

DIRECTOR

I **would like to congratulate** you on surviving your first eight weeks at Lincoln University. Hope that you all received the grades you hoped for. Just remember it is not too late to improve your grades before the end of the semester. It is well known that students who regularly attend Student Support Services raise their grades at least one grade higher or better. We are here to assist you!



Here are a few tips to be successful in the classroom:

- Learn how to adapt to different instructors
- Be prepared for each class
- Sit in the front of the class whenever possible
- Communicate with your instructors
- Be on time to each class
- Participate in class
- Be a good group member

Please take advantage of the opportunities on campus such as our services (Student Support Services), Center for Academic Enrichment, The Success Connection and the Student Success Program.

Hope to see you soon!

—Mrs. R. Stewart, Director



Please Join Student Support Services in welcoming our new boss,

Mrs. Theresa Ferguson
Vice President of Student Affairs

We look forward to working with her as the millennium progresses.





PUMPKIN CARVING AND MOVIE NIGHT

Mark W. Worthen

On Thursday, October 15th, students gathered in the SSS offices to see who could create the best pumpkin face.

Due to insurance and other concerns, we could not issue the students knives, but instead they used tempera paints and their innate talent.

When finished, pumpkins were judged on the basis of four elements: scariness, creativity, entertainment value and attractiveness.

The winner was the pumpkin to the right in the picture at right, done by student **Matthew Bags**. Matthew's pumpkin is also shown in the picture below, along with second and third place winners, LaTosha Williams and Jessica Borum, respectively, from left to right.

This is the first time SSS has put on such an activity, and the students seemed to enjoy it very much.

Honorable mentions are Tammek Hicks, Keyonna Johnson, LeOndra Newell and one worked on by a team consisting of Asia Francis, Arielle Green and Whitney Womack. These are shown at right below.



Later that same day, we'd originally scheduled a hayride, but due to weather concerns, we cancelled that in favor of movie night. The students gathered in one of the new rooms in Dawson Hall and watched a Halloween movie projected onto a screen. Students provided their own towel to sit on, but we provided the refreshments in the form of popcorn and franks. This is the first movie night SSS has ever scheduled, and the students asked for more, even making suggestions for titles we might watch.

So Student Support Services has scheduled a meeting at which we might brainstorm more such craft activities and movie assemblies for SSS students to participate in.





On Your Mark Ready... Get

Jan Curtiss

For the runner, many weeks of vigorous and disciplined training boil down to hearing four short sentences: **On your mark. Get ready. Get set. Go!** These eight spoken syllables will thrust the runner to the fate that lies ahead. Discounting the pains and agony it took to get to this moment, the runner will only concentrate on one thing: **Winning**. No dropping out of the race and no asking for a do-over. No demanding more time to practice and no looking back at mistakes made. In similar ways, achieving a college education can be compared to the goal of the runner.

"On Your Mark!" You walk towards the starting line full of hope, eager to get to the finish line. You, like the runner, will become little nervous and anxious about the impending performance of your talent and abilities. This is normal. But now it is time to get a **grip and step up to your "mark."** It is now time to shut out all doubts. It is time to focus.

"Get Ready!" Oh, there is so much to get ready before the first day of class. You'll ask yourself, "Did I get all my books? Did I check on my financial aid? Do I know where my classes are?" Hopefully, you will have a checklist to help make sure all "i's" are dotted and "t's" are crossed before the start of classes. Neglecting to take care of even minor details can turn into nuisances once classes commence. It is wise to check your "shoelaces" before the race begins.

"Get Set!" Now with all the distractions out the way, you are ready to get down to business (even if you're not a business major). You have familiarized yourself with the campus. You know the locations of all the good stuff, such as the library, computer labs, cafeteria, and bookstore. You have familiar-

ized yourself with each syllabus, which should clearly outline your work and study assignments. It is up to YOU to have a plan of action. **BE PROACTIVE!** Position yourself to win by knowing beforehand, "Do I know the best place to study without distractions? I know math is not my best subject, did I sign up for any on-campus tutoring? Do I know the due dates of all my assignments and tests so I won't fall behind?" Remember this idiom "*an ounce of prevention is worth a pound of cure.*" This means that it is better to try to avoid problems in the first place, rather than trying to fix them once they arise.

