

# THE SCORE

SUCCESS, CHALLENGE, OPPORTUNITY,  
AND RESPONSIBILITY IN EDUCATION

SOUTH DAKOTA STATE UNIVERSITY

FALL 2008

## TRIO STUDENTS' CHOICE AWARD RECOGNIZES DR. LAURA DIDDLE-HILDEBRANT

BY LAURIE K. JOHNSON,  
RETENTION ADVISOR

The TRiO Student Support Services has created the Students' Choice Award to recognize the exceptional efforts that our faculty and staff put forth so our students can succeed. This semester the award is presented to Dr. Laura Diddle-Hildebrant, Assistant Professor of Music at South Dakota State University.

Dr. Diddle-Hildebrant teaches courses in Elementary, General and Secondary Choral Music Education, serves as conductor for the University Women's Ensemble and teaches private voice. She feels especially honored to work with the Women's Choir, who have performed with several prestigious choirs including those from Concordia, Luther, and Nebraska-Lincoln, as well as, received the privilege to perform at the American Choral Directors Association NCC last spring. Another educational highlight for Laura is to develop student talent in private voice lessons and singing competitions. Dr. Diddle's enthusiasm is shared when her private voice students perform, compete, and implement their teaching skills. She is also appreciative of the opportunity to collaborate with the SDSU kindergarten classes, as her music education students experience "mock" teaching on a weekly basis, and Dr. Diddle says, "It is fabulous

seeing the joy on both educators and children's faces during classes.

Dr. Diddle's favorite part of teaching is "the daily interaction with students - encouraging them to set a high bar, lofty goals - and helping them through instruction, encouragement and sometimes being insistent about *my* high expectations of them! They have so much unrealized potential - part of my responsibility is to shine a bright light on their strengths and encourage them to capitalize on those gifts." Dr. Diddle continues by stating that "These young South Dakotans are our future! It is my responsibility to show them that each of them have a special gift or talent that will contribute to the beauty of their life and the community around them. If they learn at a young age that many times in life you simply have to "keep swimming" and not give up - we're all going to reap the benefits!"

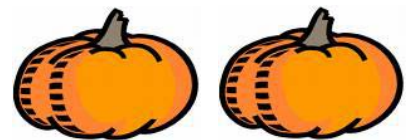
These thoughts are echoed by her nominating TRiO student who writes: "Dr. Diddle is a wonderful all around person who has made a difference in not only my success but many other students' success. At the beginning of class she allows people to ask questions or tell stories and gives us tips to succeed. I look forward to going to women's choir because she lifts my spirits with her quirky attitude and she is a great role model. Dr. Diddle encourages all of us (about 150 girls) to learn about each other and help each other. She

points out to us that women are empowered and can do anything. She is genuinely interested in our lives and our success, and for that I am appreciative."

Dr. Diddle received her Bachelor of Music in Voice Performance, and Master of Arts for Teachers at the Indiana University School of Music; she received her Ph.D. in Music Education from the University of South Carolina. To conclude, Dr. Diddle advises students to "Believe in yourself, hold fast to your dreams, don't look in the rear view mirror - and do unto others as you would have them do unto you. Find a circle of friends or mentor teachers that will encourage you, take time for you, and show you that *you are valuable.*" Please congratulate Dr. Laura Diddle-Hildebrant on receiving the fall 2008 TRiO Students' Choice Award. We thank her for helping our students achieve personal and academic success.

### Important Dates To Remember:

- Dec. 1: Spring Scholarship Applications Due
- Dec. 13: Commencement
- Jan. 14: Spring Registration



# DEALING WITH COLLEGE STRESS

COMPILED BY JEFF VOSTAD,  
PROGRAM DIRECTOR

Stress is a normal part of life, especially during periods of transition and uncertainty. A certain level of stress is healthy and can be motivating. It's when stress seems to exceed this level that it can become a problem.

