

TRIO STUDENT SUPPORT SERVICES

THE SCORE

SUCCESS, CHALLENGE, OPPORTUNITY,
AND RESPONSIBILITY IN EDUCATION

SOUTH DAKOTA STATE UNIVERSITY

SPRING 2006

MEET TRIO'S NEW RETENTION ADVISOR:

KAYTE PETERS

Greetings to all South Dakota State University Jackrabbit fans! Welcome to yet another great semester at SDSU and TRiO Student Support Services. I would like to take this opportunity to introduce myself, the newest addition to the TRiO team. My name is Kayte Peters and I am excited to say that I am the new Retention Advisor for TRiO Student Support Services!

I graduated high school from Blooming Prairie, MN, near Owatonna and yes, Cabelas. I then came right to SDSU as a first-generation college student. I double majored in Sociology and Spanish and minored in Criminal Justice. It didn't take me long to realize that Graduate school was the next step for me. I completed my Master's degree in Counseling and Human Resource Development in December 2005.

I feel that my assortment of experiences have had a great deal of influence on my desire to be a part of TRiO at SDSU. I have been a Graduate Intern at

all levels of school counseling, with New Student Orientation at SDSU, in the Union at SDSU, and with SDSU Upward Bound. With these experiences I have come to learn and understand the many needs of students, no matter where they are in their education. I have a strong passion for student success, education, and the college atmosphere.

I am currently engaged to my college sweetheart, Tadd, and will be married later this summer. In my spare time I enjoy being with my family and friends the most. I also enjoy getting outside and playing tennis or just going on a walk. I feel very lucky to have the opportunity to be a part of TRiO Student Support Services and look forward to supporting the future success of SDSU students!



Kayte Peters

**“If you want to
live a happy life,
tie it to a goal,
not to people
or things.”**

-Albert Einstein

Special Points of Interest:

The TRiO Spring Scholarship Application Deadline is April 20th. See your Retention Advisor for details.

Applications are available on the SSS website for new participant selection for Fall 2006.

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TRiO ACHIEVER SPOTLIGHT: TRISTAN BAUER

BY NADINE HUYCK,
RETENTION ADVISOR

This issue's spotlight achiever is Tristan Bauer, a sophomore Graphic design major from Mitchell, SD. The variety of Art courses that the College of Arts and Science had to offer was the motivation for Tristan to attend SDSU. During his three years here at SDSU, Tristan has participated in many activities including "The Pride of the Dakotas" marching band, concert band and is working for TRiO Student Support Services (SSS) as a Late Night Larson monitor.

Tristan has participated in the TRiO SSS Program since his first semester at SDSU. He originally pur-

sued a seat in the program to gain assistance with keeping him on track with his education. Tristan would recommend SSS to other students because the program offers priority registration, Peer Advising, helpful workshops, encourages attendance of cultural activities and offers scholarships. Tristan can highly recommend these programs since he himself has participated in each of these programs. Tristan has benefited from the workshops by becoming more organized and using efficient time management skills.

Tristan achieves academic success by "making the efforts I need to and try to the best of my ability". He encourages new students to "keep a positive



Tristan Bauer

frame of mind to make something happen".

Join the TRiO SSS staff in congratulating Tristan Bauer on all of his accomplishments and in wishing him great success in the future.

TRiO STUDENT SUPPORT SERVICES STUDENTS' CHOICE AWARD RECOGNIZES TODD BROST!

BY NADINE HUYCK,
RETENTION ADVISOR

The TRiO Student Support Services has created an award to recognize the exceptional efforts that our faculty and staff put forth so our students can succeed. We have named this award the TRiO Student Support Services (SSS) Students' Choice Award and this semester's winner is Todd Brost. Dr.

Brost is the main reason we established this recognition award.

Todd Brost is a Math Instructor and has helped so many students succeed in this sometimes very difficult subject. In the past semesters, we have had several students praise Dr. Brost's efforts and teaching skills. Thank-you Dr. Brost for your extraordinary skills and concern for all of your SDSU students.



*"My goal in life is to become as wonderful as my dog thinks I am."
-Author Unknown*

THE VALUE OF A MENTOR

BY JAIME BORCHERT,
RETENTION ADVISOR INTERN

A mentor is that one person that can guide you, help you, take you under their wing and nurture your career goals. The thing that separates a mentor from the average person is that your mentor is committed to getting to where you want to be in your future. These mentors often have connections that can get you further in your career.

How do you find a mentor? First you will need to identify someone you admire and respect. Look for qualities that you would like to gain through this individual. Consider what goals you have in place and who could help you with those goals. It is important to keep a relationship with this mentor throughout your career. This will make

the relationship much more relaxed and comfortable. Your mentor is not going to be your best friend; an effective mentor isn't afraid to criticize constructively.

Mentors are a helpful step to gaining your career goals. Most times your mentor is someone that has had a lot of experience within your field of study. They will have ideas of which route you should take and what path will get you there faster. A mentor will also be the person who will offer helpful insight to new information in your field.