"GO!" Now you're off and running. College semester weeks fly by faster than most students wish, especially if they are not keeping a steady pace through to the end. As any runner will profess, you must stay on track and keep looking forward. If you happen to stumble, get up and get back in the race. **Don't lose your focus. Your trophy awaits you.**

Best wishes to all new and returning students.





STUDENT BIRTHDAYS OCTOBER AND NOVEMBER

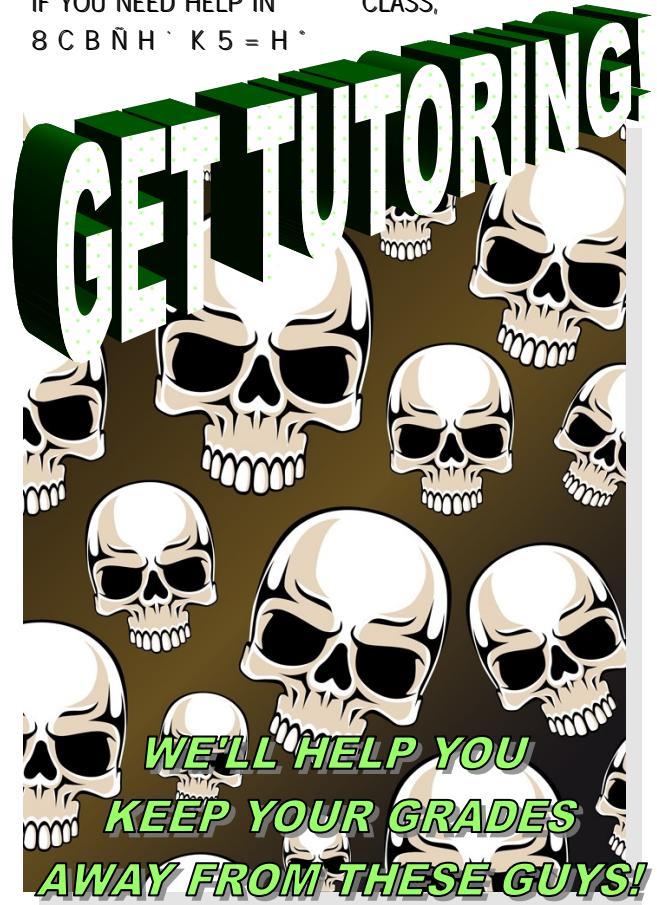


Brannan, Gayle	01
Moore, Kiara	01
Womack, Whitney	04
Hinton, Kellicia	08
Ulmer, Laroysha	08
Moss, KyOndra	09
Gregory, Talishia	11
Reynolds, Claressa	11
Calhoun, Corrinda	13
Williams, Shekia	13
Smith, Maurice	19
Bantu-Foster, Rashida	20
Barringer, Jeremiah	20
Grigsby, Mary	22
Williams, Quanesha	22
Gavin, Tamara	25
Moore, Corrine	27
Simmons, Christopher	29



Payne, Rodney	07
Bolton, Corey	08
Clark, Mwalimu	08
Parker, Kevin	09
Childs, Aaron	12
Crawford, Tianca	15
Keys, Adrian	15
Hudson, Travis	16
Hylton, Kiera	17
Wagner, Kimberly	18
Williams, Verdane	18
Jackson, Swayze	23
Stafford, Steven	25
Dandrige, Demetrius	26
Moore, Shonta	26
Curry, Cedric	28
Jennings, Rahneisha	30

IF YOU NEED HELP IN CLASS,
8 C B Ñ H ` K 5 = H *



RECIPE: EASY HALLOWEEN COOKIES

Ingredients:

- Ritz Crackers
- creamy peanut butter
- white chocolate, melted orange sprinkles or multicolored Halloween sprinkles

Preparation:

Take Ritz Crackers and make sandwich cookies out of them using peanut butter for the filling. Then coat each one in melted chocolate or white almond bark. Place on wax paper. Put some orange sprinkles or Halloween candies on top and put in the refrigerator to cool and set.

