

DIRECTOR'S CUT

April showers bring May flowers! Sometimes it may seem that you have your own personal rain cloud hovering overhead.



Don't get discouraged, because after the clouds clear, there is a bright and sunny day just waiting to burst through.

It is easy to get run down and tired towards the end of the school year. **But you have made it this far. Don't give in to those feelings. Should you be experiencing "senior-itis" or "end-of-the-year" blues; find ways to rejuvenate your spirit. Here are a few ideas:**

- Exercise
- Eat a healthy diet
- Listen to music
- Start a new hobby
- Get plenty of rest
- Join an intramural sports team
- Get organized
- Spend time with family and friends
- Participate in SSS activities!

The end of the year is nearing. Do you have plans for the summer yet? Have you met with your advisor to register for your fall classes? Are you looking for summer employment?

Times flies when you are having fun, so make sure you are always **preparing yourself for what's next.** Come by SSS. If you need some help, our door is always open. Remember to welcome the rainy days, for your flowers will soon bloom!

Mrs. Ruby Stewart



SIGN UP IN THE SSS OFFICES TODAY!



Mark W. Worthen

Well, it's April. Spring's here already, and midterms have passed. By now, you've either had your hopes or fears confirmed and you've been working to keep those grades high or get them back to where they belong.

Years ago, a relative of mine once told me grades are not a true measure of your capability and were therefore unimportant. He then proceeded to let his grades drop by not turning in his homework and not attending classes.

He was half right.

Grades are not a true measure of a person's ability. No, hear me out. It's true. You possess a lot of important abilities that cannot be measured by grades. Here are a few of them:

Resourcefulness: This is the way you come up with ideas and apply them. If you are creative in "thinking outside the box," you will go far in this life. It is important that you learn to do this because too many people do things over and over the same way. This does not lead to change or improvement.

Synthesis: This is the ability to take information from two different sources (like a lecture and a textbook) and put it together. We don't currently have a way to measure this. This ability is important because most of your learning will come here.

Motivation: Grades partially measure this ability because motivated people get higher grades, but motivation goes much deeper than that. True motivation is the ability to know what you want and pursue it in an organized way.

Currently, grades really only test your ability to take learning from one source and apply it to another. **It's not the best way of measuring a student's ability, but currently, it's the only one we've got. So far, none of us has been able to go far enough outside the instructional box to come up with something better. It's a system you have to learn to use.**

So yes, my relative was half right – grades aren't perfect. But you must – you must – learn to work within

the teaching we use today and raise your grades as much as you can by using the above three methods of thinking. Do more research into them and find out what they can do for you.

Don't take shortcuts: ... work through the chapter, even if you don't get credit for it. The test may not be limited to the learning in the exercises the teacher collects.

Above all, you can't beat the system – you must learn to work within it to learn as much as you can to raise your grades by as much as you can. Don't try to bypass instruction.

1. Don't take shortcuts.

Do what your teacher says – do all the exercises, work through the chapter, even if you don't get credit for it. The test may not be limited to the learning in the exercises the teacher collects.

2. Don't cheat. Do your own work. At some point, you will be asked to demonstrate the knowledge you should have learned the standard way, and you won't be able to do it.

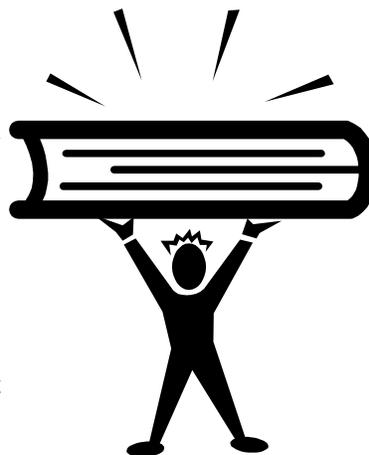
This is bad in college, but it is even worse outside college. Take it from one who has seen a person crash and burn for this very reason.

3. Go to class and don't miss. This does two things: it lets the teacher know you're serious, and it helps you follow what has been covered in class. You'll be responsible for everything on the final.

4. Help others. We learn best when we have to teach others the material we're trying to learn. Teaching promotes synthesis and resourcefulness.

5. Don't skip homework – even if it's not collected. That knowledge will be on the test.

You *can* do this. Do what I've recommended and your grades will stay up. Promise. Test me and see.

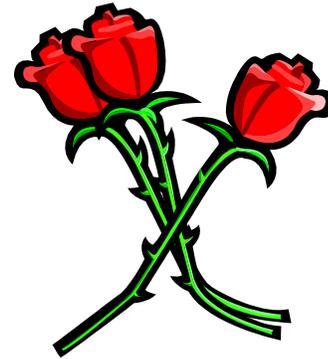




STUDENT BIRTHDAYS



Callaway, Jonathan	5
Greene, Jennifer	8
Smith, Lindsay	9
Waller, Joyce	9
Hicks, Tammek	11
Neal, Tierra	11
Sutherland, Andrew	13
Oldham, Anna	14
Bailey, Courtney	18
Cushon, Elijah	18
Hughes, Vander	20
Rackers, Bryant	20
McLaughlin, Cherita	22
Derleth, Michele	23
Robinson, Corey	28
Williams, Jennifer	28
Bailey, Chauntazia	29