Excessive stress can sneak up on you over time, and you may not notice it until you begin to experience its physical or emotional effects. Fortunately, it's possible to manage and maintain stress at relatively healthy levels by learning how your body reacts when it's stressed out and monitoring yourself for these signs.

Figure out what stress-reduction techniques work best for you and use them whenever you start to notice the negative effects of too much stress. You can also check out various resources provided on your campus for improving stress management skills.

If you think that what you're experiencing is more than just normal stress levels, contact our school health and counseling service.

Fact or Fiction?

Stress is always bad for you. **FICTION:** Properly channeled, stress can result in increased productivity and creative solutions to problems. The key is how we identify, manage and reduce the stress in our lives.

Everyone experiences stress in different ways. **FACT:** Each of us responds to stress differently. What is stressful for one person may or may not be stressful for another.

If you have no symptoms, you aren't stressed. **FICTION:** An absence of symptoms of stress does not mean there is no stress in your life. Some people are better at dealing with and / or hiding stress than others.

Stress is just a part of life and there's nothing you can do about it. **FICTION:** You can plan your life so stress doesn't overwhelm you. Figure out what stress-reduction techniques work best for you and use them whenever you start to notice the nega-

tive effects of too much stress.

**What to Watch For:**

- Changes in sleep patterns
- Changes in eating patterns
- Increased frequency of headaches
- Increased levels of frustration and anger
- Being more irritable than normal
- Recurring colds and minor illnesses
- Frequent muscle aches and/or tightness
- Being more disorganized than usual
- Greater sense of persistent time pressure
- Increased difficulty in getting things done

## FINANCIAL WELLNESS

BY LAURIE K. JOHNSON,  
RETENTION ADVISOR

Your foundations, whether it's spiritual, physical, academic, or financial are laid in your youth but set when you're in college. Time spent in college represents a huge learning curve in financial responsibility and independence that prepares you for your future. For many students, it may be the first time to pay bills, live on a low budget, and make decisions about money. Here are some tips to build your financial health.

**Replace loan fear with knowledge.** Consider your student loans an investment in your future earning potential. Graduate with as little debt as possible by borrowing only the money you actually need. Get the facts about your financial aid package and ask ques-

tions. Understand interest accumulation and re-payment terms. Make time to research scholarship opportunities available, especially within your major or workplace tuition reimbursement programs.

**Create an achievable educational plan with specific career goals.** Know your educational goals and how they fit into our changing and global world economy. It will save you time and money. Love what you do, but graduate from college with a solid foundation of employable skills. Set or re-think your existing career goals. Do your research and know what job opportunities will be available to you, your potential salary ranges, future living expenses, etc.... Think about adding a "specialty" minor to increase your employability. Broadly prepare your work skills to improve ca-

reer flexibility. Consider a part-time job that provides essential work skills, but not at the expense of academics and study time.

**Replace irresponsible spending with intelligent decisions.** Be realistic about your wants and needs. Keep track of everything you spend. Don't spend money on conveniences, instead focus on necessities. Use free banking services. Get a credit card but use it sparingly and pay balances in full every month and on time. Avoid silly over-due charges, late-fees, bounced checks, over the limit spending, and parking or speeding tickets. Save or use layaway options for special purchases. Buy used textbooks and search for the best deals – on-line or exchanging with your friends.

**Learn to live cheap.** You can still have fun in college, but

limit your entertainment expenses. Find free, cheap or "already paid for" entertainment. Take advantage of all the free seminars, conferences, sporting, cultural, and artistic event on campus. Use the new Wellness Center to be active and fit. You have already paid for those!!! Ride a bike. Shop at second hand stores. Learn to cook instead of eating out! Cut out cable (You should be studying anyway)! Be creative! Fun and laughter do not cost anything!

**Be yourself!** Work within your own means. Do not attempt to impress others or compare yourself to others. Keep in mind that college isn't the time to splurge. Remember, being poor now, may make you rich later! Staying out of debt now will mean more freedom later!

