

THE SCORE

SUCCESS, CHALLENGE, OPPORTUNITY,
AND RESPONSIBILITY IN EDUCATION

SOUTH DAKOTA STATE UNIVERSITY

SPRING 2008

SPRING 2008 TRIO ACHIEVER SPOTLIGHT AWARD GOES TO ASHLEY WENZEL

BY LAURIE K. JOHNSON,
RETENTION ADVISOR

When you think of success, what pops into your mind? Placing 24th at nationals in motocross racing; getting accepted in the SDSU Nursing Program; perhaps qualities of persistence, determination, positive energy, and a never give up attitude. Well, that describes Ashley Wenzel, recipient of the spring 2008 TRiO Achiever Spotlight Award. Ashley was chosen because of her commitment to the TRiO Student Support Services program and belief in the TRiO mission. She is an active participant in the TRiO Student Advisory Board and an experienced member of our Peer Mentor Program.

A two year TRiO participant from Kinsley, Iowa, Ashley chose SDSU because of the nursing program and the feeling of "home on campus". Her greatest accomplishment, so far, is to have been recently accepted into the Nursing program for fall of 2008. Ashley, already a certified nurse assistant for three years, has worked in a nursing home, home health care system, Advance and a hospital environment. Upon graduation, she plans to work in a small clinic because she enjoys the direct one to one communication with patients and getting to know people in-depth. Ashley humbly admits her academic success is not natural or automatic. Her biggest challenge has

been to make it academically, to persist no matter what, and to push herself to continue to learn.

Ashley relies on an incredible support system in her family and friends who always encourage her to do her best, are proud of her no matter what, and help her stay on track to improve her skills. She is the first in her family to attend college, but relies on them for encouragement and inspiration. She looks up to her peer mentor, Jenny Stone, who has always been there for her offering advice and experience. In addition, Ashley's Retention Advisor, Kayte Haggerty, also provides motivation to extend her talents and provides the support services needed to improve her abilities.

Ashley utilizes the TRiO tutoring program (a lot!) especially for her tough science courses, and discovered the extra studying books, resources and quiet study space at the library most helpful. The resources of TRiO have been most beneficial. Ashley provides the following advice to other students. "I live my life with my planner! It helps me stay on top of things to be very organized and not procrastinate. I also sit in the front row at every class to get the most out of it I can."

Ashley gives back to TRiO by

participating in both our Peer Mentor Program and as an Advisory Board Member. As a Peer Mentor, Ashley has developed excellent communication skills, and truly enjoys meeting new people. She appreciates the uniqueness and individuality of others. As an advisory board member, she contributes fresh, creative and fun ideas and

knows she is making a difference in the TRiO program.

Ashley was engaged in January to Nathan, an Animal Science major, and they are planning a wedding for June 2009! Please join the TRiO staff in congratulating Ashley Wenzel on her accomplishments at SDSU, within TRiO and in her future nursing career.



Important Dates To Remember:

May 1: Summer and Fall Scholarship Applications Due

May 1: TRiO Spring Picnic, 5 p.m., Hillcrest Park

May 2: Last Day of Classes

May 3: Commencement

TRiO STUDENTS' CHOICE AWARD RECOGNIZES RENAE EKSTRAND

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 Renae Ekstrand, a two year Instructor in the Early Childhood Education Program at SDSU.

Her nominating student writes: "Renae has taught me so much about the development of children and how to deal with children outside of the classroom. She always has a personal example of how she knows a certain theory might apply based on her experiences. She gives such positive feedback that each student has the opportunity to succeed. She has a positive attitude and is always happy, despite all of the stress and time consuming activities she is a part of. I really appreciate the time she

has taken to help me succeed, even if it is only by showing how happy a person can be by doing what they love to do."

Renae Ekstrand values the learning process, finds teaching energizing, and believes that every student can be a successful learner. Renae, who received a M.S. from Winona State University in Education in 2000 and is currently pursuing a doctorate degree in educational psychology, admits her philosophy of teaching is under constant revision but she most connects with the work of Dr. Parker Palmer. "I agree with Dr. Palmer that effective teachers connect with their students, help those students connect to the subject being taught, and know and trust themselves as teachers."

The most rewarding part of teaching for Renae is seeing students succeed by valuing the process of learning. "I think teaching is the finest work of all. That's probably the part I

love most about teaching as my chosen profession – that what I do, energizes me to do more and to do it better – both as a learner and a teacher."

