

## DATES TO REMEMBER

11/14 Spring Semester  
Registration for SS  
Students

11/15 Career Day No  
Day classes

11/11 Last day for com-  
plete withdrawal

11/25-27 Thanksgiving  
Break

12/12-16 Finals

12/19—1/8 Christmas  
Break

1/9 Spring Semester Be-  
gins

As a returning SSS partici-  
pant, you must attend at  
least one workshop each  
semester.

## Registration Begins November 14 for Spring Semester

It's time to start thinking about Spring Semester. As a Student Support Service program participant, we can help you select classes, review graduation and major requirements, register for classes beginning **Monday, November 14**, and assist with any problems that come with each semester.

The class schedule for spring semester will be on-line November 1 on the [www.dixie.edu](http://www.dixie.edu) main page. We need each SSS participant to come in and let Jonathan, Susan or Larry assist you in registration for next semester.

**We can register you for spring semester in our office and before**

**the general student body. Remember, being an SSS participant has its privileges!** We offer early registration and personal assistance with course selection. No other place on campus can offer you as much!

Also, we will be off during the Thanksgiving Break, so give us a call to set an appointment before you come in. Jonathan's number is 652-7656, Larry's number is 652-7649, and Susan's number is 652-7660.

We **must** meet with each SSS student before the end of the semester to help with academic and financial aid questions. Call today to make an appointment, or stop by our offices in the NIB.

## BEING PREPARED FOR SPRING REGISTRATION

With Fall Semester two-thirds complete, it is time to look at next semester. In order to register early you must do the following:

- 1 Complete or update a Student Graduation Plan (SGP). This is done in your SSC1001 class or it was submitted with your SSS participation grant. **Always keep copies of your SGP.**
2. Look over the Spring 2012 class schedule. This will be posted on DSC web site beginning November 1.
3. Review and select the classes listed on your graduation plan
4. Write down the Course Registration Number (CRN) five-digit that is listed to the left of the course number and title.
5. **Bring your list of CRNs and course numbers and titles with your student ID number to one of the SSS advisors before November 14.**
6. The SSS advisor will input your class selections.

## 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.

## WHY MEET AN ADVISOR?

To develop a graduation plan, to learn college requirements, to add, audit or drop courses, to discuss academic or personal problems and to plan for graduation and transfer.

## 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.

***“All of us do not have equal talent, but all of us should have an equal opportunity to develop our talents.”***  
**John F. Kennedy**

## Test Taking: Mistakes to Avoid

### 1. Not Reading Directions

Smart test-takers take the time to find out exactly what the teacher wants.

### 2. Not Skimming the Entire Test

When you don't skim first, you miss out on valuable clues and the confidence boost you receive on discovering how much you know.

**3. Cramming** Short-term memory doesn't work very well, and

you could be exhausted from lack of sleep and downing too much caffeine.

**4. Getting Bugged Down on Tough Questions** If you can't figure out a question quickly, go on to the next one. Don't waste time.

### 5. Forgetting to Review the Test When You're Done

You can lose valuable points for careless errors.

Material Taken from *Becoming a Master Student and Career & Colleges (Fall 1996)*

## NEED TO REPEAT A CLASS TO IMPROVE A GRADE?

Students may repeat a course previously taken as long as the course is offered by the college. The hours earned in repeated courses count towards graduation requirements only once. Remember, just because you've taken the class again doesn't mean the grade is automatically changed. By repeating a class and completing a Class Repeat Card, the lower grade will be replaced with the new grade. The first class grade will still show on your transcript, but the message "Repeat Excluded from GPA" will be below the class. If you have taken a class and failed it, and retaken it and failed it again, you should still complete a Class Repeat Card to replace the first "F". Students are responsible for completing a Class Repeat Card and turning it in to the Registrar's Office. For more information about repeating a course, contact a member of the SSS staff.

## PLAN TO ATTEND "CAREER DAY" TUESDAY, NOVEMBER 15

Plan to attend Dixie State College Career Day Tuesday, November 15. Career Day gives students an opportunity to listen to different experts in four given career fields, ask questions, and get the "inside scoop" on each career field. The first session begins at 9:30 a.m. with two sessions to follow at 10:30 and 11:30. The presentations will be over by 1:00 p.m. There are no scheduled college classes during the day. Evening classes will be held.

