

# THE SCORE

SUCCESS, CHALLENGE, OPPORTUNITY,  
AND RESPONSIBILITY IN EDUCATION

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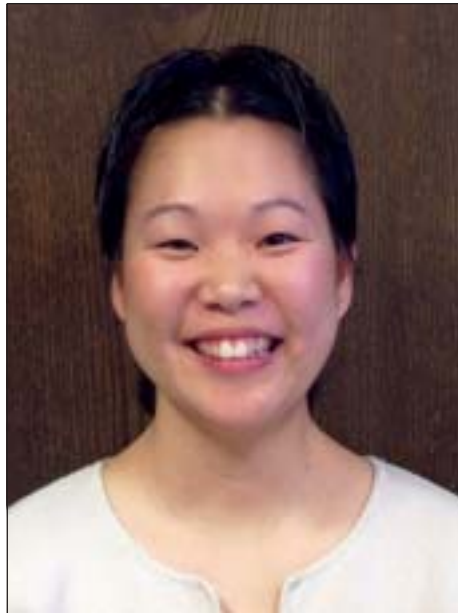
## Introducing Our Newest Team Member: Lisa Buchholz

BY JEFF VOSTAD, PROGRAM DIRECTOR

If you have visited the TRiO SSS office recently you may well have noticed a new smiling face at our front desk. That smile belongs to Lisa Buchholz the newest addition to our office staff. Lisa has joined us as our main office secretary and has quickly taken to her new duties including greeting students, maintaining our records and databases, keeping all of us in line, and the organizing of our daily office operations. Lisa's involvement in our office is integral to carrying out our mission and she has taken to her duties very readily.

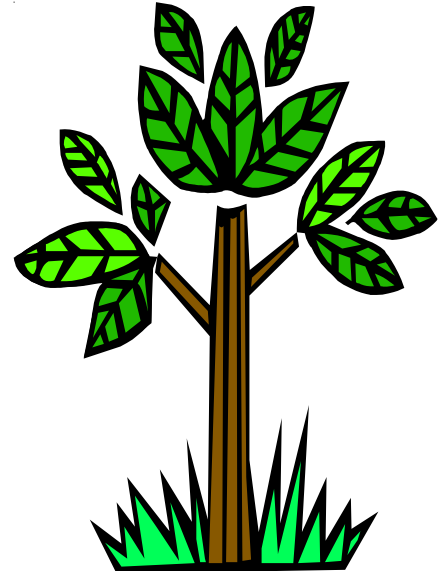
Lisa's hobbies include traveling, spending time with family and friends, and playing the violin with her twin sister Laura (they both have played since the age of 4).

Lisa hails from Hendricks, Minnesota and is a graduate of Southwest Minnesota State University at Marshall. Lisa has a Bachelor's degree in Business Finance and an As-



Lisa Buchholz

sociate Degree in Accounting. Lisa's attention to detail, customer service, communication skills, and concern for student's successes were among the qualities that attracted our attention. We're very happy and excited to have Lisa join our staff.



### Special Dates of Interest:

- ◆ TRiO Priority Registration starts Mon., April 4.
- ◆ TRiO Scholarship Applications for the fall semester are due in the office no later than Fri., April 15.
- ◆ The last official day of tutoring is Thurs., April 28.

## Preparing for Final Exams

~FROM THE ILLINOIS STATE UNIVERSITY SSS NEWSLETTER~

Health is important to the master student, though not in the sense of being free of illness. The master students value their bodies and treat it with respect. They tend to their emotional and spiritual health, as well as their physical health.

• **Practice good time management skills.** This will help you insure that you are not staying up late

and therefore getting enough sleep / rest.

• **You are what you eat!** What you eat can have immediate and long-term effects on your performance as a student. Eat better foods, eat less  
(cont. on p.2)



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# Anxiety and Depression

BY JAIME BORCHERT, TRiO INTERN

College students are currently dealing with many more stresses than their parents were when they went to college. Stress seems to be in everything that we do on a day to day basis. The signs that should be noticed are trembling, blushing, dizziness, lack of sleep, too much sleep, and nausea.