To inspire success, Renae advises students to "first discover and trust yourself as a learner. Then learn for the sake of learning – not just for the "A" grade or high mark. Strive to connect new information to past experiences, to expand your knowledge and truth to create new understanding and new beliefs and most of all, search for and hopefully discover the joy in learning. If you achieve this, you will be a successful learner."

Please congratulate Mrs. Renae Ekstrand on receiving the spring 2008 TRiO Students' Choice Award. We thank her for helping our students achieve success in learning and education.

TRiO DAY 2008!

BY JEFF VOSTAD,
TRiO PROGRAM DIRECTOR

TRiO day 2008 was celebrated on the SDSU campus by TRiO Upward Bound and TRiO Student Support Services recently. Both TRiO chapters brought together past and current students of their programs to celebrate the successes of the SDSU programs and to recognize the students that have excelled through the services provided by the TRiO pro-

grams.

Students and staff had the opportunity to hear the encouraging words of keynote speaker Dr. Tim Nichols from the SDSU College of Ag & Bio Sciences as well as hearing proclamations, read by TRiO students, from Senators Tim Johnson and John Thune, Representative Stephanie Herseth – Sandlin, and Brookings Mayor Scott Munsterman.

The final speaker of the day was Sioux Falls mayor

Dave Munson. Mayor Munson thanked the students for the opportunity to speak at the event and implored them to stay focused on their future and their educational goals. The mayor related his story of coming from meager means and the importance of his early educational efforts in seeing his goals through.

TRiO Day 2008 was culminated with cake, punch, and fellowship by all celebrating student success!

"I feel so fortunate that my work involves doing something I love, learning. I get to share my love of learning with my students and I in turn, am continually learning from and being inspired by them."

-Renae Ekstrand

SUN, SANDALS, AND STAYING MOTIVATED

BY KAYTE HAGGERTY,
RETENTION ADVISOR

It has been a very cold winter in South Dakota. With spring in the air, the sun is showing, temperatures are rising, snow is melting, and Spring Fever is settling in. As soon as our temperatures hit 40 degrees in March, many students dug out their shorts, t-shirts, and sandals.

With the excitement of warm weather we must remind ourselves that there are only a few weeks left of this semester to finish those projects, write those papers, and take those final exams. But we're torn between studying at the library and playing Frisbee with our friends. So what can we do to stay motivated and make it through the final days of the spring semester?

- **Keep going to all of your classes.** Take advantage of your time in the classroom and learn as much as possible. This will help you understand the material and will hopefully make final exams easier. If you use this time wisely you *may* even be able to take an extra hour off of studying later in the day to enjoy the weather.

- **Take a break.** If you're stuck between doing homework and spending some time outside, then study for a set amount of time and then take a short break. Enjoy your break outside, but be sure to return to studying.

- **Study outside.** Grab your books and a blanket and lay in the grass while you study, or find a quiet bench and go through your note cards. This is a great solution for being able to do what you *want* and what you *need*.

- **Reward yourself.** Once you have completed an assignment or task, reward yourself with going on a walk or playing golf. But only do these outdoors activities once you have completed your work. This gives you something to look forward to.

- **Keep your academic goals in mind.** Remember why you are here and in this predicament in the first place. Is your goal to graduate from SDSU with a proud GPA? Then you need to hang in there a few more weeks.

- **Remind yourself what you want out of life.** Do you want to settle for what's easy to obtain, or are you

going to persevere and work for what you want and deserve?

We asked some TRiO SSS students for their advice on staying motivated. Here's what they do:

Have less free time and work hard during the week so you can enjoy the weekends. – Dan Beck

Don't look at the weather forecast. Warm weather makes you want to go outside. Pretend its 25 degrees below zero. – Will Uhlemann

Take time to enjoy the day and get outside. Then set aside time to do your homework. If you don't take time to enjoy the weather, it will be hard to focus on school work. – Sterling Eschenbaum

The work you put into your work now will determine the grades you get at the end of the semester. It feels good to know that your work paid off. – Katie Guza

Schedule and plan out your day. Do homework during the day while others are in class and then enjoy the weather when everyone's done in the evening. – Dustin Woodworth

PEER MENTORS EMBRACE SPRING FEVER!

CONTRIBUTED BY MARY ELLEN MANNING
AND MARY JO MANNING

As the snowy weather turns into warm sunny days, academic work and studying may become the last thing on a student's mind. To help overcome this obstacle, the Peer Mentors share their favorite ways to stay focused and motivated during the last few weeks of the semester.

