

# LIFE UNIVERSITY STUDENT SUCCESS CENTER NEWS

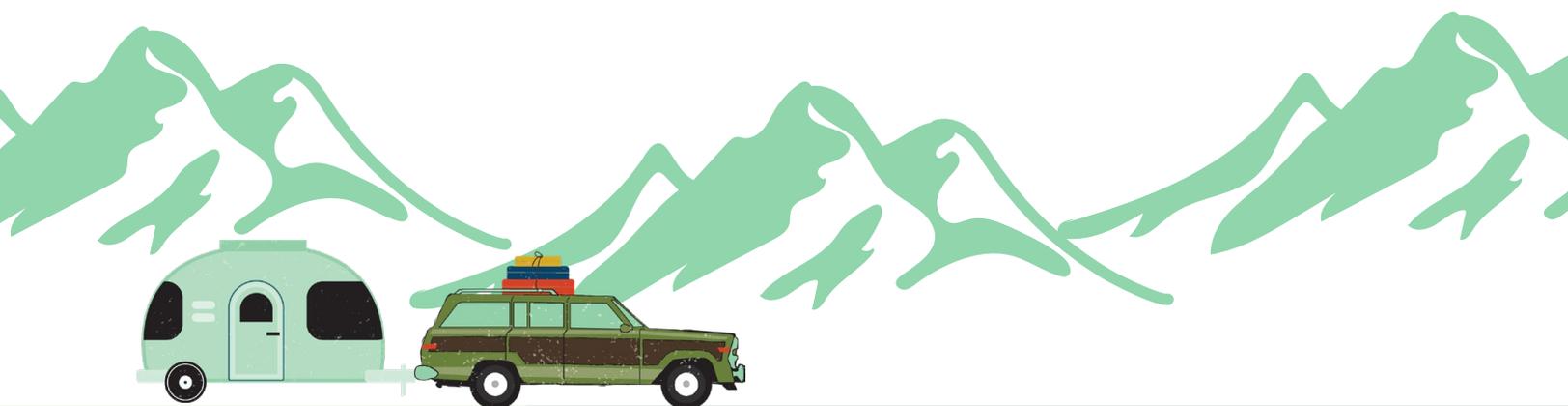


## Welcome Back, Students!

The SSC is on a mission to revitalize your experience on Life University's campus with a plethora of workshops, services and resources. We want you to explore your options of student support on our campus, engage and have fun. The SSC has a diverse team of support staff to help you with Academic Support, Counseling and Disability Services. Each aspect of our department creates an avenue for students to learn tools to continue success at higher and higher levels. Come join an event, program, SI/tutor session, activity or just stop by. Please read the following newsletter to find out what is in store for everyone this quarter with action-packed ideas to help you enhance your learning experience. We hope you will take advantage of new practices you learn and encourage you to continue being your AWESOME self.

Lisa E. Rubin, Ph.D.

*Director of Student Success Center*  
ACADEMIC SUPPORT, DISABILITY SERVICES  
AND COUNSELING



SUMMER 2018

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## SSC Pop-up Tables



The Student Success Center is hosting unannounced “Pop-up” tables at various days/times and locations throughout the quarter. The purpose of these “Pop-up” tables is to advertise the various SSC services, answer questions, promote events, inspire, and on occasion, provide the students and staff with some treats.

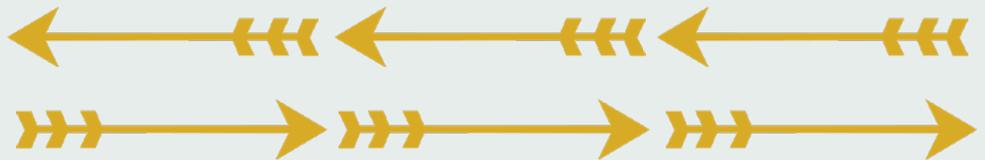
During the Spring Quarter, the first Pop-up table was presented by the SSC’s Academic Support. It included interactive activities to highlight the wide range and diversity of Academic Support services and workshops available to the Life U students. The second Pop-up table was presented by the SSC’s Disability Services, which included a variety of interactive simulations.

Be on the lookout around campus for this quarter’s additional SSC Pop-up Tables!

During Spring Quarter, the Student Success Center (SSC) created innovative, thought-provoking and entertaining events for Life U students and students in the community. The SSC truly enjoys helping our students. We have a few events to show just how much we appreciate the students and prospective students. Here are just a few snapshots from last quarter.

## Marietta Mentoring Leadership’s Science Day at Life U – April 2018

SSC invited 8th graders from Marietta Middle School to campus and introduced them to the amazing world of science.



## L.I.F.E. Event & Awareness Table – April 2018



# ACADEMIC SUPPORT

## Welcome to Marietta!

Summer is here with warm and sunny weather, perfect to travel and explore new destinations. What can be more exciting, right? Sometimes venturing out and exploring new places can include interacting with different people and learning about different cultures. Let's face it, being exposed to new things can be both exciting and intimidating. No matter if you are planning to go away for the summer or if you are new in town, Global Voices has some useful tips to set you up for success at the time of exploring and learning about a new culture.