It may be apparent that some students prefer to keep

to themselves and not interact in group projects or ask questions. These students may well be the ones that are dealing with issues bigger than they can handle alone. It is important to notice these signs before they get worse. Students that do not deal with their stresses could have a panic attack or even worse, a heart-attack.

Steps that can be taken

when these feelings come on would be to stay focused on belly breathing through your nose. Also, try to stop thinking about bad things and focus on the happy or fun things in your life.

A good workout or jog can also be a very relaxing activity, it's a good way to de-stress your body. If needed, you can go and talk to a counselor as well. It is amazing

how much you can learn about what is stressing you when you talk about it to someone else. Sometimes talking really is the best medicine for what ails you.

Remember, it is OK to have feelings of anxiety occasionally, but it becomes a problem when it starts to interfere with your classes and your health.

## Exams (cont.)

food, and exercise.

**Take exercise study breaks.** A strategically placed 10-minute walk can enhance your concentration and keep you fit. No one's body likes to sit for 12 hours!

**Where you study is very important.** Make sure your study area has the right lighting and temperature. Poor lighting can cause headaches or eyestrain. Extreme hot and cold temperatures can be hard on your body and inhibit concentration.

**Take your vitamins and wash your hands.** Washing your hands with soap and water and keeping up on your vitamins can make a difference. So many students get ill during final exams. Don't be one of those; work hard to prevent illness.

Allow yourself time to BREATHE!



## TRiO ACHIEVER SPOTLIGHT: ELIZABETH BACA

BY NADINE HUYCK,  
RETENTION ADVISOR

TRiO students come in many types- farm & ranch; town & rural; outgoing & quiet; just out of high school & long time since high school. Regardless of origin, students are working hard to complete their degree requirements and find time to take advantage of the college opportunities and experiences that help them become rounded people and more fully educated. Elizabeth has done just that, by attending the TRiO required educational enhancement activities which Elizabeth describes as "broadening my horizons".

Meet Elizabeth Baca, our TRiO Achiever Spotlight student. Elizabeth is a junior Electronics Engineering Technology major who enjoys swimming, walking, and weightlifting. Elizabeth comes to SDSU from a military family; she has lived in Germany and

various states which have given her the travel bug. Although classes prevent her from traveling much right now, she hopes to obtain a career that allows her to satisfy her yearnings to travel.

Elizabeth has overcome many challenges, such as her shyness, to achieve her goals. She succeeds by having a positive attitude and telling herself, "I can do this" and utilizing the support of her family and the TRiO program to tackle her challenges and face them head-on. Elizabeth also prioritizes her classes, uses many of the TRiO programs offered to her, and always "strives to do her best."

Elizabeth has been a TRiO member since 2002. During her time with the TRiO Student Support Services (SSS) program, Elizabeth has combined hard work,

a strong commitment to academics, goal setting, and the ability to access and utilize support services to achieve academic and personal success.

With the encouragement of her family and through her own determination, Elizabeth is achieving her goals. Join TRiO in congratulating Elizabeth Baca on all of her accomplishments at SDSU and in wishing her great success in the future.



*Elizabeth Baca*

# Seven Principles for Doing Your Best in College

COMPILED BY MEGHAN PETERSON, TRiO INTERN

A primary goal of TRiO Student Support Services is to help students utilize their strengths to set themselves up for success in higher education. Part of accomplishing this goal involves recognizing and pursuing avenues of success which will ultimately enhance one's college experience. Schlossberg and Chickering have identified seven principles to help students achieve their academic objectives and maximize gains from their undergraduate education. The seven principles are:

*1. Build relationships with faculty members.* Maintaining frequent contact with faculty members is the single most important thing you can do to enhance your college education. Faculty members are a great resource in terms of providing general help and support, clarifying difficult concepts, and giving feedback on a student's academic progress.

*2. Work collaboratively with other stu-*

*dents.* Effective learning, like effective working, is often most productive when it is collaborative and social, not competitive and isolated. Furthermore, most work in the "real world" is also carried out by groups, so learning to work with others is an important skill to develop in its own right.

