



FROM THE DIRECTOR'S DESK...

Students, spring break is almost here! However, before you can begin to make your plans for rest and relaxation, you must first prepare for your mid-term exams.

This year, mid-terms will be given from March 2nd through March 6th. If you want to enjoy your break, March 9th through March 13th, then here are a few suggestions that will ensure your mid-term success:

- ◆ gather your notes,
- ◆ form a study group,
- ◆ talk with your in-

- structor(s),
- ◆ prioritize your time,
- ◆ get plenty of rest,
- ◆ eat healthy balanced meals,
- and most importantly,
- ◆ arrive on time,
- ◆ think positively, and
- ◆ do your very best.

Remember that Student Support Services (SSS) is always available to you. Our trained, qualified tutors are here to assist students with aca-



ademic difficulties. Remember the goals you set for yourself at the beginning of the year. You can reach and surpass them with a little preparation. Take time to prepare, you owe it to yourself. You are investing time in the most valuable thing you own — you! Good luck and see you at SSS!

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February 24, 11 a.m.

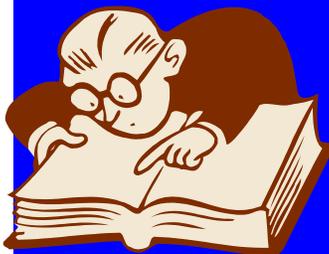
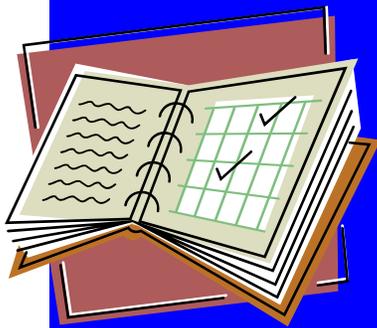


in the Scruggs Ballroom

TRIO DAY LUNCHEON

Have you or someone you know recently received an honor or award? If so, contact the SSS program and have your achievement published in future issues of 411!

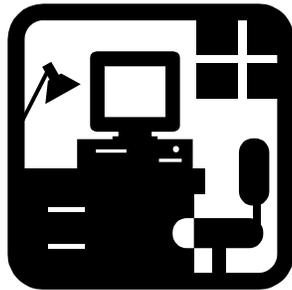
The SSS program wishes to recognize students for their many achievements. Should you wish to be recognized, in upcoming issues of the news letter, please contact Mark Worthen at 5923 or worthenm@lincolnu.edu.



No Way Around the Basics

Mark W. Worthen

When we begin something new, like starting another semester at college, we get a



feeling of excitement. It's that feeling of having a fresh start, a clean slate, and we tell ourselves it's going to be a great one. We feel optimistic and ready to go.

Writers call this feeling "new project euphoria," and it's very natural. You feel like this semester, you're going to get that 4.0, and attend all your classes, study the way you need to and stay on top of your homework from day to day.

The trouble is that after a while, new project euphoria fades, and you're left with the day-to-day grind of going to class, doing your home-

work and trying to study for exams.

People ask me, how can I maintain that new project euphoria? How can I keep it? Isn't that the secret of doing well?

Here are the tough answers: You can't keep it, and no, it's not the answer to your problems.

There are no slick answers, secret formulas or hidden shortcuts to getting those As. Students who achieve follow the basics, the same steps you've heard your teachers, your success coaches and your administration talk about since you came here.

Let's talk about them some more.

Basic #1 Attend class. It's easy to ditch class if you're sick, don't feel like going, or get invited to go somewhere else. The 4.0 student goes to class anyway.

Basic #2 Do your homework. Do it all, do it on time, do it the way the instructor says, and do it

before the class it's due, not after.

Basic #3 Study a little each day, even if you don't have homework in that subject.

Basic #4 Start a project the day it's assigned. That way you've done the hard part: made a beginning.

Basic #5 Keep a calendar with all your due dates and appointments, including classes and work. And look at it every day.

You've heard me and others say these things before. We say them for a reason - because they're true. The 4.0 student will follow all of these.

They only way to get that grade you really want is to do everything that's asked of you when it's asked of you.

Those are the secrets. There are no others.



HAVE YOU DONE YOUR FAFSA YET FOR FALL SEMESTER?

DO IT

NOW



AND

AVOID THE RUSH!

FINANCIAL AID OFFICE

There are 4 digits in a number. Using the clues below, figure out what the digits are. Each blank can only contain a one-digit number. The answer and clues will use this lettering to put them in order

A B C D

Digit C is one more than digit A, which is twice digit D, which is ten less than digit A + 8. Digit B is digit A + C + D minus two. What is the number?

Tutor Spotlight: Jakub Michel

Jakub is a newcomer to the tutoring staff of Student Support Services, and comes to us with a background in higher mathematics and astronomy. He is currently a junior at Lincoln majoring in math.

