



HAPPY HOLIDAYS



SSS NEWS

Dixie State College of Utah

December 2011

DATES TO REMEMBER

- 12/12-16 Finals
- 12/19—1/8 Christmas Break
- 1/9 **Class work begins**
- 1/11 Last Day to add classes w/o instructor permission.
- 1/13 UTAH ASPIRE Scholarship due.
- 1/16 Human Rights Day (No School)
- 1/17 Drop/Audit fee begins \$10 per class.
- 1/24 \$50 late Registration fee. **DSC will drop classes for non-payment** Last day for refund of tuition and fees.
- 1/31 Pell Grant Census Date Last day to drop without "W" Courses dropped for non-payment *Spring Graduation Application deadline*
- 2/3 Last day to ADD classes
- 2/20 Presidents' Day (No School)
- 2/21 Block Courses Begin.
- 2/27 Mid-Semester Grade Checks Due.
- 3/2 Last Day to DROP/AUDIT classes
- 3/12-16 Spring Semester Break.
- 4/6 Last Day for Complete Withdrawal.
- 4/26 **Last Day of Classes**

ASPIRE-UTAH TRIO SCHOLARSHIP

The ASPIRE-Utah Scholarship (\$500) is offered to two outstanding students selected from the college-level Utah TRIO participants. The eligibility criteria states the student must be an active participant in SSS and is enrolled in college Spring 2012. The scholarship is awarded on the basis of participation in, and commitment to TRIO programs, academic achievement, personal, academic, and career goals, extra-curricular, service and/or leadership activities and financial need.

INSTRUCTIONS: Complete the application form available from the SSS staff or on the bulletin board outside the SSS offices; complete a personal statement responding to all of the applicable questions; attach your most recent college transcripts; attach two letters of recommendation (only one TRIO staff member); **make four copies** and, **submit the completed application and all four copies to Larry Esplin by 4:00 p.m. January 13, 2012. No late or incomplete applications will be accepted!**

HINTS: **Typed applications are best to read;** answer all questions in the personal statement and number your responses to match the application; **DO NOT** exceed two pages for personal response; review application; follow all instructions; be honest; submit the application before the deadline.

Applying for this scholarship is a great foundation for other scholarship applications you will need to write during your collegiate career.

APPLICATION FOR GRADUATION

If you are planning to graduate Spring 2012, you have to apply on-line:

<https://www.dixie.edu/graduation/>

THEN

Bring two copies of your application to Jonathan Morrell who will review your graduation application and complete the audit required for graduation and **complete the final part of the application.**

Spring Graduation Application Deadlines for Associate degrees is January 31. If you have any questions about graduation, see Jonathan Morrell.

UTAH ASPIRE Scholarship Applications Due January 13, 2012

SEMESTER VISIT WITH SSS ADVISOR

As part of your SSS agreement, you **must** visit with an SSS Advisor each semester to check your academic progress, review your Student Graduation Plan (SGP), and review your progress towards graduation.

We can register you now for Spring Semester. Come in to get the help with the selection of classes and instructors.

Counseling

Services Available

There are licensed clinical therapists who work with Dixie State College students. If you are feeling stressed out, burned out, or just generally icky, or just need someone objective to talk to, see Barbara Johnson in the Wellness Center, 36 North 600 East. She can schedule an appointment for you to see a licensed counselor .

The initial appointments are free to Dixie State College students. We encourage you to use them if you need them.

Call or talk to a member of the SSS staff to help set up a referral, or talk to Barbara Johnson directly at 652-7755.

SSS Spring Seminar Class

SSS will offer a Smart Start Seminar II (SSC2001) class Spring Semester. It will be similar to the Smart Start Seminar (SSC 1001) that is required for all new SSS participants. The class will be held on Thursdays at noon in NIB 144. This class will be a workshop format, and ALL SSS students are invited to enroll. Contact any SSS staff to enroll you in this class It will be a one credit class. There will be a different workshop each week and continuing SSS students can enroll in the class for college credit or **attend any two of the workshops throughout the semester for SSS participation credit.** The FAFSA/Financial Aid workshop in February is required of all SSS students. .