APRIL RECIPE

HONEY CAKE

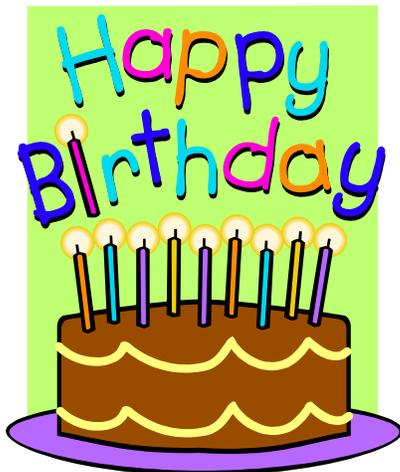
Ingredients

- 1 cup(s) (2 sticks) butter, softened
- 1 1/3 cup(s) sugar
- 1/4 cup(s) honey
- 5 large eggs
- 2 teaspoon(s) vanilla extract
- 1 3/4 cup(s) flour, sifted
- 1 teaspoon(s) baking powder
- 1/2 teaspoon(s) salt

Preparation

1. Preheat oven to 325 degrees F. Lightly oil a 6-cup loaf pan.
2. Beat the butter, sugar, and honey together using a mixer set on high until very light and fluffy, about 3 minutes. Beat in the eggs, one at a time. Add the vanilla extract. Add the flour, baking powder, and salt and beat until smooth.
3. Spoon into the prepared pan and bake until a skewer inserted into the center of the cake comes out clean--about 1 hour. Cool 15 minutes before unmolding.

Recipe courtesy Jeannie Worthen





SSS GETS FIT WITH ZUMBA!





APRIL IS NATIONAL POETRY MONTH

THE JOURNEY WITHIN

LeOndra Newell

Let's take a journey,
Hop into the car and go for a ride
What is it that you see with your eyes
Is it another car that's passing us by
What does this car represent in your journey?
Maybe it's a person, place or thing
What life has been for you
Good or bad experiences



Maybe it's you realizing that you're growing into someone mature,
Remember to take the time every now and then to take yourself on your journey that's within,
Even if the journey isn't what you expected
Remember it has made you into the amazing person you are
Never forget it.

WHO

By Jan Carter-Curtiss

Who kissed my face as I turned to lock my front door?
And leaped over the leafless branches, assuming I would ignore?
And tickled the tender rosebuds, tempting the tiniest bloom?
And swirled over the top of my head, like a witch on a broom?
And skipped over the nearby frozen pond, frozen to the extreme?
And tumbled down the grassless hill, cautiously it would seem?
And sat shamelessly on my window sill, waiting for a welcome in?
And turned my way again, with a playful little grin?
And brought a warm blush to my cheeks, that only he can bring?
Oh, so nice to see you again, my old friend Mister Spring.





APRIL IS NATIONAL POETRY MONTH

Love Comes Through

By Chryshna Clinton

Love comes through the eyes
That help me see this wonderful surprise
I see this wonderful man
Whom of which I can always stand



Love comes through the ears
That never hear fears
They help me hear the words from you
And help me pull through

Love comes through the hands
That make you my man
Your touch creates chills
Which make me go through many thrills

Love comes through the mouth
That will one day make you my spouse
You say the right things at the right time
Which help me keep my state of mind

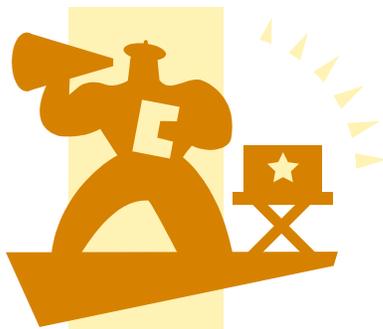
Love comes through dreams
That make us gleam
I dream about life with you in it
And everything seems lit

Love comes through smiles
That extend for miles
You can see all the joy
That comes from my baby boy

Greatness

By Derrick Bledsoe

It takes a lot to be great
You even have to stay up late
Let your mind escape if you want to be great
Eat an apple a day to keep your body in shape
A healthy mind leads you to be great
A great mind makes no mistakes
A great person keeps himself in place
To the great there's neither time nor place
There's only opportunity to be great
Listen to your peers that's the safest
Take your time on the road to greatness





TUTORS AT SSS

The following tutors are available now!

MWALIMU CLARK

history

SHERRY JONES

accounting and business

SARAH MAPLES

English

DOMINIC MCGREGORY

sciences

SALLY READER

psychology

MARIA VASKO

mathematics

STAN ONYEKWERE

sociology

MARK WORTHEN

English, Spanish

We hope to see you soon!

MRS. RUBY STEWART

Director, SSS

SSS STAFF

MS. JAN CURTISS

Intake Specialist

MS. TAMMY HARTLEY

Administrative Assistant

MR. STAN ONYEKWERE

Program Assistant

MR. MARK WORTHEN

Learning Specialist

SSS CALENDAR APRIL

Upcoming Events in Student Support Services



Tuesday, April 6th @ 11:00 a.m.

Workshop: Setting Goals

Thursday, April 8th @ 11:00 a.m.

Activity: Current Affairs

Tuesday, April 13th @ 11:00 a.m.

Workshop: Tips for Academic Success

Thursday, April 15th @ 11:00 a.m.

Activity: Enjoying College Life

Thursday, April 15th @ 3:00 a.m.

Field Trip: Volunteering at the Samaritan Center

Tuesday, April 20th @ 11:00 p.m.

Workshop: Budgeting Your Money

Thursday, April 22nd @ 11:00 a.m.

Activity: Reality Check

Tuesday, April 27th @ 11:00 a.m.

Workshop: Relationship Counseling

Thursday, April 29th @ 11:00 a.m.

Activity: TBA

Thursday, April 29th @ 3:00 a.m.

Field Trip: Volunteering at the Samaritan Center

Thursday, April 29th @ 6:00 p.m.

Awards Dinner

