

# THE 411

## DIRECTOR'S CUT

To my present and former students of the Student Support Services Program, I have been packing my office and preparing for retirement at the end of the summer. I have come across lots of pictures, flyers, notes, reports, letters and gifts that have accumulated over the years; and I have paused to reminisce and reflect on the past 14 years in SSS, and 24½ years at Lincoln University as a whole. These past years have been most fulfilling and rewarding for me to have shared in your educational and personal development.



During my time here at LU, I have built a second family: The Blue Tiger Family. I have learned, laughed and loved at Lincoln University. I had a 24½ year experience that I will never forget. You, my students, are by far the biggest part of that, and I thank you! When I am attending L.U. awards presentations and commencements and witness you living out your dreams, I feel that I have been a small part of your success. I look forward to seeing you at Lincoln University Homecoming and other activities this year in 2010, and many years to come. I'd like to share a few words from Dr. Lee Noel. I had these words displayed on my office wall throughout my entire career at LU. They are as follows:

The Student Is . . .

. . . the most important person on the campus. Without them there would be no need for the institution.

. . . not a cold enrollment statistic, but a flesh and blood human being with feelings and emotions like our own.

. . . not someone to be tolerated so that

we can do our thing. **They are our thing.**

. . . not dependent on us. Rather, we are dependent on them.

. . . not an interruption of our work, but the *purpose* of it. They are doing us a favor by giving us the opportunity to do so.

This is the example I follow. It has been a pleasure to have served you! Have a great year and remember to have a little fun too!

But who says that Michael Jordan and Jay-Z could be the only ones to come out of retirement? For a short time, I am back in the SSS office to help kick off the new year! We are all excited about receiving funding for another grant cycle, which means that the TRiO Student Support Services family will continue to be available to you for tutorial services, cultural activities, informational workshops and much more.

The beginning of a new academic year is a good time to renew your educational goals and get reenergized to put your best foot forward! Visit your advisor to review your program of study and get your finances in order. You are responsible for keeping yourself on the right track. In the words of Will Rogers, "Even if you're on the right track, you'll get run over if you just sit there." In other words, do not procrastinate because change remains constant and can occur quickly and not always to your liking. Be proactive and take control of your destiny!

Stop by Dawson Hall Annex to visit with your home away from home -- SSS! See you soon!

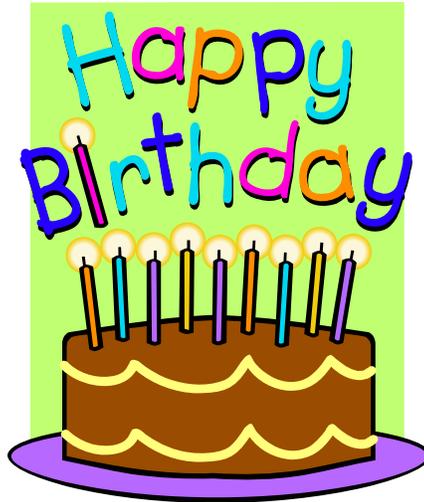
*Mrs. Ruby Stewart*



PARTICIPANT BIRTHDAYS



HARDIN, ANGELLE	2
AFU, TAUMOENGALU	3
STRINGER, TERRELL	4
ABERNATHY, KEREN	6
SUESS, BETHANY	7
FORD, CASSANDRA	15
PEOPLES, DONALD	14
BAKER, KELLY	16
GREER, QUBIEINIQUE	17
PEELER, JAZELLE	17
WOODS, DEJA	17
DORRIS, CHRISTOPHER	20
DUSHEKE, JUSTIN	21
SMITH, SHAMIKA	23
FORD, REGINA	25
PETERS, JOSHUA	25
CHEATHAM, JAMES	28
BEAUVOIR, TURLYNTRA	29
EKEANYANWU, ANNETTE	31



COLLINS, MICHAEL	2
STONE, TAMICA	2
FOWLER, DANIELLE	2
WILSON, ADRIENNE	4
FORD, TAMEKA	6
WILLIAMS, SASHA	6
BREWER, BRAD	7
HENDERSON, MORRIS	8
ROGERS, JANIE	12
TOWNES ADRIAN	13
TYLER, LATANGLER	16
STEWART, JANESA	17
BANKS, LARHONDA	19
LOPEZ, ELIZABETH	21
MOSBY, ELIZABETH	23
BYRTH, KELSEY	24
HARRIS, BRITTANEY	24



## RECIPE

## Easy Apple Cake

### *Ingredients*

#### Stage One

4 Peeled And Sliced apples  
1/4-cup sugar  
1/2-teaspoon cinnamon

#### Stage Two

1/2 cup sugar  
2 tablespoons butter or margarine,  
Soft  
1 egg  
1/4 teaspoon vanilla  
1 cup flour  
1 teaspoon baking powder

### *Procedure*

Preheat oven to 350F. Mix together 1/4 cup sugar and cinnamon. Set a layer of sliced apples in greased baking dish, then sprinkle with half of the sugar and cinnamon mixture. Cover with remaining apples and again sprinkle with the rest of the mixture.

Cream 1/2 cup sugar and butter. Add egg and vanilla and mix well. Stir in flour and baking powder and spoon over apples, spreading it as best as you can. Bake 30 minutes. Best served warm with vanilla ice cream.

