



The 411



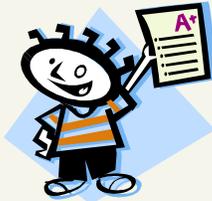
STUDENT SUPPORT SERVICES FROM THE DIRECTOR

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The spring semester is off to a good start, and I hope that you are too! If you are like me, I am ready for spring break. Not because I don't want to see you but because I am ready for some warm weather! Don't let the winter blahs get you down; warm weather is on the way!



As you start preparing for spring, don't

forget to prepare for midterms. Remember that midterms are designed to give you an indication of how you are doing in your classes. If your midterm grades are not where you want them, remember that Student Support Services is here for you. The great thing about midterms is that it is just that, mid term and you still have time to work hard and get those grades up. So come to the office and schedule tutor appointments. If your midterm grades are

up to par, SSS is still here for you. Come visit us to take advantage of some of the workshops and field trips that are planned for the remainder of the semester.

If Students Support Services can do anything to assist you, let us know. Our services are designed *just for you!* Best wishes on midterms! Have a safe and fun spring break and remember that you have half of the semester left to work really hard on your grades!

MIDTERM RESOLUTIONS

Mark W. Worthen

Now is that strange time of year when students get a little nervous. One of two things happens when midterm grades come out.

First, some students see they have a bad grade and maybe they wonder what happened or they wonder if it's too late to bring it back up.

Second, students might see they got a good grade, or at least a grade that's not terrible, and they wonder how they can keep it.

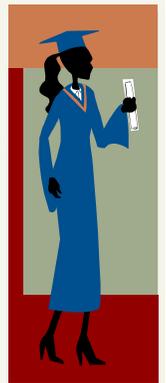
There are a few secrets to getting or maintaining that grade, and the only reason they're secrets is that there are no magic tricks, shortcuts or bypasses to get the results another way

Resolve to study every day, *whether you have homework in that class that day or not.*

Resolve to care about the class material, even if you don't. There is a reason the administration or the state requires you to take this class. Find out what it is and why you should be

learning this. Then look to get the most out of it that you can. Seek understanding, not a grade. Get the learning, not just a tick mark on a list. The grade will come with the rest of it.

Resolve to attend class every single period, especially if you don't like the



YOU CAN SUCCEED THIS SEMESTER!

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MIDTERM RESOLUTIONS CONTINUED



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class. Going to class will aid your understanding of the material, even if you think the instructor isn't helpful. It also shows the instructor that you are interested in bringing your grade up.

Resolve to do all the homework, even if you already know that concept or see it as busy work. This is another way the instructor learns that you care about the material.

Resolve to demonstrate to the professor that you are a responsible human being, ready for the A or B that will come your way if you understand the material and show that understanding on tests and quizzes.

Resolve to accept responsibility for yourself. Do not

blame low grades, poor attendance or incomplete homework on anyone else.

Resolve to become the type of student who has specific goals and knows how to reach them. Do what is necessary to learn how to set goals, to learn what behaviors you personally need to change, set aside and adopt to get to that point in your life. College is a large, expensive, life-changing undertaking, and if it doesn't change you, you haven't gotten your moneysworth.

Finally, **resolve to learn**. True teachability involves sometimes admitting that others know more than you. Take advantage of the opportunities that Lincoln provides you and get all the learning you can. This will provide you the biggest bang for your buck. If you resolve to be someone who can be taught, you will become the type of person who understands the world around you and your place in it.

And with that understanding comes the grades you want.

DID YOU KNOW...

Student Support Services is part of a group of programs created by an act of Congress in 1965?



DESTRESSING DURING EXAMS

Mark W. Worthen

When people want you to relax, they often tell you to take a deep breath.

The first time I heard this, I thought, "Right! What good is that?"

Well it works. But you have to do it right. As you sit there, put your hand on your stomach. Come on. Right now. Now breathe, drawing the breath from where your

hand is. Breathe deeply and make sure your hand moves as you breathe.

This is healthy breathing. It draws more air in, oxygenating your blood more efficiently and carrying that oxygen right to where it's needed: the brain. It can increase your understanding, calm your nerves, and



even quiet your anger if you let it.

This is what people mean when they



say take a deep breath and wait. Once that oxygen gets to its destination, you'll see a difference almost immediately. The

longer you do it, the more effective it is. And if you breathe like this all the time, you'll notice a big change in your life.

When you're in a stressful situation like taking a test or looking for answers you don't know, do this first. It works a lot better than wolfing down a candy bar.

Try it!

