

THE SCORE

SUCCESS, CHALLENGE, OPPORTUNITY,
AND RESPONSIBILITY IN EDUCATION

SOUTH DAKOTA STATE UNIVERSITY

FALL 2005

The Secret to ... “Success”?

BY STACY CHIDAUSHE, TRiO INTERN

Looking back, I remember a cheer from my high school cheerleading days:

“S-U-C-C-E-S-S, that’s the way we spell Success!”

It may sound a little strange, but that cheer has served a dual purpose for me since my return to higher education five years ago. First of all, it has been the easiest way to remember that the word *success* is spelled with two C’s and two S’s. Second – and more importantly - though, that cheer has caused me to reflect on what is actually meant by the term *success*.

Dictionary.com defines the term *success* as “the achievement of something desired, planned, or attempted; the gaining of fame or prosperity; the extent of such gain; one that is successful.” That’s a pretty straight-forward definition ... on the surface. But what does *success* really mean? And what are the so-called “secrets” to it?

Trying to play the role of a roving reporter, I decided to ask some TRiO students what success meant to them – and if they had any idea what these “secrets” are. After all, I’m a student, too – and any secrets to success that are out there I would certainly like to know about. It turns out that the students I talked to had a pretty clear idea of what *success* meant – and how to achieve it.

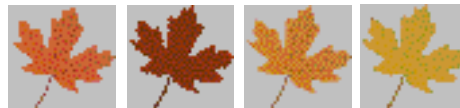
For first year student Fawn Webster, success is a big task ... and one that she doesn’t take lightly. Success, according to Fawn, means “han-

dling all of your little ‘failures’ and learning from them”; the ultimate goal for her – and the secret to being successful - is to “just keep going ... and keep working on the big picture.”

Returning TRiO student and senior Human Development major Amy Lacek views *success* as “having the ability to learn and to recognize and understand the differences within other people.” As a mother of three and a non-traditional student, Amy’s “secret to success” lies in “helping others help themselves.”

Success certainly has many meanings – some more salient to each of us than others. And each of us has our own path to walk on the way to that success. Renowned personal achievement philosopher Napoleon Hill once said that “it is literally true that you can succeed best and quickest by helping others to succeed.” The team at TRiO Student Support Services takes on this role – and does not take it lightly.

No matter the individual’s definition of success, the TRiO Student Support Services program takes great pride in our efforts to assist our students on their paths to success ... wherever they might lead.



“In order to succeed, your desire for success should be greater than your fear of failure.”

--Bill Cosby

“Always bear in mind that your own resolution to succeed is more important than any other.”

--Abraham Lincoln



Special Dates of Interest:

- ◆ New TRiO Program Applications are due in the office no later than Dec. 1.
- ◆ TRiO Scholarship Applications for the spring semester are due in the office no later than Dec. 1.

Inside this Issue:

TRiO Achiever Spotlight:

- | | |
|---|---|
| Julie Walters and Cristina Stuefen | 2 |
| Meet our new intern | 3 |
| Success in college does not come without stress | 3 |
| Some Things That Can Help You Achieve College Success | 4 |

TRiO ACHIEVER SPOTLIGHT: JULIE WALTERS & CRISTINA STUEFEN

BY NADINE HUYCK,
RETENTION ADVISOR

Meet the fall 2005 TRiO SSS Achievers, Julie Walters and Cristina Stuefen! Our staff had such a difficult time deciding on which one was most deserving, but both qualify in their own unique way! We decided that since this issue of The Score is emphasizing achievement and success, what better way to celebrate TRiO's accomplishments than to have two achievers!

Please congratulate first, Julie Walters, a senior Clinical Laboratory Science/ Microbiology major who will also have three minors once she graduates! Julie's ambition is to become a Criminal Science Investigator (you know, CSI!) once she graduates in May 2007. Julie comes to us from Sleepy Eye, Minnesota and she participates in the Tri-Beta Biological Honorary, the Microbiology Club, the Clinical Lab Club and works as a Minority Peer Mentor. As busy as she is, she still has time to visit abroad. Julie



Julie Walters

has visited Korea and 10 countries throughout Asia, Africa, and South America in one semester via the Semester at Sea.

Julie has been a part of the TRiO family at SDSU since 2001. During her four years participating in the TRiO Student Support Services program, Julie has combined hard work, a strong commitment to academics, goal setting and ability to access and utilize support services to achieve academic and personal achievement. Through the SSS program, Julie has accessed personal guidance, the computer lab, priority registration, and tutorial services. In return for those services, Julie is one of our greatest advocates and promotes TRiO to other students that are unaware of this program.

Just how does Julie achieve her academic success? "I prioritize" and use the time management skills such as "completing the homework you don't like first, use your time wisely, and taking breaks, stuff like that". Julie's advice to other students is: "Learn about the resources that TRiO

offers. Don't be afraid to use the resources available. If the opportunity arises- get involved- take advantage of going overseas such as the Semester at Sea program ... I loved it!"

Please also congratulate last, but not least, Cristina Stuefen, a junior who is double majoring in Pre-Nursing and English and is also minoring in Health Science and Spanish. Cristina has already had the success of being published and her future plans are to moonlight as a Health Technical writer while during the day she will be a Geriatric Nurse. Cristina is an Army brat and comes to us from Harlington, Texas.

Cristina is a very busy person who is married, raising their two children, yet she finds time to participate in the Chicanos in Action club, maintains two jobs and is active in the Early Head Start program for each of her children. Cristina

has a wonderful support system not only with her husband who is delaying his education until she earns her degree, but her parents and her aunt have provided child care, advice,

and monetary support. Without the love and support of her father, Cristina may not have attended SDSU.

