



DIRECTOR'S CUT

Greetings SSS participants, and Happy New Year! I hope everyone is refreshed and looking forward to another enjoyable and successful term at LU.



As we start the new year and the new academic term, take time to reset your goals. Think about last semester, is there anything you wish you could change?

Spring semester is a clean slate, and is your chance to set new goals and start over. Maybe you are not satisfied with your current GPA or need to improve your study habits to do better in a difficult subject. What is your academic game plan?

A winning plan includes attendance in class, a solid work ethic, time management, and healthy choices. Student Support Services is here for you daily, with helpful and friendly staff and tutors. Stop in today to organize your strategies for success.

See you soon!

Mrs. Ruby Stewart

WELCOME BACK!



Be sure to pay attention to the goings-on at Student Support Services. We've got some interesting things planned! Visit often. You won't want to miss out!



**STUDENT BIRTHDAYS
JANUARY AND FEBRUARY**



Warren (Chandler), Chiquita	13
Givens, Suporche'a	15
Bailey, Cornell	16
Franklin, Rikketta	17
Younger, Shoquanna	24
Bisch, Candace	25
Jefferson, Alexandra	25
Jones, Philip	26
Goolsby, Kenya	27
Lewis, Malinda	29



Draggs, Jaime	2
Howard, Alyssa	4
Murrell, Alicia	7
Fletcher, Trey	8
Hall, Jalisa	8
Green, Tiara	12
Simmons, Joseph	12
Harwell, Jasmine	14
Jones, Jaleeah	15
Green, Arielle	16
Naugles, Jessica	22
Cooper, Brandy	23
Gross, Anthony	23
Taylor, Tana	24
Newell, LeOndra	25
Torrence, KeJuan	26
Hannahs, Sierra	27
Barnhart, Christina	29



**RECIPE OF THE MONTH:
ITALIAN SOUP**

Ingredients:

- 1 can cannellini beans
- 32 oz. chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons. olive oil
- 2 chopped onions (small)
- 2 chopped celery sticks
- 2 chopped carrots
- 1 teaspoon minced garlic
- 1 28-ounce can Italian-style peeled tomatoes (keep juice)
- 1 box frozen green beans
- 1 cup ditalini

Preparation:

Soak beans according to package instructions. Drain. Combine beans, salt and broth in pot and bring to boil. Reduce heat to simmer, let sit for 1 hour.

Place oil in large skillet over medium-high heat. Sautee carrots and garlic.

Add all vegetables to soup mixture. Add ditalini into soup mixture and let simmer for ten minutes.

Served sprinkled with parmesan cheese.

Recipe courtesy Jeannie Worthen



RINGING THE BELL FOR THE SALVATION ARMY

Pictures by Ruby and Roderick Stewart

Student Support Services Director Ruby Stewart (below) and Jan Curtiss participated with other Lincoln staffers (right and lower right) in ringing the bells for the Salvation Army collecting stations at Schnuck's Foods on Missouri Boulevard.





GETTING YOUR GROOVE BACK

Mark W. Worthen

Happy New Year! We're nearly a month into January, school's begun again, and break is over. If you're like me, you're feeling it: the press to get back into the groove of studying, shifting your focus away from whatever it is on vacation and back to learning. It can be a tough change to make, and if you sit down and make some conscious decisions about it, you can keep it from setting you back days or even weeks. A few minutes spend now can save you lots of difficulty later. Develop some **or all of these simple habits, and you'll be a success story this semester!**

Get a calendar. If you don't have one, stop reading this and go to the bookstore and get one. Once you've got it, go through for the semester and put all your test dates and project due days on it. Then use it to record **when you're homework is due, when you did it, and whether you turned it in.** (I'm serious. Some folks spend so much time doing the work they forget the most important part: turning it in.)

Plan to get enough sleep. Six hours minimum, eight hours preferable. Studying without sleeping right is like trying to drive a car without putting gas in it. Would that work well for you?

Prioritize all your activities. And do the important ones first. I'll talk a little more about this later. Give high priority to things due immediately and large projects and tests farther down the road. Should you study a little every day for them?

Start your projects the day you receive the assignments. This helps you overcome procrastination and get that new project feeling going that much faster. Spend a little time studying every day. This helps you retain things in long-term memory.

Spend a little time on the big projects each day. Then you won't have to stay up all night doing it the day before it's due.

Work before fun. Remembering this simple phrase will help you not have to make the decision every time it comes up. Does that mean you might have to miss an event or two? You decide.

Set goals. Decide now what you want your grades to be instead of working hard to raise them after midterm. You want the A? What can you do to get it now?

Work in the same place and don't do anything else there. Find a spot in the library or in your room that you can devote only to schoolwork and just that every time. Your body and brain will become used to doing that and be in that mode that much faster.

And finally we come to the "more prioritizing" I was speaking about. As you try to follow some of these words of advice, also remember this simple phrase that an old mentor of mine used to say. **Do it when it needs to be done, whether you like it or not.** That has three parts.

Do it. Get it done. Start that big project. Finish that little one. There is power in moving to action.

When it needs to be done. This is the big one. We often say, "I'm a procrastinator." No you are not. Procrastination is a learned behavior — **it's not in the genes.** Get yourself up off the bed or sofa and move to action NOW. **Even if it's not due until Monday.**

Whether you like it or not. There are certain things we hate doing. For some of us it's studying. For others, writing. For still others, reading. It doesn't matter whether you like it. Part of crossing that magic age of 18 is realizing that there are some things that **"have to be done" and enjoyment doesn't really enter into the equation.** Just look for that part where you can print it out and tuck it in your book bag to turn in. That feeling of, **"Oh wow. I'm finished" is unlike any other.** **Celebrate a little. Just don't celebrate too long — there's always another project on the horizon.**

And remember: You can do this!

Good luck!





TUTORS AT SSS

The following tutors will be returning in the spring.

MWALIMU CLARK

history

SABRINA GLEESON

mathematics

SHERRY JONES

accounting and business

LAURA HICKS

English and philosophy

DOMINIC MCGREGORY

sciences

MARIA VASKO

mathematics

STAN ONYEKWERE

sociology

MARK WORTHEN

English, Spanish

We hope to see you soon!

SSS STAFF

MRS. RUBY STEWART

Director, SSS

MS. JAN CURTISS

Intake Specialist

MS. TAMMY HARTLEY

Administrative Assistant

MR. STAN ONYEKWERE

Program Assistant

Mr. MARK WORTHEN

Learning Specialist

SSS CALENDAR JANUARY & FEBRUARY



Upcoming Events in Student Support Services

Thursday, January 21st @ 11:00 a.m.
SSS Spring Orientation (for all participants)

Tuesday, January 26th @ 11:00 a.m.
Workshop: Welcome to College in the Winter

Thursday, January 26th @ 11:00 a.m.
Activity: Bulding a Team

Tuesday, February 2nd @ 11:00 a.m.
Workshop: Managing Your Time

Thursday, February 4th @ 11:00 a.m.
Activity: Valentine Décor

Tuesday, February 9th @ 11:00 a.m.
Workshop: Using Your Resources

Thursday, February 11th @ 11:00 a.m.
Founders Day Convocation (bring proof of attendance for activity credit)

Tuesday, February 11th @ 3:00 p.m.
Trip: Samaritan Center Service

Tuesday, February 16th @ 11:00 a.m.
SSS Field Trip Orientation and Discussion

