

OCTOBER 2011

DATES TO REMEMBER

**9/30 Fall Semester
Graduation Application
Deadline**

10/3 Block Classes begin

**10/7 MID-SEMESTER
GRADE CHECK DUE**

10/10-14 Semester Break

**10/17 SSS Participation
Grant Application Due
— Graduation Plans due**

10/17 Last day to Drop or
Audit classes

10/17—10/22 HOMECOM-
ING Week

**10/27-28 SSS Northern
Utah College Tour**

**11/14 Spring Semester
Registration for SSS Stu-
dents**

11/11 Last day for complete
withdrawal

11/25-27 Thanksgiving Break

12/14-18 Finals

DO YOU QUALIFY FOR THE SSS PARTICIPATION GRANT AWARD? DEADLINE IS 10/17/11

The DSC SSS program is the recipient of more than \$22,000 in supplemental funds which can be awarded as grant aid to eligible SSS project participants during the 2011-2012 program year.

To be eligible for fall funds, an SSS participant must be a RETURNING STUDENT, and have received a minimum Pell grant. If you have taken out a loan, these SSS funds can be used to pay off the loan. To receive an award for fall semester, you must be a continuing student with SSS. The award amount will be \$550.

New participants entering the program this fall are not eligible until spring semester. The **Participation Grant Award applications are due Monday, October 17, 2011.** Turn the applications in to Larry Esplin, NIB Room 104. The forms are on the bulletin board or web site.

To receive this award, a student must complete a two-year graduation plan (SGP), a career search if an undecided major, and view a workshop. Participants must also submit a mid-semester grade check.

As part of the commitment to receive SSS services, a participant must meet each semester with an SSS staff member and participate in at least one SSS activity. Additional requirements can be found on the back of the grant application.

The funds will be disbursed based on the number of SSS participants who meet the requirements. If you are not sure if you will meet the funding regulations, come in and visit Larry, and he can tell you if you will be eligible for these funds.

MID SEMESTER GRADE CHECK DUE OCTOBER 7

As a member of SSS, you **MUST** submit a mid-semester grade check each semester. Fall Semester's grade check will be due Friday, October 7. The forms must be turned into any member of the SSS staff. A grade check form can be found at the Program Web Site: dsc.dixie.edu/trio or on the SSS Bulletin Board across the hall from the SSS offices. The purpose of the grade check is to review your academic progress and see if you may need assistance in earning passing grades. Tutoring and study skills instruction would be required if a student is not passing a class.

We're on the web
<http://dsc.dixie.edu/trio/>

**LAST DAY TO DROP or AUDIT CLASSES is MONDAY,
OCTOBER 17, 2011 Remember the financial aid consequences...**

Appointment Etiquette

Most importantly, BE ON TIME! If you are going to be more than 10 minutes late, call the SSS Office to re-schedule your appointment. Other tips for appointments include: Turn off your cell phone, be prepared by bringing relevant materials, and respect your advisors and their 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 Janette Stratton 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

SSS Workshops For Fall 2011

Remember, workshops are one way we help you in realizing your educational goals, and viewing or attending workshops each semester fulfills a requirement of SSS membership. It can also qualify you for additional financial aid. Remember, this is part of your SSS agreement.

As a continuing SSS participant, you must view at least one workshop each semester.

Workshops can now be viewed on line at <http://www.dixie.edu/trio/workshops.php>. If you plan to apply for a fall participation grant you need to view at least one workshop on line.

Scam Alert

In the autumn, students are looking for scholarships and preparing to apply for other types of financial aid. Please remember that the government WILL NOT CALL you to offer you grants. The U.S. Department of Education occasionally hear from students who have been scammed by telemarketers who contact them, tell them they have won a government grant, and ask for their bank account information. Many students are savvy enough to realize the call must be a scam, but some are taken in. Help your students avoid such scams by distributing "Don't Get Scammed on Your Way to College," available at www.studentaid.ed.gov/pubs.

6 Tips for Making the Most Out of Studying

1. Identify the time(s) of day when studying is the most effective and 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, preferable 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.
- Come by and visit with Larry in NIB 104 if you would like more information on study skills.

NEWS YOU CAN USE

HEALTH

Things to know about the common cold:

Colds can last from 5 to 10 days.

The average adult gets two to four colds a year.

HOME CARE:

Drink at least one quart of liquids a day.

Use aspirin to treat fever or discomfort.

Get enough rest, eight or more hours a day.

CALL A DOCTOR IF YOU HAVE:

A temperature over 102 degrees

Difficult/painful breathing

Chest pain

Green, brown or red mucus from nose or from a cough

Stiff neck

Diarrhea or vomiting that lasts more than eight

hours

Earache

Eye discharge

Any other changes that worry you.

PREVENTION

Wash hand frequently; keep them away from

your face

Eat well

Get enough exercise

Get at least 7 to 8 hours a sleep a night

5 Simple Rules to Be Happy

Free your heart from hatred.

Free your mind from worries.

Live Simply.

Give more.

Expect less.

Student Graduation Plan Needs to be Completed by Tuesday, October 17

If you are a new participant with SSS this fall, you need to make an appointment with any SSS advisor to establish a Student Graduation Plan (SGP).

This plan will help guide you through Dixie State General Education classes, major and minor pre-requisites and elective credits.

With an SGP in place, you can plan for your two, three, or four semesters at DSC, and how you will progress to-

wards completion of an Associate degree and prepare for completion of a bachelors degree.

An SGP will save valuable time and money.

Every SSS student must complete an SGP and have a graduation plan to remain active in the SSS program.

"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 live 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 Wellness Center can schedule an appointment for you to see someone at Kolob Counseling and Mediation Center.

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.