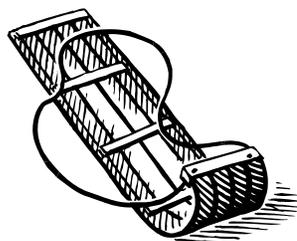
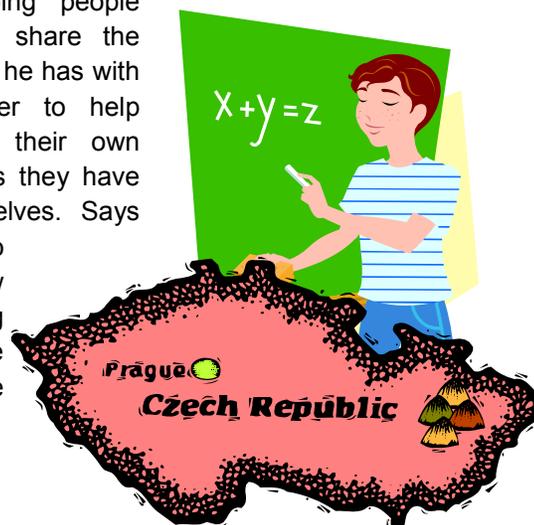
Jakub was born in October 3rd, 1987 in the city of Chrudim in the Czech Republic. When his parents sold their printing company in 1994, his family came to the United States, where he developed his academic interests and worked to perform well in school.

He likes to tutor math and astronomy because he feels that everyone should be given the opportunity to enjoy those subjects the way he does.

He likes helping people and wants to share the knowledge that he has with others in order to help them achieve their own academic goals they have set for themselves. Says Jakub, "No matter how hard something may be, there will always be

someone there to help you with it."

That is our common goal at Student Support Services and we welcome Jakub to the SSS staff.



Credit Watch Workshop

by Stan Onyekwere

On February 10th, Student Support Services held a workshop on consumer credit by Mr. Kevin Thompson, Vice President of Accudata Credit Systems.

Mr. Thompson spoke to the students about the importance of maintaining good credit - that being on a good credit stance after graduation from college would give them a good bit of leverage on what-

ever financial undertaking they may want to embark on afterwards, whether it be a car, a house or a small business

Eighteen students attended the workshop, which is better attendance than we've seen at workshops in quite a while. They asked Mr. Thompson a barrage of questions regarding their financial standing and future, and he answered each one in detail.

This workshop was added to the list of presentations to, in

addition to teaching students to be responsible with their studies, assist them with their credit cards and to help them manage their finances properly. A credit line of just two hundred dollars might end up being a thousand-dollar debt if not properly managed.

Mr. Thompson stated that he was pleased with the turnout and interest shown by the students, and volunteered to come again whenever he was asked.

Ramen Crunch

Ingredients

1 pkg. Ramen Noodles (break in half)
1 can cheese spread or 1 slice of cheese
1 meat-sliced sausage or canned chicken or
even fried chicken broken up with parts
1 spoonful of picante sauce



Preparation

Cut the ramen noodle in half. Spread cheese spread or slices over the top. Add sliced sausage or canned chicken or even fried chicken broken up in parts. Top with picante sauce.

Microwave on high in the microwave until the cheese melts. Watch it closely so it does not burn!

You also can add steamed vegetables if you like or if you are a vegetarian substitute veggies for the meat.

It is crunch–de-licious!



Student Support Services

YOU CAN DO THIS!

STUDENT SUPPORT SERVICES

BIRTHDAYS



Draggs, Jaime	2
Lawrence, Chantele	2
Means, Chandler	2
Howard, Alyssa	4
Murrell, Alicia	7
Fletcher, Trey	8
Hall, Jalisa	8
Wayne, Marketta	8
Green, Tiara	12
Simmons, Joseph	12
Harwell, Jasmine	14
Crawford, Iziah	15
Taylor, Tana	24
Newell, Leondria	25
Norman, Donald	25
Hannahs, Sierra	27
Ward, Sarah	28
Barnhart, Christina	29



Reedus, Alexandria	1
Smith, Lashaunda	4
Ibe, Cynthia	5
Martin, Cara	11
Casey, Amber	12
Haynes, Denita	12
Jackson, Martika	13
Brown, Patricia	14
Wynn, Manuel	14
Beard, Andrea	16
Reynolds, Brittney	18
Willis, Corinna	20
Jenkins, Dawn	22
Juarez, Christian	24
Moore, Denisha	24
Hollingsworth, Brooke	25
Eaton, Kevin	30
Goldsberry, ChaMarko	30
Howlett, Markesha	30



OUR TUTORS

Danielle Butts

basic mathematics

Valentine Dama

mathematics

Kristen Finley

biology, chemistry

Dawn Jenkins

English, speech, writing/papers

Tyrone Nixon

psychology

Stan Onyekwere

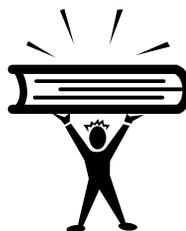
sociology

Marcella Patlán

biology, Earth science

Mark Worthen

Spanish, computer science, English



We're on the Web!

<http://www.lincolnu.edu/pages/454.asp>

CALENDAR

February 24 @ 11 a.m. - TRIO DAY LUNCHEON (Counts as field trip)

February 26 @ 11 a.m. - Workshop: Avoiding Test Anxiety

February 26 @ 4 p.m. - Field Trip: Assisting at the Samaritan Center

February 29 @ 8 p.m. - Field Trip: Play - "Flyin' West" (Rhynsburger Theatre)

March 3 @ 11 a.m. - Workshop: Sharing Learning Tips

March 9 - 13 - SPRING BREAK

March 17 @ 11 a.m. - Workshop: Life in the FASFA Lane

March 19 @ 11 a.m. - Workshop: Stress Management