Store in air-tight container for **up to one week.**

Recipe courtesy Jeannie Worthen

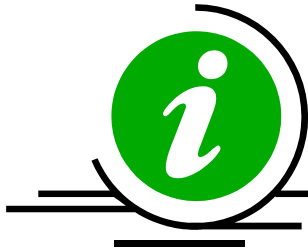


NEW GRANT AID REQUIREMENTS

Mark W. Worthen



You may have seen the new posters around the SSS office outlining the new requirements to receive grant aid. These are important to understand because there are several new things that must be done to receive aid.



1. First and foremost, you must have an **individual education plan on file** with SSS. Your success coach should fill one of these out with you regarding your goals and plans at Lincoln University during one of your appointments.
2. The most important requirement is that students must **maintain a 2.0 grade point average** for the semester. This one is very important, as students will not be issued grant aid if their semester GPAs are below this number, even if they have fulfilled all the other requirements. Even if you do the others, you will not receive aid if your average falls below 2.2.
3. The Survival Workshop requirement has not changed. You must attend **four Tuesday workshops**. Keep in mind that there are no longer as many since we are no longer offering workshops on Thursdays.
4. On Thursdays, we now offer something different, and you must attend at least two of these **group activities**. Some of these will be related to the workshop of the previous Tuesday. One day an idea will be discussed, then on Thursday, you may have some hands-on learning to see how the idea works. Field trips also

count as group activities.

5. You must see your **success coach at least two times** during the semester. Your success coach will help you set goals and measure your progress towards them. Additionally, if you need anything, your coach can either provide that help or tell you where to get it.
6. You must also participate in **one volunteer activity**. Periodically, Student Support Services holds trips to the Samaritan Center or a nursing home to help out. Students who have gone find these trips rewarding and fun.
7. Finally, you must participate in **tutoring at Student Support Services**, and you must **maintain at least an eighty percent attendance** rate with your tutor. Any less, and it does not count towards grant aid.



These are the new requirements for grant aid. If you have any questions, or if the requirements are unclear to you, contact Mark Worthen in the SSS offices and he can help you.

We look forward to working with you this semester, and hope you have academic success and a lot of fun!



TUTORS AT SSS



YOU MAY SIGN UP FOR TUTORING AT ANY TIME.

Student Support Services offers tutoring from the following:

- KAITLYNN BAKER** - psychology
- MWALIMU CLARK** - history
- SABRINA GLEESON** - mathematics
- SHERRY JONES** - accounting and business
- LAURA HICKS** - English and philosophy
- JAKUB MICHEL** - advanced mathematics
- DOMINIC MCGREGORY** - sciences
- MARIA VASKO** - mathematics
- STAN ONYEKWERE** - sociology
- MARK WORTHEN** - English, computers

We hope to see you soon!



SSS CALENDAR OCTOBER & NOVEMBER

Upcoming Events in Student Support Services



Thursday, October 29th @ 11:00 a.m.
ACTIVITY: FAFSA Online



Thursday, October 29th - 3:00 p.m.
VOLUNTEER ACTIVITY: Samaritan Center

Tuesday, November 3^d @ 11:00 a.m.
WORKSHOP: X: You Are Here

Thursday, November 5th @ 11:00 a.m.
ACTIVITY: Computing Your GPA

Saturday, November 7th @ 8:00 a.m.
FIELD TRIP: Negro Leagues Baseball Museum in KC

Tuesday, November 10th @ 11:00 a.m.
WORKSHOP: Destination Registration

Thursday, November 12th @ 11:00 a.m.
ACTIVITY: Have Lunch with Us

Thursday, November 12th - 3:00 p.m.
VOLUNTEER ACTIVITY: Samaritan Center

Tuesday, November 17th @ 11:00 a.m.
WORKSHOP: Health Alert