



The 411



“Informing the Future” Lincoln University

Starting the Semester Off Right!

Jan./Feb.2007

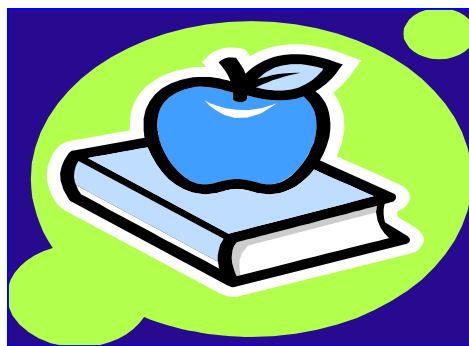
1. Go for the Goal! What grades do you want to achieve by the end of the Winter semester? Set goals for yourself to accomplish by that time. A great way to set goals is to write them on something you see every day.

2. Take time for yourself! Removing yourself from friends allows you to reflect about your daily routines, and this is good for self-talk. Self-talk is great for reducing stress.

- √ Motivate yourself – Be your own coach!
- √ Think about your positive accomplishments – Reward yourself!
- √ Read something positive – Encourage positive thoughts!

3. Have Healthy Habits! Healthy eating, regular exercise and good sleeping habits give you energy for class and increases your ability to concentrate on the tasks assigned.

4. Get the 411! Not only from the SSS Newsletter, but stay informed about campus events and opportunities . Check your campus e-mail regularly, visit your success coach and advisor. Staying informed allows you to make the most out of your Lincoln University experience.



“No one is without knowledge except the one who does not ask questions”

— African Proverb —

Why Student Support Services (SSS)?

- √ Has a Cooperative and Friendly Staff
- √ Provides Tutors
- √ Conducts Workshops
- √ Holds Cultural Trips



College Survival Workshops

Organization and Time Management - Jan. 30 & Feb. 1

How to Complete Your Financial Aid Package - Feb. 6 & 8

Goalsetting and Achieving - Feb. 13 & 15

Stress Management and Relaxation - Feb.20 & 22

Tax Preparation - March. 20 & 22

Tips for Registration - March. 27 & 29

Résumé Writing and Interview Techniques - Apr. 3 & 5



F.L.O.T. is Official

Future Leaders Of Tomorrow is the newest organization on campus. FLOT was approved by Lincoln University's Student Government Association (SGA) on Thursday, January 18, 2007. This approval grants FLOT the abilities to utilize campus resources and occupy a week for events during the semester. The staff at SSS would

like to enhance your learning experience in our program, so please stop at the front desk in our office and see how you can become one of the **Future Leaders Of Tomorrow**.

Interested in becoming a member of F.L.O.T. contact William Smith at 681-5988



TRIO Day is Coming to Lincoln University

What is TRIO Day?

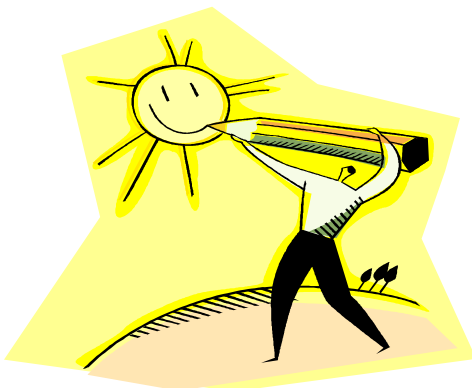
According to the 1986 Congressional resolution, National TRIO DAY is meant to focus the nation's "*attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent*

which will be wasted if that investment is not made."

TRIO Day 2007 has been proclaimed a National Day of Service. We encourage programs to perform some sort of community service-as a way for TRIO to give back to their community and say thank you for its support. Every year, TRIO Day is the

last Saturday of February. TRIO Day 2007 is February 24th, but events don't need to be limited to that day.