As a continuing SSS participant, you must attend at least two workshops each semester.

6 Tips for Making the Most Out of Studying

1. Identify the time(s) of day when studying is the most effective, then schedule and prioritize your work accordingly.
2. Identify the most effective time block for study. Examples: 30 minutes, 45 minutes, 60 minutes.
3. Avoid studying the same subject for more than an hour at a time.
4. Alternate subjects as you study, preferably two dissimilar subjects. Example: math for 30 minutes, and then English for 30 minutes.
5. Be honest with yourself in assessing personal strengths and weaknesses. Cater your study habits to your personal attributes and aptitudes.
6. Adapt your study skills to each class, as not all courses require the same methods of study.

UTAH INSTITUTION DEADLINES

| | Transfer Scholarships | Admissions |
|-------------|-----------------------|------------|
| BYU | Mar 1 | Mar 1 |
| BYU Hawaii | Mar 1 | Mar 1 |
| BYU Idaho | Mar 1 | Mar 1 |
| SUU | Mar 1 | July 1 |
| UofU | Mar 15 | May 1 |
| USU | Apr 1 | July 1 |
| UVU | Feb 1 | Aug 1 |
| Weber State | Jan 12 | Aug 1 |

NEWS YOU CAN USE

GET YOUR GRADES ON-LINE

1. Go to Dixie's Home page (www.dixie.edu)
2. Select My Dixie at the top right of home page.
3. Enter user ID (8 digit ID number or name)
4. Enter your Pin Number (8 digits)
5. Select Student Services and Financial Aid
6. Select Student Records
7. Select Final Grades
8. Select the term you would like to view.
9. Your grades will display along with your current GPA
10. Click on the Exit.

REGISTER NOW FOR SPRING SEMESTER

It is the right time to register for Spring Semester. As an SSS participant, we can help you select classes, review graduation and major requirements, and assist with any questions that come with each new semester. We want each SSS participant to come in and let an SSS advisor assist with course selections. SSS advisors can even register you on the spot in their offices. No internet slowdowns or lines at the Registrar's window. Remember, being an SSS participant has its advantages.

FEDERAL FINANCIAL AID

It is not too early to think about applying for your financial aid for next fall. Whether you continue at Dixie State College or transfer to another institution, we can help make the financial aid process less confusing and painful. We can walk you through the required paperwork necessary for the PELL, SEOG, and UCOPE Grants. The February SSS Workshop will cover financial aid.

If you qualify for SSS, you should qualify for some type of grant. We can even show you how to use the FAFSA on the Web and the grant application on the Internet. Have your FAFSA done by February 15 to receive more aid.

Remember the early bird gets the worm and in this case.....more money!

CONTACT INFORMATION CHANGE?

Has your address, phone or e-mail changed? Notify the Student Support Services office of these changes. This will ensure you are aware of activities and other information that influences your participation in SSS.

Contact Christie Nielson at 652-7655 if there are changes.

Appointment Etiquette

BE ON TIME! If you are going to more than 10 minutes late, call the SSS Office to reschedule your appointment. Other tips for appointments include: Turn off your cell phone, be prepared by bringing relevant materials, and respect your advisor and his/her time.

FALL SEMESTER FINAL EXAM SCHEDULE
Monday, December 12 through Friday, December 16