*3. Learn actively.* Learning is not a spectator sport. Applying what you have studied to your own experiences and making connections between classroom material and your daily life will help to enhance your learning.

*4. Get prompt feedback.* Knowing your areas of strength and areas of weakness will help you focus your learning and studying. TRiO's Early Alerts program is a great way to receive feedback from professors.

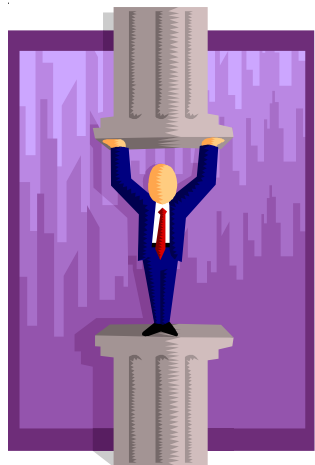
*5. Emphasize time on task.* Time + energy = learning. Having a clear, well-planned schedule with time allocated for both studying and relaxing will help you stay on task and accomplish your goals.

*6. Set high expectations.* Setting challenging but

achievable goals for yourself will help give your learning and personal development a strong boost. Expect more from yourself and you will get it.

*7. Respect diverse talents and ways of knowing.* You will encounter people with different talents, different ways of learning, and different personal backgrounds in college. Respecting diversity and keeping an open mind can make your college experience much more rich and powerful.

*Adapted from Schlossberg and Chickering's "How to Get the Most Out of College" (1995).*



*Explore strengths, weaknesses early on*

BY MIKE NILES, RETENTION ADVISOR

I have read over and over again that it is not necessarily important what major you pick, because many of the jobs you get after college will probably have little to do with what you majored in. It is true that what you major in will help you get that first job, but it has been shown that on average a person will have several different careers before they hit retirement age and no major can prepare a person for everything.

What is important is that you discover as quickly as possible what your interests, strengths, and weaknesses are so that you can pick a major and stick with it. Changing a major, especially if you have been in that major for a couple of years, can cost you thousands of dollars and years of your life.

The most important thing you should be developing from your undergraduate experience, of which your major is only a part, are the skills and experiences that you will need to be flexible and adaptable in the work place. If you are in the early stages of your college career, spend some time thinking about what you are good at and what kind of things interest you. If you need to make a change, make it now and stick with it; it will pay off in the end.

COMPILED FROM: [HTTP://WWW.FASTWEB.COM](http://www.fastweb.com)

# Top Ten Tips For Winning Scholarship Applications

1. Apply only if you are eligible. Read all the scholarship requirements and directions carefully. Make sure you are eligible before you send in your application.

2. Watch all deadlines. To help keep yourself on track, impose your own deadline that is at least two weeks prior to the official deadline. Use buffer time to make sure everything is ready on time. Do not rely on extensions—very few scholarship providers provide them at all.

3. Follow directions. Provide everything that is required. However, do not supply things that are not requested—you could be disqualified.

4. Complete the application in full. If a question does not apply to you, note that on the application. Do not leave a question blank. Be sure to supply addi-

tional supporting materials, including transcripts, letters of recommendation, and essays.

5. Neatness counts. Always type your application, or if you must print do it neatly and legibly. Make a couple of photocopies of all the forms before you fill them out. Use the copies as working drafts as you develop your application packet.

6. Ask for help if you need it. If you have problems with the application do not hesitate to call the funding organization.

7. Write an essay that makes a strong impression. The key to writing a strong essay is to be personal and specific. Include concrete details make your experience come alive: the who, what, and when of your topic. The simplest experience can be monumental if you

honestly present how you were affected.

8. Make sure your application gets where it needs to go. Put your name on all pages of the application. Pieces of your application may get lost unless they are clearly identified.

9. Keep a back-up file in case anything goes wrong. Before sending your application, make a copy of the entire packet. If your application goes astray, you will be able to reproduce it quickly.

10. Give it a final “once-over”. Proofread the entire application carefully, on the lookout for misspelled words or grammatical errors. Ask a friend, teacher, or a parent to proofread it as well.