A VISIT TO THE DAM

Joseph Ward III

Have you ever taken a trip to the Lake of the Ozarks and crossed a road where you see water when you look to your right *and* when you look to your left?

Chances are that you have just crossed the Bagnall Dam. Students from SSS got a chance to see it firsthand, up close and personal.

Students took a tour of Bagnall Dam on Saturday, March 1, 2008. What was unique about this tour is that it was set up and approved just for us. Since the occurrence of attacks of the Twin Towers, procedures changed for how companies allow the public to access their structures. Bagnall Dam was one of those com-

panies. Bagnall stopped public touring after the attacks. This tour was approved for Student Support Services because of our mission and the Bagnall Dam's Directors commitment to higher education.

The students were given history of Bagnall Dam and then were led on a tour of the control room. Because of major construction, the students were only limited to see just a small portion of the inside of the dam.

Students learned that AmerenUE is the owner of Bagnall Dam.

The construction of the dam began on August 6, 1929 and was completed in April of 1931. It is 2,543 feet long and the base of the dam is 93 feet wide.

After getting filled with an abundance of information, the students took a visit to Willmore Lodge and Museum. There, the students were able to see more information regarding the construction of the dam. We were able to see mock versions of it as well.

The museum has a gazebo that offers a beautiful view of the first seven miles of the Lake of the Ozarks. Students took advantage of some great weather and ate lunch there. We had a rare chance to see the bald eagles that migrate to the lake area for the winter.

The trip was a wonderful experience. SSS student Ashley Howard said "thank you Mr. Ward and Mr. Stan for setting up this trip. As many times as I have crossed the dam, I never knew the history of it. The museum was awe-

Did You Know?

- * Bagnall Dam was the largest and last major dam in the U.S to be built with private investments.
- * Missouri's Lake of the Ozarks is one of the largest man-made lakes in the world, covering 86 square miles in for counties.
- * In a typical year, the Osage Power Plant produces more than 500 million kilowatt-hours of electricity – enough to supply the needs of nearly 4,200 average households.
- * By using the natural energy of falling water, the Osage Power Plant saves our nations about one million barrels of oil or one million tons of coal each year.

some!"

Student Support Services strives to be a positive experience for the students that we serve. We provide educational trips and workshops that enhance the students' academic careers here at Lincoln.



**CALENDAR
MARCH**

Saturday 1st

Bagnall Dam and Wilmer Lodge Tour

Tuesday 4th

Be Ready for That Job Interview!

Thursday 6th

Mock Interviews

Thursday 6th at 3 p.m.

Heisinger Bluffs Nursing Home visit

Tuesday 11th and Thursday 13th

SPRING BREAK (NO WORKSHOPS)

Tuesday 18th and Thursday 20th

Decompressing from Stress

Wednesday 19th

Career Fair

Thursday 20th

Heisinger Bluffs Nursing Home visit

Tuesday 25th

Keeping Your Credit Score Clean

Thursday 27th

Be Smart with That Credit Card!

Friday 28th

Last Day to See Success Coaches for Grant Aid Purposes

A P R I L

Tuesday 1st

Visit to University of Missouri at Rolla

Thursday 3rd

Heisinger Bluffs Nursing Home visit

Tuesday 8th and Thursday 10th

Why Grades Matter

Tuesday 15th and Thursday 17th

How to Set Goals that Matter

Thursday 17th

Heisinger Bluffs Nursing Home visit

Thursday 19th

Connor's Cave Caverns Tour

Tuesday 22nd and Thursday 24th

Registration Made Easy

Friday 25th

Last Day to Turn in Grant Activities and Materials

**STUDENT
BRAGS**

On Thursday, February 28th, **Rikketta Franklin** organized "A Showcase of Music," a program of dance and song performed by several Lincoln University student artists and composed and arranged by African-Americans. The program, presented in Richardson Auditorium, went beautifully and had a good turnout.



Mrs. Ruby Stewart	-	Director
Kennette Herndon	-	Administrative Assistant
Janice Carter-Curtiss	-	Intake Specialist
Mark Worthen	-	Learning Specialist
Stan Onyekwere	-	Project Assistant
Joseph Ward III	-	Learning Specialist I

Lastasia Whaley.....	6
Denita Haynes	12
Patricia Brown.....	14
Manuel Wynn	14
Andrea Beard.....	16
Dominic Bledsoe.....	17
Brittany Reynolds.....	18
Corinna Willis	20
Dawn Jenkins.....	22
Brooke Hollingsworth	25
Markesha Howlett	30



BIRTHDAYS!

