LINCOLN University

August 2009

THE 411

DIRECTOR'S CUT

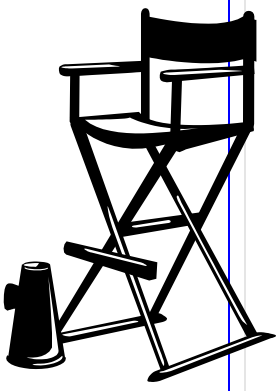
Welcome back from your summer vacation! Hope you had fun and are ready to embark on a successful new school year! Here at Student Support Services, the staff and myself are looking forward to your taking advantage of our services. Schedule an appointment early and get a jump on your classwork and you will be a winner.

Our program is more than a tutoring service, though. It is important to remember that when you sign up, you will be expected to attend at least two of our workshops. Offered are sessions in stress management, study skills, financial aid, money issues, and various others topics. You will also be expected to attend at least one of our cultural events every semester, along with one of our volunteer service projects. Keep in mind that our services are free of charge and planned *just for you*.

Now that classes have begun, an important thing about college that I want to pass on to you is to *get organized.* Time management is largely a product of personal organization. The following will help:

1. Set goals — both long-range and short-term goals.
2. Organize and prioritize your time.
3. Make a commitment to succeed
4. Set starting dates and stick to them.
5. Leave time for relaxation and friendships

After you get your personal and class schedule worked out, the single most important thing you can do is to *go to class*. You should go to class every session! Absenteeism will hurt your grades; it might make the difference between an A and a B or a C and a D.



These are just a few of the many tips I will offer throughout the year. You have to make the first step: come and join the SSS family, *where potential finds success!*

—Mrs. R. Stewart, Director

SSS ORIENTATION

AUGUST 27TH @ 11 A.M.

THERE ARE NEW RULES AND PROCEDURES YOU'LL NEED TO KNOW ABOUT:

- **TUTORING**
- **GRANT AID**
- **TRIPS**

DON'T MISS IT!

NEW GRANT AID REQUIREMENTS

Mark W. Worthen

You may have seen the new posters around the SSS office outlining the new requirements to receive grant aid. These are important to understand because there are several new things that must be done to receive aid.

1. First and foremost, you must have an **individual education plan on file** with SSS. Your success coach should fill one of these out with you regarding your goals and plans at Lincoln University during one of your appointments.
2. The most important requirement is that students must **maintain a 2.0 grade point average** for the semester. This one is very important, as students will not be issued grant aid if their semester GPAs are below this number, even if they have fulfilled all the other requirements. Even if you do the others, you will not receive aid if your average falls below 2.2.
3. The Survival Workshop requirement has not changed. You must attend **four Tuesday workshops**. Keep in mind that there are no longer as many since we are no longer offering workshops on Thursdays.
4. On Thursdays, we now offer something different, and you must attend at least two of these **group activities**. Some of these will be related to the workshop of the previous Tuesday. One day an idea will be discussed, then on Thursday, you may have some hands-on learning to see how the idea works. Field trips also count as group activities.
5. You must see your **success coach at least two times** during the semester. Your success coach will help you set goals and measure your progress towards them. Additionally, if you need anything, your coach can either provide that help or tell you where to get it.
6. You must also participate in **one volunteer activity**. Periodically, Student Support Services holds trips to the Samaritan Center or the nursing home to help out. Students who have gone find these trips rewarding and fun.
7. Finally, you must participate in **tutoring at Student Support Services**, and you must **maintain at least an eighty percent attendance** rate with your tutor. Any less, and it does not count towards grant aid.

These are the new requirements for grant aid. If you have any questions, or if the requirements are unclear to you, contact Mark Worthen in the SSS offices and he can help you.

We look forward to working with you this semester, and hope you have academic success and a lot of fun!

On Your Mark…Get Ready… Get Set…GO!

Jan Curtiss

For the runner, many weeks of vigorous and disciplined training boil down to hearing four short sentences: **On you mark. Get ready. Get set. Go!** These eight spoken syllables will thrust the runner to the fate that lies ahead. Discounting the pains and agony it took to get to this moment, the runner will only concentrate on one thing: **Winning**. No dropping out of the race and no asking for a do-over. No demanding more time to practice and no looking back at mistakes made. In similar ways, achieving a college education can be compared to the goal of the runner.

"On Your Mark!" You walk towards the starting line full of hope, eager to get to the finish line. You, like the runner, will become little nervous and anxious about the impending performance of your talent and abilities. This is normal. But now it is time to get a grip and step up to your "mark." It is now time to shut out all doubts. It is time to focus.

"Get Ready!" Oh, there is so much to get ready before the first day of class. You'll ask yourself, "Did I get all my books? Did I check on my financial aid? Do I know where my classes are?" Hopefully, you will have a checklist to help make sure all "i's" are dotted and "t's" are crossed before the start of classes. Neglecting to take care of even minor details can turn into nuisances once classes commence. It is wise to check your "shoelaces" before the race begins.

