

# THE 411

## DIRECTOR'S CUT

**M**y first week at Lincoln, I saw only a few students. At the start of week two, I saw more students returning from home, and I could feel the energy and excitement of settling into a new place as they made the transition from home to life on a college campus.



I'm also settling into a new place and am equally as excited to be joining the Student Support Services as its new director. The staff and I are busy planning workshops and events that will provide the tools to navigate the path to successful college life. We know how busy student life can be as you juggle classes, study time and social activities. We intend Student Support Service to be the place that will help you to manage these things and more.

The start of the New Year is a wonderful time to change your life's direction. Whether committing to a new attitude, study regimen or something even bigger, it's possible to shift gears and take your life in a new direction. I encourage you come over to the office and meet your new SSS mentor, or reacquaint yourself with the one from last semester. The mentors are here to listen and coach you on the greatness. This program can and will enrich your college experience. The staff has much expertise and a sincere willingness to help you make this semester of college life a positive and meaningful one.

One of the best ways to succeed in college is to seek out resources before you really need them. Why wait for the midterm jitters? If your schedule is going to be a challenge, come by at the start of school and see if you qualify for a tutor to help you to get off to a successful start. Getting assistance at the beginning allows you to get the help you need, when you need it. It also builds confidence and mastery in subject areas and planning skills that you'll need later in life.

We need your involvement and strongly encourage you to join the **Student Advisory Group (SAG)**, a newly forming group of SSS students who will help to plan interesting activities and events. As we plan field trips, volunteer opportunities and workshops, it's important that we know the interest level of our students. We expect that our meetings will be a combination of good food, wonderful company and great ideas.

Despite the gently falling snow, this is the spring semester. Let's have fun and achieve the goals we have set for this new year of 2011. Remember, life has rich rewards for those who participate in directing their own lives.

*Ms. Ruth Canada*



**STUDENTS  
WELCOME BACK!**  
We missed you!



PARTICIPANT BIRTHDAYS



Happy Birthday

<b>Khan, Mahmood</b>	<b>1</b>
<b>Williams, Terrence</b>	<b>2</b>
<b>Penny, Christine</b>	<b>3</b>
<b>Jones, Michael</b>	<b>5</b>
<b>Motton, Tiffany</b>	<b>5</b>
<b>Taliaferro, La Shundra</b>	<b>6</b>
<b>Edwards, Nichole</b>	<b>7</b>
<b>Codrington, Shaniqua</b>	<b>9</b>
<b>Franklin, Ricketta</b>	<b>17</b>
<b>Williams, Charles</b>	<b>18</b>
<b>Wood, Chandra</b>	<b>20</b>
<b>Westfall, Rahim</b>	<b>24</b>
<b>Younger, Shoquanna</b>	<b>24</b>
<b>Bisch, Candace</b>	<b>25</b>
<b>Gilmore, Keonna</b>	<b>25</b>
<b>Jefferson, Alexandra</b>	<b>25</b>
<b>Jones, Philip</b>	<b>26</b>
<b>Lewis, Malinda</b>	<b>29</b>



<b>Lawrence, Chantele</b>	<b>2</b>
<b>Howard, Alyssa</b>	<b>4</b>
<b>Carter, Whitney</b>	<b>6</b>
<b>Murrell, Alicia</b>	<b>7</b>
<b>Fletcher, Trey</b>	<b>8</b>
<b>Hall, Jalisa</b>	<b>8</b>
<b>Smith, Shabre</b>	<b>8</b>
<b>Wayne, Marketta</b>	<b>8</b>
<b>Worthen, Mark</b>	<b>10</b>
<b>Sanders, Shaniquia</b>	<b>12</b>
<b>Simmons, Joseph</b>	<b>12</b>
<b>Harwell, Jasmine</b>	<b>14</b>
<b>Conroy, Michael</b>	<b>15</b>
<b>Jones, Jaleeah</b>	<b>15</b>
<b>Dawotola, Kayode</b>	<b>16</b>
<b>Green, Arielle</b>	<b>16</b>
<b>Henry, Michael</b>	<b>17</b>
<b>Barnes, Valencia</b>	<b>21</b>
<b>Naugles, Jessica</b>	<b>22</b>
<b>Cooper, Brandy</b>	<b>23</b>
<b>Newell, Leondra</b>	<b>25</b>
<b>Williams, Candice</b>	<b>26</b>
<b>Hannahs, Sierra</b>	<b>27</b>





**RECIPE**

**HOMEWORK FUEL**

*Ingredients*

- 4 cups mixed Rice and Wheat Chex cereals
- 2 cups mini pretzels
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon cayenne pepper
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Worcestershire sauce

*Procedure*

In a large bowl, combine cereals, pretzels, Parmesan cheese, garlic salt, onion powder, black pepper and cayenne pepper. Toss with oil and Worcestershire sauce. Microwave on high in three minute intervals, stirring between each one.

(recipe courtesy Jeannie Eddy)



**STUDENT ADVISORY GROUP FORMING**

**S**tudents, participants and friends of Student Support Services! We, the staff here at SSS, would like to start the new semester with a new idea -- an idea that depends on help from you.

A new group is beginning, one with the general purpose of giving feedback and support to SSS regarding its activities, workshops, field trips and anything else you can envision. It will be a brain trust of sorts, having input to many different aspects of SSS.

Come join us at the SSS offices on Thursday, February 3 at 11:00 a.m. for an informational meeting regarding the composition and purpose of what will be called the Student Advisory Group (SAG).

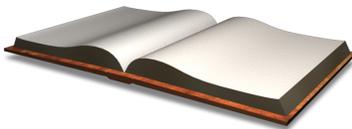
We look forward to seeing you.



