



FROM THE DIRECTOR'S DESK...

CALLING ALL STUDENTS!

The end of the academic year 2008-2009 is nearing. In each edition of the SSS newsletter, I address goal-setting. It is my belief that if a person goes through life without a plan, they will not get very far.

So, hopefully you were able to take advantage of your much-needed spring break, and you are now refreshed and rejuvenated. It is now

time to begin thinking about the following: final exams/projects, enrollment for summer and/or fall classes, and making new personal and academic goals for the future.

Remember that Student Support Services is available to you, free of charge! Our office is located in Dawson Hall Annex, where qualified tutors are waiting to assist you with your academic needs. In addition, we offer cultural and educational ex-



periences to students. All you have to do is call or come by to see when the next trip is and sign up.

During those times when you feel stressed, come take a break and relax in our office. SSS is your one-stop shop for all of your needs while here at LU.

Good luck for the remainder of the school year!

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REMEMBER!

DO YOUR FAFSA EARLY!



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.



A Little Phrase That Helps Me

Mark W. Worthen

You're back from spring break, a little rested, a little spoiled from five days and two weekends off, a little ready to go back to work and a little ready for the semester to be over. Am I right?

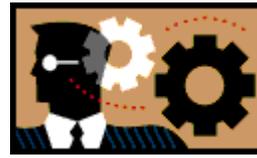
A mentor of mine used to say, "**Do what needs to be done when it needs to be done, whether you like it or not.**" These words can be words to live by. Hey! Don't stop reading yet! I've got some good stuff coming, so bear with me.

As I say, that phrase can be important — I've always tried to incorporate them into my life. I've had varying degrees of success, but every time I've done it right, life has worked out perfectly in the end.

"Do what needs to be done." It's hard sometimes to decide what our priorities are and what we should be doing right now. It takes some thinking and some planning to figure out what's most important at this single moment.

Other times we already know what's important and we just don't want to do it! Studying can be fun, but that's certainly not always true, and shopping, websurfing, or talking to friends often look a lot more attractive than cracking a book.

Those are the times we need to put into practice these words: Do what needs to be done.



"When it needs to be done." It's not always terribly useful if you get your work done too late to hand in. Sure you got the assignment done, and yes you've learned something, but sometimes the teacher wants you to learn punctuality, too.

And while the single best reason for doing an assignment is to do it solely to learn, it is most advantageous to you to get it in on time. That way, you get both the learning and the grade credit.

It's easy to say "don't procrastinate," but it's

important to actually practice this difficult motto. "Do what needs to be done when it needs to be done."

An easy way to begin incorporating this into your life is to practice Dawn's motto (p. 3), and start your assignments the day you get them. You don't have to do them all right then, but a little bit of planning and a little bit of work put in at the beginning can get creativity flowing and begin that "new project euphoria" that it takes sometimes to get going.

"Whether you like it or not." This is the hard part. We often don't like studying or working on papers or projects, and other things look so attractive that it distracts us.

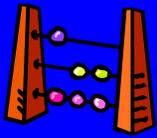
But if we exercise a little discipline and do the things we don't like first, we can take other things, like a movie or time shopping as little rewards for doing what needed to be done when it needed to be done.

I promise you that if you put this little phrase into practice, you will see an improvement in your grades very quickly.

**THIS MONTH'S
PUZZLE**

A rectangular sheet of paper is folded so that two diagonally opposite corners come together. If the crease formed is the same length as the longer side of the sheet, what is the ratio of the longer side of the sheet to the shorter side?

From Nick's Mathematical Puzzles
<http://www.qbyte.org>



**Last month's
Puzzle Answer**

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?

Answer
4952

Tutor Spotlight: Dawn Jenkins

Dawn comes to us from a widely varied background. She was born in the town of Alamogordo, New Mexico, but soon began moving with her family.

As a "military brat," she grew up all over the United States. First, her father was in the Air Force, and then her stepdad was a member of the Coast Guard. Following their example, she joined the United States Marine Corps straight out of high school. Says Dawn, "I was attracted by their sense of honor and *esprit de corps*. I liked the culture of that branch of the military better."