I picture myself getting good grades at the end of the semester and

keep telling myself "You are almost there!" – Kayla Tweet

BRIGHT colors! Brighter colors are going to stimulate a happier mood so decorate your room with bright colors or when you're picking out something to wear...choose BRIGHT colors! – Brittany Friederich

Make lists of things that for need to be done for the day, also look ahead at tests and assignments that are coming up. – Mary Jo Manning

Start a countdown until summer break and think about how far you have already come this year. – Traci Singaas

Be Persistent! – Ashley Wenzel

I stay focused by thinking about my futures goals and what grades I need in order to achieve them. – Shannon Rieck

After a hard day of studying or taking tests reward yourself with a treat such as ice cream or spending time outside. – Mary Ellen Manning

STRESS MANAGEMENT

BY LINDE MURRAY,
RETENTION ADVISOR INTERN

Classes. Homework. Exams. Term papers. Friends. Holding down that student job. Family responsibilities. Involvement in student organizations... And why are all my exams always scheduled for the same week?

All of these things create stress in life. Sometimes it is difficult, or even impossible, to reduce the number of responsibilities a person has. However, there are alternatives in how individuals can choose to deal with stress.

There are a couple different types of stress: this involves mental stress and physical stress. Mental stress includes things that people worry about. For example, worrying about money, finding a job after graduation, or worries about a significant person in your life. Physical stress involves things that wear our bodies down. This would include not getting enough sleep, having a poor diet, or an illness.

While some stress is okay and normal because it helps to motivate us, too much stress becomes unhealthy.

Stress can manifest itself in many ways and both types of stress take a toll on our bodies. People oftentimes have frequent headaches, stiff muscles, or difficulty sleeping when there is too much stress in their life.

There is some good news in all of this! There are many strategies for coping with daily stressors. Here are some ideas:

- *To-Do List*: Having a list helps people feel more organized and allows them to take one thing at a time. Also, creating daily lists and prioritizing things that need to be done each day is a good way to not get too overwhelmed by an endless to-do list.

- *2 – Schedule Study Times*: Allow times in your schedule that are specifically set aside for you to accomplish the things that are necessary. Having time set aside in your schedule will help manage your time and, hopefully, reduce the feeling of being overbooked.

- *3 – Allow Personal Time*: As important as it is to study and have a sense of accomplishment, it is also important to have a balance in life. Make

sure you have time set aside to do something you enjoy!

- *4 – Deep Breathing*: Taking a few deep breaths when you are feeling stressed can help rejuvenate you, increase the amount of oxygen in your brain, and slow you down. Try it!

- *5 – Exercise*: While the weather is getting warmer, get outside and go for a walk! Twenty to thirty minutes of exercise everyday can relieve some of that extra tension and stress.

- *6 – Communicate with Others*: Chances are, you aren't the only person feeling stressed and overwhelmed. Talk to other people and utilize the support systems available. If your stress level is too much, talking with a counselor is another great resource.

It is difficult to balance so many different aspects in life. While there are times that are difficult and overwhelming, it is important to remember to take one thing at a time. Using some of the resources mentioned above, with some deep breaths and positive thinking, you can get through anything!

10 TIPS TO STAYING MOTIVATED AND SETTING GOOD GOALS

As a college student you can have many different things going on in your life. As a student you have classes, studying, family, extra curricular activities, and even friends wanting some of your valuable time.

How do students stay motivated and accomplish their academic goals? How do you juggle all of the things in your life and at the same time not blow off your school work, and maintain good study habits. Here are ten tips that may help you stay motivated and achieve your goals.

1. Make sure you develop realistic expectations for yourself. Set goals that are positive, and goals that help you move toward your overall objective.

2. Assign yourself certain times to do home work. Be precise about when your assignments will be completed. Put

these goals in writing. By writing down your assignments and goals you are more likely to complete them. Your goals become more real.

3. Make BIG assignments into small ones. Work on assignments, papers, and study for testes gradually and not all at once. Once again set yourself a deadline for even the small stuff.

4. What motivates you? List the reasons academic success is so important to you.

5. If you're experiencing difficulties while studying, complete smaller study tasks to gain motivation towards the harder material.

6. Use all of your resources when you become stumped. Ask professors, classmates, tutors, and even your friends for help.

7. Find a way you can eliminate distractions. Set aside personal distraction when you sit down to study.

8. Try different learning techniques to learn the material. Many individuals learn in many different ways. Try flash cards, acronyms, and other strategies if you feel like it.

9. Avoid any lingering negative feelings when you sit down and decide to study. A negative attitude about a subject or even dragging out assignments can be self defeating behaviors.

10. When you complete an assignment reward yourself. Take some time to reflect on your achievement. Don't just focus on the work you still have to complete. Having time to feel good about your hard work provides purpose to your actions.