(recipe in public domain)



## PARTICIPATE!

It's that time again! We've reached the end of summer break and the beginning of a new academic year here at Lincoln University.

For some of you, you're back after a long -- or perhaps all-too-short summer, and for others, the summer break was only a few weeks between the end of the June and July term and your return here. And for many, it's the start of something completely new -- the transition from high school to the university setting.

But wherever your starting place, this is a new time. Your time.

In fact, time is exactly what I want to talk about. Your future: what you do now, today affects it.

It's true.

Everything in your future is affected by what you do **today** in a very direct sense. Not tomorrow, or later, but right now. And there are some things you can do right now to have a positive affect on your future.

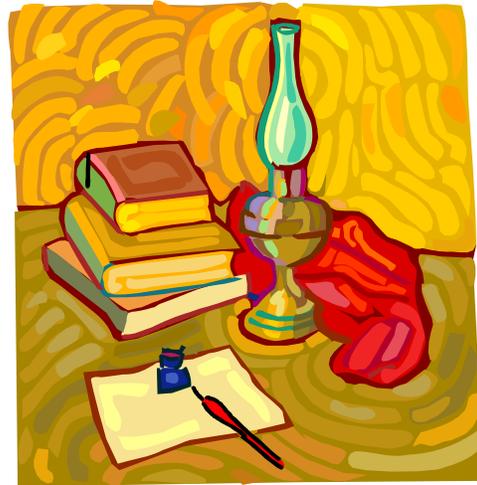
Yes, I'm talking about your grades, and I can sum it up on one word:

### PARTICIPATE

That's right. It's a major discipline -- yes, discipline, because it takes a little practice, and if you develop that discipline now -- starting now, right now, today -- it will be to your advantage later.

In order to participate, you must do more than just the "minimum level." It's on you to make your college experience worth the money you paid for it. You receive back what you put in. And there are three major things you can do to participate

1. **Go to class.** Go to class whether you understand the material or not. Go to class whether you enjoy it or not. Go to class even when it's too hot or too cold. Go to class even when your roommate wants you to go to the mall. Make the



decision NOW to go to class every day, and you won't have to face that decision every morning.

2. **Sit in front.** Why? So you can add to the discussion. That's right, you have to talk and get noticed by the teacher in order to learn. No, I'm not kidding. Answer the teacher's questions. Throw your ideas into the discussion. Make yourself heard. Get yourself noticed. If the teacher knows you're interested, he'll be more inclined to work with you if you run into problems.
3. **Do more than the required amount of work.** Yes! Take it on yourself to learn the material -- and sometimes that means doing extra work. You're not here to make checkmarks on a list of classes. You're here to learn the skills to do a career. So don't just do what the professor says, but do more than she says! Read the chapter several times until you understand it. Do all the exercises, not just the odd ones. You're here to learn, so learn! You will need this stuff when you get a job you know, and it will be awfully embarrassing when you get to a meeting and don't know it.

So there it is. Your learning is all on you -- you can do what the teacher says and slide along, or you can participate in your own learning and make sure you've got it down.

You can do this.

**TUTORS AT SSS**

Please welcome our new and returning tutors!

**Scott Chapman**  
political science

**Rebecca Freet**  
history

**Dominic Gregory**  
science and mathematics

**Jakub Michel**  
advanced mathematics

**Joyce Waller**  
mathematics

**Clark Henry**  
psychology

**SSS PERMANENT STAFF**

**MRS. RUBY STEWART**  
Director, SSS

**MS. JAN CURTISS**  
Intake Specialist

**MR. STAN ONYEKWERE**  
Program Assistant

**MR. MARK WORTHEN**  
Learning Specialist



**SSS CALENDAR**



**SSS EVENTS  
AUGUST/SEPTEMBER**

**CLASSES BEGIN**  
*M, August 23<sup>rd</sup>*

**SSS ORIENTATION**  
*T, August 30<sup>th</sup>, 11:00 a.m.*

**Welcome to College Life**  
*TH, September 2<sup>nd</sup>, 11:00 a.m.*

**WORKSHOP: Battling Procrastination**  
*T., September 7<sup>th</sup>, 11:00 a.m.*

**OPENING CONVOCATION**  
*(Activity credit - bring proof of attendance)*  
*TH, September 9<sup>th</sup>, 11:00 a.m.*  
*Richardson Auditorium*

**WORKSHOP: Setting Goals**  
*T, September 14<sup>th</sup>, 11:00 a.m.*

**ACTIVITY: Team Building**  
*(Yan Koloba)*  
*TH, September 16<sup>th</sup>, 11:00 a.m.*

**FIELD TRIP: Volunteering**  
*TH, September 16<sup>th</sup>, 3:00 p.m.*

**WORKSHOP: Buried Treasure**  
*T, September 21<sup>st</sup>, 11:00 a.m.*

**ACTIVITY: FAFSA Online**  
*TH, September 23<sup>rd</sup>, 11:00 a.m.*

**WORKSHOP: Stress Management**  
*T, September 28<sup>th</sup>, 11:00 a.m.*

**ACTIVITY: Good Citizen's Day**  
*TH, September 30<sup>th</sup>, 11:00 a.m.*

**FIELD TRIP: Volunteering**  
*TH, September 30<sup>th</sup>, 3:00 p.m.*