A helpful source that can guide you in finding a mentor is the career-services office. You could also contact the Alumni center for suggestions. Finding the right mentor for you is priceless!



CAREER GOALS TO KEEP IN MIND

BY JEFF VOSTAD,
PROGRAM DIRECTOR

If you were going to move to another town, you would never set out across the country by car without road maps. Nor would you load your possessions into a U-Haul and just drive around until you found a good place to live. Career planning is a lot like this. Knowing where you want to go and where you want to end up is the blueprint to your career goals. Systemically reaching your aspirations, by means of short and long term goals, are the road maps to your chosen career. Ask your self these questions:

- What is important to you? What makes you happy?
- What sort of lifestyle to do want to have? What would you like for an annual income? What is your dream house like? What about family?
- What sort of profession inspires

you?

- Who do you admire?
- What sort of clientele would you like to work with? Or do you want to work with other people?
- How do your career desires fit into your personal life? Are they adverse to each other?

Your career goals should be based on your answers to questions like these.

Your next step is set your short term goals (1-2 years) and long term goals (3-5 years).

Your short term goals need to be directly related to your long term goals. In fact, your short term goals can often become long term goals as they become more in depth or complex. (That's a good thing!)

Be sure your goals are attainable and realistic in your pursuit of your chosen career. Don't be afraid to do a "goal check" by asking yourself, how do my

short term goals help me attain my long term goals? Are my goals clearly defined? Do these goals interfere with other goals? How do I measure the completion or progression of my goals?

Career goal setting is an ongoing exercise. Often times you will need to adjust or re-focus your goals as your desires or other goals change, too. The important part is to remain attentive and focused on your goals as you prepare yourself for your chosen career path.

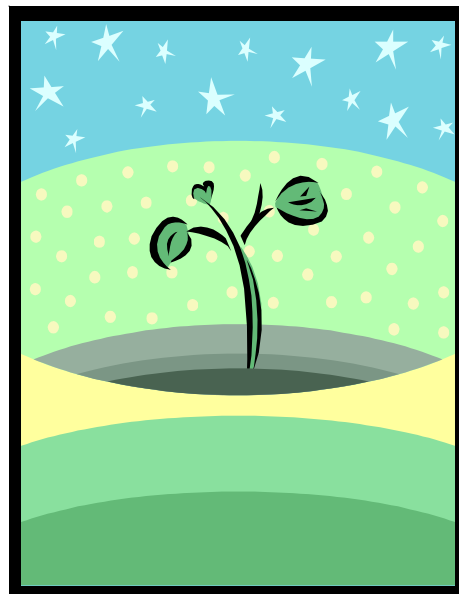
Reward yourself when you reach a goal. You worked hard and deserve it.

Remember that goals are not set in cement. Change your goals as necessary. Maybe you don't care anymore about being a published composer. Maybe you'd rather develop a special program for the hearing-impaired student.

As long as you know where you're headed, you have a wonderful chance of getting there. If you take one step at a time, you won't be overwhelmed.

"The achievement of your goal is assured the moment you commit yourself to it."

-Mack R. Douglas



"Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals."

-Aristotle

SETTING YOUR SIGHTS HIGH WITH SMART GOALS

BY STACY CHIDAUSHE,
RETENTION ADVISOR INTERN

Okay. This isn't going to be an article telling you that setting goals is a smart thing to do. You probably already know that. What setting **SMART** goals actually means is that your goals should be:

- Specific
- Measurable
- Attainable
- Rewarding
- Timely

Specific goals allow you to see exactly what it is you want to achieve, and you can construct a specific outline of how you plan to go about that

achievement. The more specific your goal, the more realistic your success and the shorter your path to that success will be. Remember to be sure to put these goals in writing!

How are you going to know if you achieved a goal? By making it *measurable*! Be sure to devise a way to "measure" these goals by setting specific criteria that determine whether you've achieved the success you desired. Feeling this achievement is important to stay motivated and enjoy your journey on the road to success!

Your goals also need to

be *attainable*, meaning that you can see a realistic path to achievement and reasonable odds that you're going to get there. This doesn't mean that you should "aim low"; you should always challenge yourself to strive for more. Make these goals ambitious but still within reach!

A goal is *rewarding* when you have a clear idea why you want to reach that goal. For this reason in particular it is important that the goal you're striving for is actually your goal. Write down the specific reasons you want to achieve this goal ... and include the reward you expect to earn!

Finally, make your goals *timely* – set yourself a specific time limit to achieve each particular goal. Set yourself a deadline and stick to it! This will protect you from that sneaky little time stealer that goes by the name of "Procrastination"; he is NOT your friend.

Our lives are a sequence of big and small choices and decisions, and personal goal setting is one of the most important factors in successful time management. We are all allotted 24 hours in a day and 365 days in a year; it's how you make use of that time that makes all the difference in achieving your goals!