| MONDAY Dec 12 | TUESDAY Dec 13 | WEDNESDAY Dec 14 | THURSDAY Dec 15 | FRIDAY Dec 16 |
|---|--|---|--|---|
| Daily, MWF, MW, M Class Time Exam Time 9:00 10:00-12:00 12:00 12:30-2:30 3:00 3:00-5:00 | TR, T Only Class Time Exam Time 7:30/8:00 7:00-9:00 10:30 9:30-11:30 1:00 12:30-2:30 4:00 3:00-5:00 | Daily, MWF, MW M Class Time Exam Time 7:00 7:00-9:00 10:00 9:30-11:30 1:00 12:00-2:00 4:00 2:30-4:30 | TR, T Only, Class Time Exam Time 9:00 8:00-10:00 12:00 11:00-1:00 2:30 2:00-4:00 | Daily, MWF, MW, M Class Time Exam Time 8:00 7:30-9:30 11:00 10:00-12:00 2:00 12:30-2:30 |
| MW or M Only Classes 5:00 5:15 7:45 7:45 | Thur Only Classes 5:15 5:15 7:45 7:45 | W Only Classes 5:15 5:15 7:45 7:45 | Tues and Thur Only Classes 5:15 5:15 7:45 7:45 | Friday only 5:15 5:15 7:45 7:45 |

Final exams for Fri/Sat courses will take place during regularly scheduled class times on December 10th

PREP FOR FINALS

1. Meet with your professor beforehand to discuss the upcoming exam. By meeting with your professor this will do a few things. First, it will let your professor know that you are committed and serious about the class. In the event that you score below the needed score in order to pass the class, some professors may give you the benefit of doubt based on the fact that they know you have worked hard. However, not all professors will be so kind. And while this is not always the case I've found that all professors want to see students succeed. Second, when you meet with your professors before your exam, they may give you better insight on what will be on the test. Furthermore, if you come prepared with strategic questions this will increase your chances of learning more about what's on your test.

2. Get a good night rest before the exam. Okay, so I know you've heard this one before but its worth repeating because there are many students that think they can still ace an exam after pulling an all night cram session. I know, if you've gotten away with it in the past, you will probably do it again. The truth is this, no one does their absolute best when their body needs a rest. So get a good night rest, it may increase your test score by a few points but a few points can make difference—especially when it comes down to passing and failing a class.

3. Be careful of the foods you eat the night before and the day of a major exam. The reason is simple. You are what you eat. Your brain like any other part of your body requires oxygen and blood flow. Whatever you feed your body, the body breaks it down and takes away what it needs in order to help you perform. The heavier the food, the harder it is for it to be broken down. If your food is still metabolizing, it will be harder for you to focus because your body is using its faculties to help aid the process. Conversely, if you eat the right foods before your exam, you can expect your brain and body to perform at an optimum level. Treat yourself to something delicious after the exam, not before. Your body will thank you.

4. Find a way to make studying fun. We all retain information better when it's interesting or fun. If you can find a way to make the subject that you are studying either fun or interesting it will increase your chances of learning the information with less struggle. Also, join a study group and turn study time into a healthy competition. If you are not the type that can make learning fun, there are plenty of websites or apps out there that can help you learn the subject matter in a fun way.

**MERRY CHRISTMAS AND HAPPY
NEW YEAR FROM THE SSS STAFF**

A CURE FOR THE “FINALS FRENZY”

Is test anxiety causing you to freak out about your finals? It's important to realize that test anxiety is a psychological and physical phenomenon. The way that you approach the concept of testing (from studying to actually taking the test) will determine your level of control over your anxiety. Let's take a look at the most common causes of test anxiety and what you can do to ease your symptoms.

Dare to Prepare. The #1 cause of test anxiety is lack of preparation. Most people who think they suffer from test anxiety are actually suffering from weak study skills. Ask yourself these questions: Do I read my textbook effectively? When I study my notes, do I get the information that I need from them, and are they organized well? Do I study a little bit each day for each class? If your answers to any of these are “No,” you might have some work to do on your study skills. One important thing to remember is that *cramming never works well!* There are two main reasons that cramming doesn't work: Our brains are not capable of absorbing enough of the information in such a short time, and, as a consequence, our brains will not be able to retrieve the information on demand.