"Get Set!" Now with all the distractions out the way, you are ready for get down to business (even if you're not a business major). You have familiarized yourself with the campus. You know the locations of all the good stuff, such as the library, computer labs, cafeteria, and bookstore. You have familiarized yourself with each syllabus, which should clearly outline your work and study assignments. It is up to YOU to have a plan of action. BE PROACTIVE! Position yourself to win by knowing beforehand, "Do I know the best place to study without distractions? I know math is not my best subject, did I sign up for any on-campus tutoring? Do I know the due dates of all my assignments and tests so I won't fall behind?" Remember this idiom "*an ounce of prevention is worth a pound of cure.*" This means that is better to try to avoid problems in the first place, rather than trying to fix them once they arise.

"GO!" Now you're off and running. College semester weeks fly by faster than most students wish, especially if they are not keeping a steady pace through to the end. As any runner will profess, you must stay on track and keep looking forward. If you happen to stumble, get up and get back in the race. Don't lose your focus. Your trophy awaits you.

Best wishes to all new and returning students.

STUDENT BIRTHDAYS AUGUST AND SEPTEMBER

August	2	Angelle Hardin
August	4	Terrell Stringer
August	6	Keren Kinsey
August	7	Bethany Suess
August	10	Cynthia Shellman
August	14	Donald Peoples
August	15	Kevin Brown
August	17	Qubieinique Greer
August	19	Amber Scales
August	23	Shamika Smith
August	23	Isaac Young
August	24	Aishah Williams
August	25	Regina Ford
August	25	Angela Massey
August	25	Joshua Peters
August	26	Brianna Freeman
August	27	Chanel Jackson
August	28	Tameka Hall

September	2	Danielle Fowler
September	3	Ray Taylor
September	4	Adrienne Wilson
September	6	Sasha Williams
September	9	Brandon Brackett
September	11	Sharon Banks
September	12	Gregrette Perry
September	12	Janie Rogers
September	16	Davon Brackett
September	16	Deanna Washington
September	17	Seleana Smith
September	17	Janesa Stewart
September	18	Charmaine Watson
September	19	Larhonda Banks
September	19	Ashley Harper
September	20	Latosha Weathersby
September	23	Elizabeth Mosby
September	24	Kelsey Byrth
September	25	Kirby Woods
September	25	Fremon Young

RECIPE CHOCOLATE DUMP CAKE

Ingredients

- **2 cup(s) all-purpose flour**
- **1 1/2 cup(s) whole milk**
- **2/3 cup(s) granulated sugar**
- **2/3 cup(s) dark brown sugar**
- **1/2 cup(s) unsweetened cocoa**
- **3/4 cup(s) butter**
- **3 large eggs**
- **2 teaspoon(s) vanilla extract**
- **1 teaspoon(s) baking powder**
- **1 teaspoon(s) baking soda**
- **1/2 teaspoon(s) salt**
- **Fudgy Cream-Cheese Frosting, (see link below)**

Directions

Batter: Preheat oven to 350 degrees F. Using a small brush, lightly coat two 8-inch cake pans with softened butter. Dust with flour and tap out any excess. Set aside. In a large bowl, using a mixer set at low speed, combine the flour and remaining 10 ingredients. Increase mixer speed to medium and continue to beat for 3 more minutes.

Baking: Divide the batter equally between the pans and spread evenly. Bake on the middle rack of the oven until the tops spring back when lightly touched. Cool in the cake pans on a wire rack for 10 minutes. Using a knife, loosen the cake layers from the pan sides. Invert cake layers onto the wire rack to cool completely.

Frosting: Use a serrated knife to level the tops of the cake layers, if necessary. Line the edges of a cake plate with 3-inch-wide strips of waxed or parchment paper and place a cake layer, trimmed side down, on top. Place 1/2 cup of our Fudgy Cream-Cheese Frosting on top of the layer and spread evenly. Place the second layer on the first and cover the top and sides with the remaining icing. Remove paper strips and serve. Store refrigerated for up to 4 days.

TUTORS AT SSS

YOU MAY SIGN UP FOR TUTORING AT MR. WORTHEN'S DESK AT ANY TIME. HOWEVER, TUTORING SESSIONS WILL NOT BEGIN UNTIL MONDAY, AUGUST 31st.

Student Support Services offers tutoring from the following:

KAITLYNN BAKER - psychology

MWALIMU CLARK - history

VALENTINE DAMA - mathematics

LAURA HICKS - English and philosophy

JAKUB MICHEL - advanced mathematics

DOMINIC MCGREGORY - biology

STAN ONYEKWERE - sociology

MARK WORTHEN - English, computers

MARIA VASKO - mathematics

We hope to see you soon!

SSS CALENDAR AUGUST - SEPTEMBER 17th

Upcoming Events in Student Support Services

Tuesday, September 1 - 11:00 a.m.
WORKSHOP: College Life 101

Thursday, September 3 @ 11:00 a.m.
ACTIVITY: Team Building Exercise

Thursday, September 3rd - 3:00 p.m.
VOLUNTEER ACTIVITY: Samaritan Center

Tuesday, September 8 @ 11:00 a.m.
WORKSHOP: So Much to Do, So Little Time

Thursday, September 9 @ 11:00 a.m.
WORKSHOP: So Much to Do, So Little Time

Tuesday, September 15 @ 11:00 a.m.
WORKSHOP: Winning Habits

Thursday, September 17 @ 11:00 a.m.
ACTIVITY: What Works for You

Thursday, September 17th - 3:00 p.m.
VOLUNTEER ACTIVITY: Samaritan Center