Cristina also uses the TRiO Programs as her support system when she uses the computer lab, the workshops, the educational enhancements and "having people who care {about me} makes a difference." The skills that TRiO has provided to Cristina are the time management skills, the test taking skills and her good study habits.

Cristina achieves academic success by "setting aside the time just for studying and making a schedule and sticking to it." Cristina's advice to students is to "Take advantage

of the opportunities offered through TRiO – you don't know how much it will help you until you try it!"

Please help us in congratulating these two out-

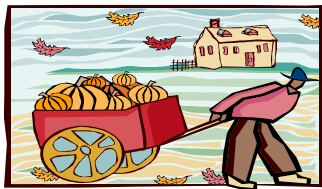
standing individuals for their accomplishments and achievements any time you see them in our office or around campus.



Cristina Stuefen

"Action is the foundational key to all success."

--Pablo Picasso



"Success is dependent on effort."

--Sophocles



Introducing our graduate intern: Stacy Chidaushe

Greetings and welcome to an exciting year at SDSU! My name is Stacy Chidaushe and I'd like to take a few minutes of your time to introduce myself!

I am the new TRiO Student Support Services Retention Advisor Intern here at SDSU. In addition, I am a graduate student in the Department of Rural Sociology, completing my Masters degree in Sociology. I earned a Bachelor's degree in Sociology here at State with an emphasis on Criminal Justice and Human Services. I worked as a Graduate Teaching Assistant in the Sociology department last year as well as

the Brookings Domestic Abuse Shelter. When I heard about this position at TRiO, I jumped at the chance!

Outside of the campus environment, I am married and have two children: a son, Keenan, who is 8, and a daughter, Taylor, who is 13. They are very active in extra-curricular activities, from sports to music; at times I think I need a personal secretary just to keep up with their activities!

My husband, Mavhu, also works at SDSU in the Chief Information Technology Office. Chances are that if your computer has ever gone on the blink, you've met him; and I can say with absolute

certainty that we are the only two individuals on campus with such a difficult last name!

As a first-generation Italian-American and child of immigrant parents, I understand the importance of the TRiO program first-hand. Working with people of color, people with limited means, and people with various challenges are all very salient issues in my life as each issue has applied to me personally at one point or another. I attended college right out of high school but didn't complete my first year due to economic and personal hardships. I returned to school at the age of 29 and completed my BS



Stacy Chidaushe

as a non-traditional student. I originally hail from the East coast, but have truly grown to love South Dakota for its beauty, tranquility, and – most of all – the kindness of its people.

I am very much looking forward to getting to know all of you! Here's to another successful year at STATE!!!! GO JACKS!

Success in college does not come without stress

BY JAIME BORCHERT, TRiO RETENTION ADVISOR INTERN

STRESS. We all have it and we all have to learn to deal with it. For some students this may be one of the hardest things to overcome. It is easy to feel bogged down right away in the semester. You may start the first week of school feeling like you are already two weeks behind. College is supposed to

be challenging, so when you graduate you are prepared for the working world.

There are many different techniques for helping manage stressors. You can make a master list of the events that you have coming up to help lay out your time better, but do not forget to schedule a few minutes for yourself. Another thing you can do is to plan out your

study times. The experts say that you should only study for 20 minute intervals. In between the 20 minutes, you are supposed to take a few minutes off and relax your eyes.

One thing you can do is just look at a clock or look around the room. Just giving your eyes something else to look at helps a lot. Take deep breaths, it helps in rejuvenating the brain by getting an

extra dose of oxygen. This will also help your mind to slow down and not feel so overwhelmed.

Taking little walks around the room or outside (weather permitting) can really do a lot to recharge those batteries that may feel like they are running down. Many of us have crazy schedules, but if we just stop to take a few deep breaths and relax ... we will be able to get through anything!

Some Things That Can Help You Achieve College Success

COMPILED BY MIKE NILES,
RETENTION ADVISOR

Success is one of those things that is different for each person, but one thing is sure: if you do not define what success is, you will never really achieve it. People can spend their lives dreaming about what they want to do and where they want to be, but if you do not sit down and plan out how to get there, you probably won't. The most direct way to start defining success is to make realistic goals and write them down. Here are some guidelines for doing that:

1. Start by believing that you deserve success and that it is something you can achieve.

2. Next, define your objectives or major goals; what do you want the end result to be. Make sure these goals do not contradict any of your other goals.

3. Then, define your reasons for the goal; make sure this is a goal you really want and a goal that fits your values. It is easy to make a goal that may sound good to you and to others, but do you really want it? Picking goals that do not fit you is one of the main reasons many people never complete their goals. Dig deep and really think about your goal, make sure it is something you truly believe in.

4. Now you need to plan the route. A great way to do this is to plan out and write down a series of smaller goals that will help you get to the main goal. By making smaller goals and then doing what is necessary to achieve those goals it is much easier to see progress and make a seemingly daunting goal manageable.

5. Next you will need to break the process down one more level; you will

need to break your small goals down into even smaller elements or tasks. What are some tasks that you need to do to prepare for and achieve one of your small goals? Ask yourself, "What is the most important thing I could do right now?" An example of a small task may be just going to class or making sure to get your homework done.

If your goal is to increase the quality of your life by going to college then you can easily use completing college with the degree you want as your major goal. You can break that goal down into semesters, weeks, days and what needs to get done that day. The way to finish a major goal is to start and oftentimes when starting out we take little steps, but enough little steps can turn into great success if you stick with it and plan out your steps in advance.

South Dakota State University



South Dakota State University
TRIO Student Support Services
Box 2815, SSU 065
Brookings, SD 57007