Don't Be a “Dung-Sniffer.” Seeing only the bad in a situation and practicing negative self-talk are characteristics of *Dung-Sniffers*, also known as *catastrophizers*. These people think in ways that are extremely negative. They commonly say things like, “If I don't get a B on this test, my life will be over!” This is an unhealthy way of thinking because it doesn't give alternatives or options. Creating options for ourselves puts us in control of our anxiety and makes us *survivors*. Teach yourself to be a survivor by rephrasing your catastrophizing statements and being realistic about your options. “It will be disappointing if I don't get a B on this test, but... I have an option to retake one test, so I'll retake this one... OR I'll ask the teacher for extra credit options,” OR “It's true that I need a B on this test to pass this class. I can retake the class next semester.”

Practice Makes Perfect. Make sure you know everything about the test, like the format (how many multiple choice/essay questions), how much time you'll have to take it, and what each question is worth. Now go a step further and make a practice test. (This lets you try to think like the professor and predict possible questions.) Next, have a study partner/family member administer the test to you – *while timing you*. What better way is there to relieve anxiety than to become familiar with what will happen on the test day? We're all afraid of the unknown.

Perspective is Everything. Is a test a real threat or a perceived threat to our lives? We can agree that it is a perceived threat; after all, it's not quite the same as being chased by a man-eating lion. Unfortunately, our bodies can't tell the difference between the two and will react according to the psychological messages we're sending. If we treat a test as a real threat, our bodies will behave as if a lion really is chasing us. Our *fight or flight response* will kick in causing us to experience some very real physical symptoms, (i.e. sweaty palms, nausea, quickening pulse, butterflies). So keep each test in perspective. Don't put too much weight on any one test.

Other Hints. Here are some quick hints that will help you to stay calm mentally and physically when you're facing a test:

- **Eat carbohydrates** before a test, like a bagel or cereal. They will give you a more reliable source of energy.
- **Avoid sugars and caffeine** as they can exaggerate physical symptoms of anxiety.
 - Sugars also cause surges of energy followed by a sudden lack of energy (a crash).
- **Arrive in the nick of time.** It's OK to get to the testing building early, but don't go in until the teacher arrives.
 - This way you won't be interacting with anxious people. Anxiety is contagious!
- **Practice deep breathing** or other relaxation techniques.
 - You can use these during your preparations for a test and during a test.
 - It will slow your heart rate and generally reduce signs and symptoms of physical anxiety.
 - Remember, a sound body begets a sound mind.

5 Simple Rules to Be Happy

Free your heart from hatred.

Free your mind from worries.

Live Simply

Give more

Expect less.

A great deal of modern complaining is simply worthless. There's more wealth, more luxury and more opportunity today than there ever has been. If you doubt this, sit down and have a long talk with your grandparents!

Appreciation brightens the world; Expectations dull it.

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HAPPY HOLIDAYS



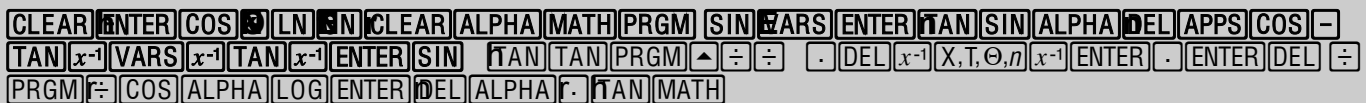
REMEMBER TO COME IN AND REGISTER!

Classes end 12/9 Finals 12/12-16 Semester Break: No School 12/19—1/8, 2012

SSS REGISTRATION

SSS will be offering registration assistance to SSS participants. We, Jonathan, Susan and Larry will be in our offices ready to assist you with a printed copies of the Spring Class Schedule and your Student Graduation Plan (SGP). We will review your SGP and look at class options, instructors, and times to help you compile a great spring schedule and help you progress toward graduation.

The first week of Spring Registration, the SSS staff met with and registered over 175 SSS students.



Check out all the Dixie State College activities and events at :

dcsa.dixie.edu - Homebase for student involvement

dcsa.dixie.edu/clubs - Dixie State Club information

dcsa.dixie.edu/studentlife - What is going on @ DSC

www.dixieathletics.com/ - DSC Athletic site

Right2know.dixie.edu - FAQ and legal stuff

www.facebook.com/DixieStateCollege