# TRiO ACHIEVER SPOTLIGHT AWARD: DANIEL JOHNS

BY LAURIE K. JOHNSON,  
RETENTION ADVISOR

TRiO students work hard to complete their degree requirements and find time to take advantage of the college experiences that help them become well-balanced individuals. Through participation in the TRiO program, the Office of Multi-Cultural Affairs programs and the SDSU- Flandreau Indian School Success Academy program, Daniel Johns has done just that.

Meet the fall 2008 TRiO Achiever Spotlight, Daniel (Dino) Johns. Daniel was chosen because of his commitment to education and persistence in reaching his academic goals.

Daniel comes to SDSU from Sacaton, Arizona via the Flandreau Indian School (FIS). He is a proud member of the Gila River Pima Tribe and considers his Grandma, who raised him, his greatest source of support and encouragement. Grandma taught him the value of education and encouraged him to “stick it out”, even when he felt like quitting. Dino recalls writing her a letter while in high school promising he would get his diploma. And he has worked hard to keep that promise.

Daniel is a Junior Electronics Engineering Technology major who enjoys helping others achieve socially and academically, serving as both a Minority Peer Mentor and mentor to FIS Success Academy students.

His dedication is recognized by others. Dr. Nalo Johnson, Program Advisor for Multicultural Programs says, “Dino is generous with his time and concern for fellow students. His willingness to participate in OMA, NAC and CIA programming is a testament to his collegial attitude. He sets a wonderful example for other SDSU students.” Mary Jo Benton-Lee, Success Academy Coordinator, agrees. She says “Dino has truly committed himself to being a scholar and a leader in every sense of the word. Dino is also a strong, positive role model for the younger Success Academy scholars in our program.”

During his three-year participation in TRiO SSS, Daniel has learned essential skills in time management, developing his study skills, and has built a strong sense of self responsibility. But it has not been a smooth and easy road. Dino’s biggest challenge is to get good grades by putting in a lot of hard work and study time and considers getting off academic probation his greatest accomplishment. Dino’s best advice for other students is to “go to class and pay atten-

tion!” Daniel has utilized the TRiO SSS tutors, especially for math and physics, as well as the advice and encouragement from his retention advisor to create his own success. His retention advisor provides always points

him in the right direction and was especially helpful in developing a professional resume. This resume helped secure another excellent opportunity and honor for Daniel. He received a 2008 Summer Undergraduate Research Internship from South Dakota NSF EPSCoR and gained valuable research experience working with solar cell models.

Following the example set by his sister who is working toward her Masters Degree in Business, Daniel is considering graduate school, perhaps in Montana. With continued persistence and self-determination, his commitment to being involved in his collegiate community, and by taking advantage of continuing research opportunities, Daniel will no doubt push forward with his achievements. Please join the TRiO SSS staff in congratulating Daniel Johns on all of his accomplishments at SDSU and on receiving the TRiO SSS Achiever Award.



## 5 TIPS TO GOOD PHYSICAL HEALTH

COMPILED BY LAURA KINSLow,  
RETENTION ADVISOR INTERN

**1. Exercise!** Whether you like to walk, run, lift weights, or participate in your favorite aerobic/exercise class, it is important to do something to get your heart rate up and alleviate the stress of those hard classes and endless homework. If you haven’t checked out the new wellness center on campus, make some time in your schedule to do so! It is a great place to go work out as the weather gets colder and best of all, it’s FREE to SDSU Students!

**2. Eat Right!** It’s okay to grab that occasional pizza, burger, or favorite fast food combo, but try to include some healthy choices as well. Try adding fresh fruits and vegetables,

dairy and whole grain products, and replace those sugary sodas with water, milk or juices.