SSS students can use career day as an activity or a workshop credit. ***Pick up a schedule and worksheet at the SSS offices bulletin board. A worksheet is included on page 5 of this newsletter.***

## NEWS YOU CAN USE

### GRADUATION DEADLINES ARE FAST APPROACHING

If you are planning to graduate this year, you have to apply by the following dates:

**February 1: Deadline for Spring graduation**

**May 1 Deadline for Summer graduation**

**Students must now apply on-line:**

**[www.dixie.edu/graduation/](http://www.dixie.edu/graduation/)**

All students seeking an Associate's degree must meet with Jonathan Morrell who will assist them with the graduation application and degree audit.

### What is

## **WWW.UTAHMENTOR.ORG?**

A Utah Department of Higher Education web site to assist students with aptitude identification, major selection, major offerings, post secondary institutions grouped by major, types, and locations, and costs.

Visit with an SSS advisor to help you get started.

**Check out [www.utahmentor.org](http://www.utahmentor.org)**

### 5 Simple Rules to Be Happy

Free your heart from hatred.

Free your mind from worries.

Live Simply.

Give more.

Expect less.

*"We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors, but they all have to learn to line up in the same box."*

### DSC Counseling Services Available Free to Students

There are licensed clinical therapists that work with Dixie State College students on a referral basis. If you are feeling stressed out, burned out, or just generally icky, or just need someone objective to talk to, Barbara Johnson in

the Health and Wellness Center can schedule an appointment for you to see a licensed therapist.

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

Call a member of the SSS staff to help set up a referral, or talk to Barbara Johnson directly at 652-7755 in the Wellness Center, 36 North 600 East

### SUUTOUR

We need one more student to sign up for the SUU TOUR. It will be on a Thursday afternoon leaving DSC at 1pm returning by 5 pm Drop by Jonathan's office to sign up. Everyone is eligible.

## The Cure for Math Anxiety Might Be in Your Head

For students who tense up when presented with a math problem, nothing is more annoying than hearing that the problem is "all in your head." But the latest research in *Cerebral Cortex* suggests that the most compelling cure to math anxiety might actually be a little bit of psychological preparedness.

Brain researchers have long seen math anxiety as a genuine and measurable emotional reaction that increases stress on the hypothalamus. Two University of Chicago academics, psychology professor Sian L. Beilock and doctoral candidate Ian M. Lyons, have researched the role of fear in math performance through something called "functional magnetic resonance imaging." The technology enables scientists to separate neural activity into two camps: the way the brain reacts when a student anticipates doing math, and the way it reacts when the student is actually performing the problem. Their measurements revealed that the key to boosting students' math performance isn't through remedial teaching, but through providing students tools to cope with their fears.

The researchers wrote that students' ability to "call upon the frontoparietal regions" of the brain "before the math task has even begun" is key. That means that if students can be taught to focus themselves mentally and control their emotions—through meditation or other kinds of centering exercises—they might indeed be capable of overcoming their anxiety.

About as many people suffer from severe math anxiety as have dyslexia. So finding a cure could have a life-changing impact on a significant portion of the population. At a time when increasing the number of students enrolled in STEM fields is a national priority, this research could help students who might have once said "I'm not a math person" to join a new generation of mathematicians, scientists, and engineers.

LIZ DWYER

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### SSS CAREER/TRANSFER CENTER

If you have a few minutes, or an hour, drop by the SSS Student Lab located in the Tutoring Center, NIB Room 133. The SSS program maintains a collection of useful information for students who are still undecided about their futures. The Center contains information about:

**Careers**—The Occupational Handbook, job Outlooks, and more than 70 books on various career fields.

**Resume/Cover Letters**—More than 15 books about writing resumes and cover letters tailored to various careers.

**Job Interviews**—More than 10 books about job interviewing skills.

**Internships**—Three books about internships for college students.

**Study Abroad**—Two books about study abroad opportunities

**Best College**—Eight books about the best Medical, Law and Business schools.

**College and Universities**—Five books listing all the 4-year colleges and universities.

**Financial Aid/Scholarships**—Eight books detailing various financial aid and scholarship resource available to students.

Name

## CAREER DAY WORKSHEET

You must attend two presentations to get credit for an SSS workshop/activity.

Presentation #1:

What Career:

Who was the Presenter?

