascular Technology Pinning Ceremony

Debra Lyshoj

Perseverance Award—Respiratory Care Pinning Ceremony

Felicity Ray

Clinical Excellence Award—Pharmacy Technology Pinning Ceremony 2

STUDENT SUPPORT SERVICES 2014 –15

Academic Success Workshops

Academic Success Workshops, also known as Tuesday's Topics, are offered during the fall and spring semesters to provide SSS participants and other PTC students opportunities for academic, professional and personal development. SSS participants are required to attend at least two (2) Academic Success Workshops per semester. Workshops are typically held on Tuesdays between 12:45 PM and 1:30 PM in Room 155-B. If you are not able to attend due to a conflict in your class or work schedule, then Academic Success Workshops can be viewed on D2L. A written summary of the workshop must be submitted to your SSS Counselor to receive credit. The 2014-15 schedule is listed below.

September 9, 2014	Study Success Strategies (PEN Class 115-G)
September 23, 2014	Now You're Speaking My Language
October 14, 2014	Writing Workshop
October 28, 2014	Math Anxiety
November 4, 2014	Financial Literacy
November 18, 2014	Professionalism



January 27, 2015	Financial Literacy (PEN Class 115-G)
February 10, 2015	Maintaining Focus
February 24, 2015	Note Taking
March 10, 2015	College Transfer Fair
March 24, 2015	Financial Literacy
April 14, 2015	Conquering Finals
April 28, 2015	Diversity



Special Announcement:

Two Academic Success Workshops will be offered in PEN Class 115-G.

Student Support Services Advisory Council (SSSAC)

The Student Support Services Advisory Council began Fall 2013 and is open to selected SSS program participants. The primary purpose of the Advisory Council is to develop leadership skills, promote peer interactions and assist with the planning and facilitation of SSS events. Members of SSSAC must be in good academic standing, actively participate in all SSS activities and events, and have an updated semester plan. Selection for the 2014-15 Student Support Services Advisory Council is underway. We look forward to another successful year.



A special thank you to the 2013 Student Support Services Advisory Council Charter Members: Tammy Briggs, Erniko Brown, Tinslee Christopher, Stephanie Davis, Clarice Hardaway, Debra Lyshoj, Jacquelyn Stewart and Odessa Williams.

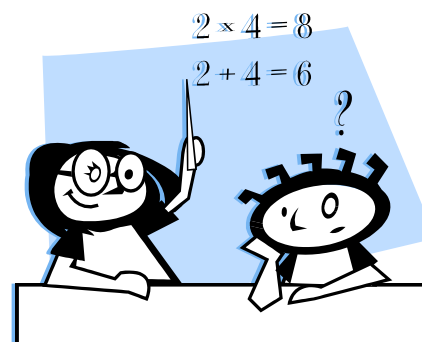
“I will study and get ready, and perhaps my chance will come.”

~President Abraham Lincoln

TUTORING TIME

As we move into the fall semester, please be reminded that tutoring is available. SSS participants who request tutoring may receive three additional hours of tutoring per week plus the one hour provided to all students by PTC. Please discuss your tutoring needs with your SSS Counselor so you can obtain a blue card. Blue Cards are needed prior to scheduling additional hours. Audrey Hearst, Tutor Coordinator, is available to help students complete the tutor request forms in the TLC Lab. SSS participants should request a blue card if you:

- Need help with homework questions and problems
- Need concepts explained or ideas discussed
- Need step-by-step instructions to solve problems
- Need additional assistance to not fall behind
- Need to improve your academic standing



TUTORING IS NOT

- A substitute for attending classes
- Expecting the tutor to complete homework, assignment or projects
- A time to socialize



Remember to actively listen and participate in class and ask your instructor for clarification as needed.

FINANCIAL MATTERS...

“Financing Your Education”

Scholarships can help finance a college education. Some scholarships are based on merit. However, other scholarships are based on more diverse factors such as area of study, community service, and study abroad. A vast number of scholarships are available through PTC. Scholarships are funded by private donors, professional associations and various groups and organizations. Students who have earned 12 PTC credit hours in their major and have a GPA ≥ 2.5 are eligible to apply online for scholarships in September, January and May. More details can be found in your PTC Academic Calendar.

Talk with your SSS Counselor about a scholarship search. It is not necessary or even advisable to use a scholarship service that charges a fee. Focus on local, state, and regional scholarships. Contact employers and organizations of which family members belong such as local foundations, ethnic or heritage groups, and religious organizations.

Send thank you notes to individuals who write letters of recommendation and others who were particularly helpful.

Examples of free scholarship services are listed below.

www.sscholarships4school.com
www.scholarships.com
Fast Web

www.scholarshiphunter.com
College Resource Network
Sallie Mae

www.scholarshipexperts.com
Hispanic Scholarship Fund
Frugal Dad Insights on money, career & coupons



HEALTHWISE

“SLEEP”

Proper sleep and rest are required of successful college students. Here are some tips for a good night's sleep:

- **Skip the Nightcap.** Alcohol is probably the most used substance for sleep. When you fall asleep under the influence, both the quantity and the quality of your sleep are adversely affected.
- **Junk the Java.** Caffeine enhances alertness, activates stress hormones, and elevates heart rate and blood pressure, which is not helpful when trying to get shut-eye.
- **Turn Down the Heat.** Keep your bedroom cool not cold, allowing your body temperature to drop, which helps to induce sleep. Proper air circulation and light weight blankets also can facilitate a drop in body temperature.
- **Don't Work Out Within 3 Hours of Bedtime.** Physical activity raises core body temperature and is why some are advised to skip evening exercise. For others, it has a positive effect. Do what works best for you.



- **Develop a Sleep Ritual.** Engage in relaxing activities in the evening to prepare for slumber. It should be something that you do every night to signal your body that it is time to unwind.
- **Set a regular Sleep-Wake Schedule.** Most experts advise that we go to bed and wake up at the same time every day. According to theory, the more predictable our sleep schedule, the better our bodies work since our circadian rhythms thrive on consistency.

UPCOMING EVENTS

Student Support Services

August 28th: SSS Welcome Back Event/Orientation 11:30 AM—1:30 PM 155 B

Academic Success Workshops, 12:45 PM—1:30 PM, 155 B

September 9th: Study Success Strategies, LaKeya Jenkins

September 23rd: Now You're Speaking My Language, Danielle Borders



Technology Training

Ongoing: Basic Technology Training D2L-SSS News Page

Ongoing: D2L Training Register Online

College Activities

September 1st: Labor Day College Closed

September 2nd—16th: Scholarship Applications Available Online

September 16th: Fall Kick-Off and Club Fair

September 29: Late Term Begins

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Newsletter Sources:
 List Makers Healthy Guide
 Find a Scholarship

**STUDENT SUPPORT SERVICES
 IS THE KEY TO YOUR**