SUU TOUR may be scheduled for November. We need three students to sign up in order to go.

The tour will leave Dixie State College at noon and be back by 5 p.m.

BLOCK CLASSES BEGIN MONDAY, OCTOBER 3

There will be courses that start October 3 and usually run daily through the end of the semester. These courses are for students who dropped or audited courses early in the semester and need to add a course to remain eligible for financial aid (Pell grants or scholarships).

If you drop below 12 credit hours and are on any type of financial aid, and need to sign up for additional credits, these courses are for you. They are also for students who finish course work early (CIS 1200) and wish to move to the next level.

There are also a number of various computer skill courses that start later in the semester, see the on-line Fall Semester schedule.

Contact the SSS personnel for more information about the block courses

TEN WAYS TO SAVE MONEY

1. **Bring your lunch to school with you**
2. **Use coupons on products you usually buy.**
3. **Use automatic bill pay and save on stamps and late fees.**
4. **Always buy used books. Buy and sell books using campus bulletin boards.**
5. **Make a list of all the meals you can make out of the ingredients in your kitchen and use them all up before you go shopping again.**
6. **Use Tupperware instead of bags for food storage as they can be used again.**
7. **Avoid vending machines.**
8. **Turn off extra lights around the house to lower your electric bill**
9. **Cut your dryer sheets in half and you get twice as many per box.**
10. **Buy what you need, NOT what you want.**

WEB SITES TO HELP COLLEGE STUDENTS SAVE MONEY

Here are some web sites that college students can check to find ways to save money:

www.stretcher.com/dollar This site, updated weekly, is a resource for simple living and contains information on ways to save on credit cards, insurance, and other items. It also has articles on saving.

www.nelliemae.com On this site, Nellie Mae, one of the nations largest providers of student loans, helps students understand borrowing and credit issues. The site has interactive worksheets and calculators to determine budgets, track and record loans, and estimate monthly payments and interest costs. This site also has tips and insights in saving strategies.

www.salliemae.com Sallie Mae, the nations largest source of funding for education loans, has information on how to find scholarships for college, seven interactive calculators to estimate college costs, loan payments, expected family contribution, and tips on finding low-cost tuition loans.

www.collegeispossible.org Thinking about college? You probably have a lot of questions: How does the application process work? What sort of college is right for me? How much will college cost?

You've come to the right place.

Homecoming Events

Oct 17 Homecoming Week @ All Day

Oct 18 Homecoming Queen Pageant @ 7:00 PM

Oct 20 Homecoming Powderpuff Football Game @ 7:00 PM

Oct 22 DSC Founder's Day Assembly @ 9:00 AM

Homecoming Parade @ 10:00 AM

Homecoming Tailgate Party @ 11:00 AM

Football game @ 1 pm

Homecoming dance @ 9:00 pm

11 Ways to Succeed in Class

- Attend every class
- Don't TEXT during class
- Be on time
- No side conversations
- Sit front and center
- Do assigned readings
- Participate in class
- Complete weekly assignments
- Take thorough notes
- Ask questions when unclear
- Know the syllabus

2011 COLLEGE TOUR SET

The 2011 Fall Tour is scheduled for Thursday and Friday, October 27 and 28.

Sophomores have priority since they need information about transferring next year. For this tour, only continuing SSS students are eligible to go.

We will visit UVU, BYU, University of Utah, Weber State and Utah State. We will spend the night at the Crystal Inn, and SSS will pay for your lodging and food for the trip.

If you are interested in a tour of any of the colleges listed, contact Jonathan Morrell (652-7656) as soon as possible, Room 103 in the NIB. There are six seats on the van. The other tour will be held in April 2012.

WEIGHT CONTROL TIPS FOR STUDENTS

- EAT BREAKFAST and plan how and where to eat healthy food between classes. Students who don't eat breakfast tend to eat fast food, which is loaded with calories and little nutrition. Also eating breakfast tends to eliminate the foul odors that come from the stomach which produce bad breath. EAT BREAKFAST!
- Stock up on fruits and vegetables so you have healthy foods to snack on. This will help you avoid high-calorie convenience foods when studying late.
- Drink lots of water and choose sugar-free drinks and low-fat or fat free milk.
- Fill half of your plate with vegetables and fruit, one-quarter with whole grains and one-quarter with lean protein.
- Keep a food diary.
- Get at least 30 minutes of physical activity a day. Many students who were formerly active turn into campus couch potatoes. Walking from one end of the campus to the other can be great exercise.
- Using a smaller plate can help you eat less.
- Eating snacks or mini-meals after every three to four hours can help avoid binging.

SURVIVAL FOOD STASH

Dried fruit (raisins, raisins)
Nuts (preferably unsalted)
Granola bars
Applesauce
Graham crackers
Whole wheat crackers
Peanut butter
Dry whole grain cereal
Low fat microwave popcorn
Fresh fruit
String cheese
Low fat yogurt
Mini carrots

Adapted from: Duke Diet and Fitness Center, Duke University



Prsort Std
Postage & Fees Paid
St. George, UT
84770
PERMIT NO. 35

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



GRADUATION INFORMATION

Fall 2011 Deadline for application—October 1, 2011

Spring 2012 Deadline for application—February 1, 2012

Summer 2012 Deadline for application—May 15, 2012

Come and visit with an SSS advisor who will walk you through the application process.

CHECK YOUR DMAIL REGULARLY

For updates from Student Support Services

FALL 11 SSS Participation Grant Applications Due 10/17
Returning SSS Students Only

MID-SEMESTER GRADE CHECKS DUE FRIDAY, OCTOBER 8, 2010

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

New this fall Student Support Services Facebook

CHECK YOU DMAIL FOR CAMPUS EVENTS