



# The 411



“Informing the Future” Lincoln University

March 2007

## SSS Student Of the Month

### **Demetris Morant**

My trip to Lincoln University was not an easy transition coming from Atlanta, Georgia, where everything is fast paced and it is hard for some to take a break and slow down. Being raised in a one-parent household, I lacked discipline and strayed away in my early teen years. Being incarcerated a number of times as a teenager nearly stigmatized me as an at-risk youth. Knowing statistics aren't high for the survival of a young black male wrapped up in the “street life,” I felt it was time for a change.

Even though I didn't graduate high school with a diploma, I stayed strong and completed my mission by obtaining a G.E.D. in 2005, I then went on to complete a nine-month program to become a Certified Medical Aide. After achieving these two goals, I felt as if I'd made some steps to becoming successful in my lifetime. I then worked at the county jail as a medical assistant. This job helped me hone the medical practices I had learned in the program and had given me a better appreciation for medicine and a lifelong goal to reach.

### **“Why I came to Lincoln University and what obstacles I faced to get here.”**

I wanted to continue my education at a university or college not just a program. I not only wanted to be certified, I wanted to be degreed. The local schools in my area wouldn't admit a G.E.D. recipient, but I was determined to get accepted into a four-year university, no matter where it was located. Through the Atlanta Workforce Agency, I found light to my dark tunnel. They sponsored at-risk youth who wanted to attend college, and this is how I ended up on the campus of Lincoln University, working on a degree in the sciences.

*“Education is your passport to the future, for tomorrow belongs to the people who prepare for it today.”*

—Malcolm X—

### **Message from the Director**

Here we are in our midterm week already, and though it seems like we just got back to school from winter break, I know you are working hard to reach your goals. Right now, you're facing midterm exams in nearly every class.

Here are a few points to help you avoid test anxiety. It is not too late to get serious and improve your chances at a good midterm test score. To prevent yourself from sitting at your desk, palms sweating, heart racing, trying to remember the answer to test question only to find yourself drawing a blank, you can try the four following steps:

**Know the general layout of the test.** Students should know how the test will be structured and scored.

**Take practice tests whenever possible.** Practice tests give students an idea of what questions will be asked.

**Know the material through repetition.** People learn and retain information in various ways.

**Maintain a positive outlook.** Students should think positive when taking a test. It sounds trite, but it works!

By using these test taking tips, students can prepare themselves for any types of exam. And remember: Student Support Services is also here to assist you with strategies for testing!

~Mrs. Ruby Stewart



## **F.L.O.T. Is on the Move!**

**Future Leaders of Tomorrow** is staying very busy. We started a fundraiser on February 5, 2007 selling Yankee Candles, but that came to an end on March 5.

Currently we are getting ready for our Women's Day Celebration. Dr. Greene will be the guest speaker on March 21 at 4:00 p.m. in the SSS Offices.

Our next focus is the Easter Egg Hunt which will take place on March 31, 2007, and we are inviting the Jefferson City Boys and Girls Club.

Look for our poster in April! We are going to have a Do's and Don'ts Fashion Show!



### **Student Support Services Community Service Project Report**

Student Support Services continues to reach out to the community by visiting a Jefferson City area nursing home. This semester, SSS has visited the Heisinger Bluff Nursing Home located on Main Street in Jefferson City. This visit is a biweekly activity. The students visit the residents and helped them with recreational activities such as bingo, cards, and birthday celebrations.

Residents and students both look forward to having this activity every other week. Residents enjoy having the students around to talk to, and SSS, funded with federal tax dollars, is grateful for the opportunity to give back to the community.

If you are interested in joining us, please sign up at the SSS Offices near Dawson Hall. We look forward to seeing you. For more information contact Stan Onykwere, 681-5976



### **Legacy**

**by Dawn Jenkins**

Just as a seed must die  
before it can rise again,  
so Jesus had to die  
In order to raise all men.

The apostle watched as He rose  
from the earth to His throne above,  
brought His ministry to a close,  
and gifted us with His love.

We must follow the Golden Rule,  
treat each other with mercy and grace,  
though another may treat us cruel,  
revenge is not our place.

## College Survival Workshops and Other Important Dates

### College Survival Workshops

*Tax Preparation* – Mar. 20 & 22

*Tips for Registration* – Mar. 27 & 28

*Résumé Writing and Interview techniques* – Apr. 3 & 5



### Important Dates

**March. 23: Last day for Success Coach Meetings (grant aid candidates)**

## We Have Birthdays Among Us

### March Birthdays

Brittany Reynolds - 1

Tatiana Buckner - 2

Kevin Bryant - 4

LaStasia Whaley - 6

Denita Haynes - 12

William Love - 13

Marlene Jackson - 14

Manuel Wynn - 14

Jennifer Stubbs - 16

Dominic Bledsoe - 17

William Keptner - 17

Corrina Willis - 20

Dawn Jenkins - 22

Brooke Hollingsworth - 25

Latoya Holmes - 28

Markesha Howlett - 30



### TRIO Program Lauded During LU Celebration

by Christina Knott

(reprinted from *Jefferson City News-Tribune* with permission)

Demetris Morant, a biology major at Lincoln University (LU) and a former high school dropout, told the audience at TRIO Day celebrations that he had little encouragement to go to college.

"For me, college can be intimidating and impossible," Morant said. After I got here, I found out I wasn't alone."

LU faculty, staff and students gathered Monday in support of a program that has helped many first generation college students adapt to life in higher education. State Sen Rita Heard Days, D-St. Louis County the keynote speaker and LU alumna, praised the school for its dedication to administering education and support to a diverse group of students. "It is indeed a helping hand," Days said. "College is important for a better life."

Since 1986, TRIO Day has been recognized to celebrate the positive impact of the national TRIO program that offers educational opportunities for low-income and disabled Americans, helping students overcome class, social and cultural barriers to higher education.

"You have a place in this world and in order to accept it, you must be prepared and TRIO helps make that happen," Days said.

Terrill Stringer, a biology and pre-med major at LU, is another example of the type of student TRIO assistance supports. The first in his family to consider higher education, Stringer said, "I always wanted to go to college, but I didn't know how to get there. My parents couldn't help."

After coming to LU, Stringer took advantage of the assistance provided by the Student Support Services department at the college. With tutoring in a few subjects, Stringer earned a 4.0 grad point average in his first college semester. With assistance from the TRIO program and SSS, college leaves him confident that he will achieve his dreams.

"I believe I can leave this world a little better than I found it," Stringer said.