When she finished her stint in the Marines, Dawn had two children, who are now 25 and 28. Her granddaughter is

now 9 months old.

Dawn says "for the first time," she has "put down roots in Jefferson City. She likes the area for the same reason she liked the Marines: the atmosphere and the feelings that living in the area brings.

In 1988, she received her associate's degree in a technical field, but wanted to further her education. Lincoln University sounded good to her.

She is majoring in creative writing because she "can't help it." As a poet and personal essayist, writing is like a need to her that must be fulfilled.

She states that since she started tutoring, she has "fallen in love with tutoring as a profession."

Dawn will be a graduat-

ing senior Distinguished English Graduate, and has memberships in both Sigma Tau Delta (the national collegiate English Honor Society) and Sigma Delta Pi (the corresponding Spanish National Honor Society). She will graduate magna cum laude.

To her students, Dawn says the main secret to success is to "start your assignments as soon as they're given and don't procrastinate."

SSS is happy to have Dawn on board as our English tutor!



Honey Cake

Ingredients

- 1 cup(s) (2 sticks) butter, softened
- 1 1/3 cup(s) sugar
- 1/4 cup(s) honey
- 5 large eggs
- 2 teaspoon(s) vanilla extract
- 1 3/4 cup(s) flour, sifted
- 1 teaspoon(s) baking powder
- 1/2 teaspoon(s) salt



Preparation

1. Preheat oven to 325 degrees F. Lightly oil a 6-cup loaf pan.
2. Beat the butter, sugar, and honey together using a mixer set on high until very light and fluffy, about 3 minutes. Beat in the eggs, one at a time. Add the vanilla extract. Add the flour, baking powder, and salt and beat until smooth.
3. Spoon into the prepared pan and bake until a skewer inserted into the center of the cake comes out clean--about 1 hour. Cool 15 minutes before unmolding



Student Support Services

YOU CAN DO THIS!

STUDENT SUPPORT SERVICES

BIRTHDAYS



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



Washington, Mercedes	1
Nelson, Cortez	4
Whitt, Kierra	8
Smith, Lindsay	9
Sims, Tenika	16
Bailey, Courtney	18
Cushon, Elijah	18
Hughes, Vander	20
Mclaughlin, Cherita	22
McNeal, Tydell	22
Williams, Jennifer	28



OUR TUTORS

Valentine Dama

mathematics

Kristen Finley

biology, chemistry

Laura Hicks

philosophy, English

Dawn Jenkins

English, speech, writing/papers

Terrence O'Neal

history, political science

Stan Onyekwere

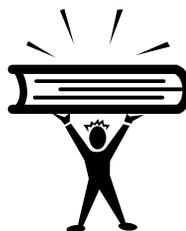
sociology

Marcella Patlán

biology, Earth science

Mark Worthen

Spanish, computer science, English



We're on the Web!

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

CALENDAR (5976 for details)

March 24 @ 11 a.m. - Workshop: Super Size Me: Health Tips and Advice

March 26 @ 11 a.m. - Workshop: Reality Check

March 26 @ 4 p.m. - Community service at the Samaritan Center

March 28 @ 9 a.m. - Negro Leagues Hall of Fame

March 31 @ 11 a.m. - Workshop: Registration: Getting the Courses You Need

April 2 @ 11 a.m. - Workshop: Dress for Success: Must-haves for Men

April 2 @ 8 p.m. - Little Theatre Play: Don't Dress for Dinner

April 4 @ 10 a.m. - Tour of Westminster College

April 7 @ 11 a.m. - Workshop: Dress for Success: Must-haves for Women

April 9 @ 11 a.m. - No workshop

April 9 @ 4 p.m. - Community service at the Samaritan Center

April 14 @ 11 a.m. - Bling Your J.O.B.

April 16 @ 11 a.m. - Writing Professional Résumés