How much schooling?

Salary Range?

How competitive is the job market?

How is job availability?

General Comments:

Presentation #2

What Career:

Who was the Presenter?

How much schooling?

Salary Range?

How competitive is the job market?

How is job availability?

General Comments:

Presentation #3

What Career:

Who was the Presenter?

How much schooling?

Salary Range?

How competitive is the job market?

How is job availability?

General Comments:

Turn this completed worksheet into Jonathan Morrell, NIB 103 by November 18, 2011 for the SSS Activity/Workshop Credit.

### **CAREER DAY IS TO ASSIST YOU**

**There will be no school Tuesday, November 15, due to Career Day. Career Day is an annual event for students to listen to more than 50 presenters about the various careers they represent. Students can listen to as many as three presenters about careers and majors. More information about Career Day will be listed in the *Dixie Sun* and/or in a brochure produced by the Career Center.**



Student Support Services  
 North Instructional Building  
 225 South 700 East  
 Dixie State College  
 St George, UT 84770  
 Phone: 435 652-7656

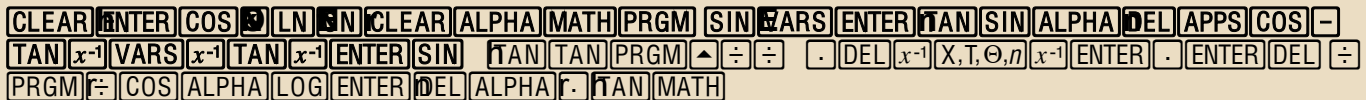


FALL Registration begins Monday, NOVEMBER 14, 2011

## SSS SPRING REGISTRATION

SSS will be offering early registration to SSS participants the first week of Spring Registration (November 14 through 18). 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.

If you are interested in joining us for early registration, schedule your time and day so we can have your SGP ready. Join us to get the head start on registration. You will need to know your student ID number and password and course CRN numbers.



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

- [dcsa.dixie.edu](http://dcsa.dixie.edu) - Homebase for student involvement
- [dcsa.dixie.edu/clubs](http://dcsa.dixie.edu/clubs) - Dixie State Club information
- [dcsa.dixie.edu/studentlife](http://dcsa.dixie.edu/studentlife) - What is going on @ DSC
- [www.dixieathletics.com/](http://www.dixieathletics.com/) - DSC Athletic site
- [Right2know.dixie.edu](http://Right2know.dixie.edu) - FAQ and legal stuff

## *UTAHMENTOR.ORG* CAN HELP YOU WITH:

### **Career Decisions**

The average person changes jobs about every four years. Four out of ten workers are in some stage of career change at any particular time. Some move on to better jobs. Some must find new jobs due to changes in technology or layoffs.

You are at a critical decision point in your education and *UTAHMENTOR.ORG* will help you sort out what is important to you. It will also help you find good career prospects.

As an SSS participant you have easy access to *UTAHMENTOR.ORG*, a web site that can assist you in the following areas:

1. What kind of activities you do well now or think you could do well?
2. What kind of responsibilities would you like?
3. What kind of working relationships with others would you prefer?
4. What kinds of working conditions would you accept?
5. What work content skills do you possess that might be transferable to another occupation?

If you want to relate your skills and work experience to new occupations, *UTAHMENTOR.ORG* Work history can help you. Use the Transferable Work Content Skills Checklist to help you identify your skills and see how they relate to other occupations. Work history can help you inventory your past work experience and provide an easy understanding analysis of the key factors found in previous jobs. It can also suggest new occupations for you to consider.

### **More Education**

*UTAHMENTOR.ORG* can help you explore and get more information on schools and programs of study. You can search for a school or a program of study based on the criteria important to you. Up-To-Date information about Utah of colleges and universities gives you the chance to compare options and make better decisions.

### **Financial Aid**

*UTAHMENTOR.ORG* contains information about hundreds of sources for which you may qualify. Are you running into problems and don't know what to do?

Why not ask for help? You can highlight any item on the screen and you will receive an explanation, or you may use the *UTAHMENTOR.ORG* Guided Tour as an introduction to the system.

Why not come in and have Jonathan, Susan or Larry introduce you to *UTAHMENTOR.ORG*. This web site is loaded on the two SSS computers in the SSS Student Lab, NIB Rm 133.