For more info. Stan Onyekwere at 681-5976



7 Suggestions for Building Positive Attitudes by Donald Martin

- In every class, look for positive people to associate with.
 - In every lecture, look for one more interesting idea.
 - In every chapter, find one more concept important to you.
 - With every friend, explain a new idea you've just learned.
 - With every teacher, ask a question.
 - With yourself, keep a list of your goals, positive thoughts and actions.
- Remember, you are what you think, you feel what you want.

Note from the Director

I would like to give all students a warm SSS welcome. You have completed the Fall semester and the Winter semester has just begun. Here are a few tips to continue your journey to success. Every student from elementary school to college must establish good study habits in order to be successful in their academics. Students who develop good study habits early on in their academic career develop a foundation which benefits them in later years. The following study tips may help you to study more effectively.

Study the most difficult subject first. You may find certain subjects to be difficult or boring. If this is the case, you should study that subject first, while you are fresh.

Avoid distractions. Never study near the television or in a place when you are distracted by your surroundings. Also avoid the telephone and other people, if possible (unless studying in a group).

Try to study in the same conditions. Studying at the same time and in the

same area; day after day trains the mind and body to become used to studying at that time.

Use your time wisely. There are numerous opportunities throughout the study. Time between classes or at the bus stop can be used to brush up on areas where more work is needed.

Be careful not to get too comfortable. Getting too comfortable may lead to you falling asleep rather than studying. Comfort is important when studying, however, being too comfortable tells the body it is

January Birthdays

Victoria Fields - 1
Leslie Ivy - 2
Monique Hughley - 3
Jessica Jackson-3
Krystal Ivory-4
Tiffany Motton - 5
Bryan Pendilton - 4
Martina Thompson - 4
Marcese Crawford - 5
Lauren Toney - 6
Amy Reinkemeyer-5
Racquael Blanchard-6
Venecia Crowe-6
Trey Flechter - 8
Kellicia Hinton-8
Jessica Smith - 8
Marketta Wayne - 8
Mwalimu Clark-8
Jasmine Covington-8
Anthony Broadnax-10
Beverly Thomas - 10
Chiquita Chandler - 13
Benita Peel - 13
Debra Keyes-10
Aaron Childs-12

We Have Birthdays Among Us

Suporche'a Givens - 15
Adrian Keys-15
Chiquita O'neal - 15
April Swapshire - 16
Megan Temple - 16
Dana Dixon - 16
Brenda Wilson - 17
Rikketta Franklin - 17
Stephon Davis - 18
Virgina Myers - 19
Darcy Broadway-20
Shannon Broadway-20
Ashely Freeman - 20
Raukiya Smith-21
Beth Adkins - 22
Marteniece Johnson-22
Jason Stocking-23
Keyon Terril - 23
Tamonia Thomas-23
SiMyra Tyson - 25
Shonta Moore-26
Joy Mason - 28
Linda Schumacher-28
Stacih Stone-28

Tia'shay Halk - 29
Ashley Timms-29
Lisa Wright - 29
Rahneisha Jenings-30
Theresa Lewis-30
Nato'sha Campbell - 31
Lionel Willis - 31
Terrance Wilson - 31
Michael Richardson- 31
Taneaia Stewart - 31

February Birthdays

Horace Young - 2
Nathan Bracy - 3
Ray Taylor-3
Larry Newby-4
Tanesha Wilson-4

Tiwan Lewis-7
Shanta Scott-7
Chris Hall-9
Princilla Gold-9
Ryan Eddins-10
Shatavia Thomas - 10
Shamikia Bond - 10
Brooke McPike - 15
Patrice Prewitt-15
Deanna Washington-16
Robin Clay - 17
Victor Martinez - 17
Seleana Smith-17
Portia Ridley - 19
Roderick Fields - 20
Kristina Longstreet - 20
De'Andre Rhodes-20
Aisha Lee-21
Janetta Snipes-22
Brittany Hamilton - 23
Tana Taylor - 24
Farrah Boyd-24
Jacquelyn Brown - 25
Tommy Dennis-25
Donald Norman - 25
Kejuan Torrence - 26
Austa Ihenacho-28