**3. Get enough Sleep!** It is recommended that adults get at least 8 hours of sleep a night. However, every person’s sleep needs differ. Be aware of the amount of sleep you need to function at your best. Too little sleep is hard on the body and can weaken your immune system.

**4. Visit your physician or the SDSU Student Health Clinic!** As we close in on another cold/flu season, it is important that we take precautions against sickness. When we live and interact in such close proximities, germs and sickness can spread like wildfire. Make sure your shots are up to date. Also, take precautions before you get sick, like getting a flu

shot and washing your hands frequently. If you are sick, stay home! If you come to school sick, you could spread your illness to others. It is also good to know the symptoms of some of the commonly spread illnesses such as the common cold, flu, strep throat and meningitis.

**5. Avoid dangerous activities!** We all know that drinking occurs on most college campuses. However, you may not be aware that binge drinking on college campuses (consuming 5 or more drinks at one time) is quickly becoming a serious problem as well. Binge Drinking is hard on your body and has caused serious illnesses such as alcohol poisoning and even death. Avoiding the consumption of alcohol and activities involving alcohol are the best ways to ensure good physical health.

# FIVE STEPS TO ACADEMIC SUCCESS

COMPILED BY LINDE MURRAY,  
RETENTION ADVISOR INTERN

When wellness is considered, there are many factors in life that work together. As a college student, one of these big factors is how a student is doing academically. The following are five of the main areas to think about in order to achieve academic success:

## 1 – Goals:

- What do you want to gain from your college experience?
- Do you know the steps required to achieve what you want?
- Do you utilize your advisor and other supportive people on campus to help you set goals that are important to you?

## 2 - Time Management:

- Do you know how you will spend your time each week?
- Do you complete assignments on time?
- How much time do you study out of class?
- Do you attend all of your classes every week?

## 3 – Study Habits:

- Do you study in 50 minute “chunks” of time and then take a 15 minute break?
- Do you study during regularly scheduled times every day?
- Do you have a space designed for studying that limits distractions?

## 4 – Academic Skills:

- Do you read the chapters before the lecture?
- When writing papers, do you have more than one draft?
- Do you review and revise your notes as soon as possible after class?
- Do you begin studying weeks in advance, rather than cramming the night before a test?

## 5 – Resources:

- Are you familiar with the resources available on campus?
- Are you in contact with your professors and instructors about your progress in the class?
- Do you utilize the Writing Center, the Math Help Center, Supplemental Instruction, and/or tutoring?

There are many factors involved in academic success in college. Identifying the areas that you need to work on and spending time to address those areas will help you become a well-rounded student and achieve academic wellness!

## EXERCISE YOUR SOCIAL RELATIONSHIPS

BY KAYTE HAGGERTY,  
RETENTION ADVISOR

Positive social relationships equal a healthier you. Surrounding yourself with supportive family and friends can have a positive effect on your overall well-being.

College can be tough and stressful. Who better to lean on than friends and family that support you? A strong social support network can be helpful to get you through a terrible exam, homesickness, or a girlfriend/boyfriend breakup. You can never have too many good friends!

As we get older and more mature, we tend to build stronger relationships with our

parents, believe it or not! College students continue to need supportive, warm, and valuable relationships with their parents. Now is not the time to push your family away from you- now is the time to appreciate their support.

Social relationships shape who you are now and who you will become. Your college relationships encourage and build strong social skills, social confidence, academic success, and future life relationships.

Are you looking to make more friends, but not sure where to find them? Here are some ideas:

**Get Involved on Campus.** Find a club

or organization that fits your major or personal interests. This way you know you will have something in common with other people involved.

**Volunteer.** Pick a cause that’s important to you, and you’re sure to meet others who share a similar values.

**Ask a friend.** Next time you meet a friend for lunch, ask him or her to bring along someone else. It’s always a good time to make more friends or improve on the relationships you already have. Whether you’re the one getting the support or the one offering encouragement, you’ll reap the rewards of having that relationship.