## GET INTO IT

by Mark W. Worthen

**S**ometimes my children don't listen to me. I know this may come as a shock to some of you. "A parent who has kids who don't listen? What's wrong with him? How did he turn out that way? How did they?"



I'm being funny, of course. As a child, I seldom, if ever, listened to my dad, just the same as every

other kid since the first child of the first father. But my point is, I've been there -- right where they are, and I wish they did listen to me, because I see them making all the silly mistakes I made as an incoming college freshman and doing all the foolish things I did as a young man, and I wish I could sit them down and make them understand that. "Look, I wasn't always 49 years old with a grey beard and a limp. One time, I was a pretty handsome (if I do say so myself) guy who played lead guitar in a garage band.

And I did all the dumb and silly things that come with young adulthood. I broke hearts. I got my heart broken. I made bad grades. I became obsessed with a game called backgammon (our version of video games) at the expense of an entire semester's worth of grades.

In college, I did all the stupid things you could possibly imagine, before I finally figured things out, and they're the same things my kids sometimes do. And so I'll tell you what I would tell them if they still listened to me. Maybe you'll learn from the mistakes I made during my freshman and sophomore years. Read carefully.

### First, I skipped class.

Don't skip class. It's the easiest and fastest way to an F that you could possibly imagine. Maybe you think your teacher's not the kind of instructor you'd want and can learn better from the book.

You couldn't be more wrong. Go to class. Listen to what the teacher has to say. It will help, even if you think it won't.

### Second, I sat in the back row.

Don't do this. Sit in the first or second row. You'll hear better, you'll see better, you'll learn more.

And here's a secret: Teachers are more inclined to work with people who struggle if they sit where they can be seen.

### Third, I neglected my homework.

I preferred games, trips to the mall (we didn't have Wal-Mart), watching TV and chasing girls to sitting at my desk and doing something as tremendously boring as homework and studying.

Try this: Do what needs to be done first. Then reward yourself by playing or shopping. It works. I promise.

### Fourth, I didn't really engage.

Now that's an odd word that teachers and instructors use. It refers to the effort on your part that it takes to learn. As comedian George Carlin once said, "Ya gotta wanna." If you find your class interesting, you'll want to learn more. You'll read. You'll listen. You'll do your homework.

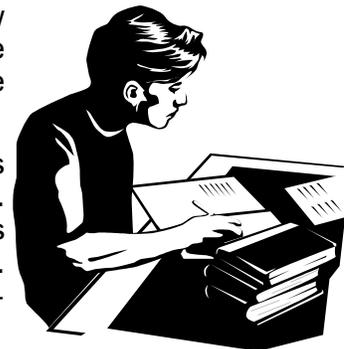
Here's the secret to engaging: You can't wait for it to happen. It's ON YOU to make it happen. Whether a class is interesting or boring is up to you.

Whether you get a good grade or not is up to you. *You* have to engage. It doesn't work the other way around.

You can make it interesting, because nearly every course has something there to be learned, and learning is what you'll be doing the rest of your life. Sometimes it might not interest you at first. That's when you have to dig.

Find the treasure there. Find out why numbers and math are cool. Talk to the teacher. Ask around.

Find out why biology is life and life is biology. Find out why history is important to know. Find out why psychologists study the mind.



It's all about the why.

So don't do what I did. Don't go through the motions of coming to college. Get in there and find out the why of it -- find out why people bother with this boring subject in the first place. You may not find it interesting enough to make it your life's work, but you may find out that it's important enough for you to know the basics of it to get through life.

Learning is fun. Get into it.

You'll be rewarded. Promise.

Peace.



TUTORS AT SSS

- Michael Conroy**  
English, computer science
- Clark Henry**  
psychology
- Jacob Starr**  
chemistry
- Maria Vasko**  
advanced mathematics

OTHER TUTORS TBA

We are negotiating with tutors for accounting, math and history. Announcements will be made in the SSS group on Angel.



SSS FULL-TIME STAFF

- MS. RUTH CANADA**  
Director, SSS
- MS. JAN CURTISS**  
Intake Specialist
- MR. STAN ONYEKWERE**  
Program Assistant (currently on leave)
- MR. MARK WORTHEN**  
Learning Specialist

SSS CALENDAR



SSS EVENTS CALENDAR  
JANUARY/FEBRUARY

- SSS STUDENT ORIENTATION**  
*TH, January 20, 11:00 a.m.*
- WORKSHOP: Fresh Start**  
*T, January 25, 11:00 a.m.*
- ACTIVITY: Classroom Behavior**  
*TH, January 27, 11:00 a.m.*
- WORKSHOP: Budgeting Your Time**  
*T, February 1, 11:00 a.m.*
- ACTIVITY: SAG Meeting Opener**  
*TH, February 3, 11:00 a.m.*
- FIELD TRIP: Service Learning**  
*TH, February 3, 3:00 p.m.*
- WORKSHOP: Intro to Money Management**  
*T, February 8, 11:00 a.m.*
- ACTIVITY: Founders Day Convocation**  
*TH, February 10, 11:00 a.m.*
- WORKSHOP: Setting Goals for Success**  
*T, February 15, 11:00 a.m.*
- ACTIVITY: Annual Black History Month Trivia Contest**  
*TH, February 17, 11:00 a.m.*
- FIELD TRIP: Service Learning**  
*TH, February 17, 3:00 p.m.*
- WORKSHOP: Know Your Resources**  
*T, February 22, 11:00 a.m.*
- ACTIVITY: TBA**  
*TH, February 24, 11:00 a.m.*

**FRIDAY, FEBRUARY 25 is the last day to apply for grant aid! You must submit a new application every semester, so get them turned in!**