- **First, you need to know yourself.** Why do you think the way you do? Why do you do things the way you do them? Having a strong sense of who we are is the best start to having an open mind to explore other cultures.
- **Be comfortable with admitting that you don't know.** Allowing ourselves to be okay with not knowing everything, that a situation does not make sense to us, and that our assumptions may be wrong is part of the process of becoming culturally aware.
- **Don't judge.** Collect as much information as possible, so you can describe the situation accurately before evaluating it.
- **Exercise Empathy.** Learn how other people would like to be treated.
- **Check your assumptions.** Ask for feedback and constantly check your assumptions to make sure that you clearly understand the situation.
- **Become comfortable with ambiguity.** Do not seek control. Assume that other people are as resourceful as we are and that their way will add to what we know. If we always do what we've always done, we will always get what we always got.
- **Celebrate diversity!** Find ways to share the cultures represented in our diverse Life U community.

Courtesy of <http://www.culturocity.com/articles/whatisculturalawareness.htm>

Not sure where to start in the Life U community? No problem. Just make sure you visit **Engage** and become a member of: the **Student Success Center**, the **Multicultural Student Association**, the **Hispanic Club** and **Campus Activities Board** to get connected to more events on campus. If you want to have all the events at the tip of your fingers, don't forget to download **CORQ!**

Let's say you are new to the Atlanta area, or maybe you haven't had the opportunity to explore the surroundings, there are some events that you should not miss this summer. They will help you to integrate and learn more about the

### **Greater Atlanta culture:**

**Summer Festivals**

**North Georgia Hiking Trails**

**Farmer's Markets**

**Food Trucks**

**Beaches near Atlanta**

But wait! There's more. We would love to share additional resources with you, so come and be a part of our Life Skills workshops and learn more about Atlanta.



WRITTEN BY:

Lola Rodriguez Vargas,  
Bilingual Academic  
Support Professional

FAVORITES:

Atlanta Jazz Festival, Tallulah Gorge  
Trail, Marietta Square Farmer's  
Market, Buena Gente Cuban Bakery  
Food Truck.



WRITTEN BY:

Andrea Diaz, D.C.,  
Bilingual Academic  
Support Professional

FAVORITES:

Nantahala National Forest, Lookout  
Mountain, Arepa Mia Restaurant,  
Lantern Parade.

## EXPLORING SELF: Inside and Outside Your Box

Just as the seasons change, so does our way of thinking and view of life. Steve Jobs, the co-founder of Apple Inc. said, "Apple is about people who think 'outside the box', people who want to use computers to help change the world, to help them create things that make a difference." What better time than the summer to embrace new experiences or revisit old ones that may impact self as well as others. During the warm months of the summer, take some time to focus on a new "box" of opportunities. As you enjoy a cool glass of your favorite summer drink, create some "intentional moments" to quench your thirst while reading the book you keep putting off. If you're not reading, finish the puzzle that's been taking up space on your desk, update your music playlist, create a time capsule or start the "diy – do it yourself" project. Whatever the case, taking some time to complete one of those items on your "To Do List" will not only give you a sense of accomplishment, but also a "feel good" moment that you decided to do something for you that provided meaning and purpose.

If you resolve to get out of the house or away from campus to explore outside the box, then wait no more - the garden of opportunity awaits you. As with any new experience, the anticipation and excitement may overwhelm you, but the joy of having that extra pep in your step will bring a smile to your face or someone else you may meet. So if you're willing to embrace an outside music festival, painting class, amusement park, a morning visit to the farmers market or a jog in the park - do that which will bring you joy and enthusiasm. However, if funds are low and debts are high, call a friend that you haven't spoken with in a while, clean out your closet and donate to a local clothing shelter or volunteer at the local library.

The possibilities of how you create your box, utilize your box, decorate your box, share your box or think outside the box are yours to determine. If you're coloring within the lines or outside of the lines, it doesn't matter, for it's your masterpiece to complete. Whatever you decide to do, make the choice for you as you explore your inner passion or your outer joy. Remember, exploration of any kind takes time and effort: it can bring about fear, yet create some of your most rewarding experiences. For more information about creating and/or thinking outside the box, contact the Student Success Center at 770.426.2725 or email Vincent D. Hinton, Director of Counseling at [Vincent.Hinton@LIFE.edu](mailto:Vincent.Hinton@LIFE.edu).



WRITTEN BY:  
Vincent D. Hinton,  
Director of Counseling

LIFE WAS  
Meant FOR  
Good Friends  
AND GREAT Adventures

# DISABILITY SERVICES

## Traveling with Disabilities

People with disabilities face many barriers when it comes to travel; however, there are many ways to overcome those barriers with just a little planning. In this Summer issue of the SSC newsletter, we are looking for ways to explore not only our minds, but also the world in which we live. Living with a disability shouldn't prevent anyone from enjoying the places around them. There are many options available. If you are thinking about travelling this summer, and you or a loved one is living with a disability, it may be wise to contact a travel agency that specializes in accessible travel. Here are some options:

### HAMMER TRAVEL

They offer a variety of options with destinations in the continental U.S. and some international options, such as Cancun, Mexico. Visit their website at <http://hammertravel.org>.

### NEW DIRECTIONS

This is a non-profit organization that provides travel opportunities for teenagers, adults and seniors with developmental disabilities such as cerebral palsy, Down syndrome and autism. Their trips include Hawaii, a South African Safari and a Mexican Cruise. Visit their website at <http://www.newdirectionstravel.org>.



WRITTEN BY:

Thyis "Ty" Russell,  
Testing Room  
Coordinator

Teresa Bray,  
SSC proctor



If you want to explore on your own, these are destinations that are accessible to everyone:

## MORGAN'S WONDERLAND SAN ANTONIO, TX

The world's first ultra-accessible family fun park. The 25-acre park was created by Gordon V. Hartman as a way for families who have children with disabilities to have an amusement park experience, but in a way that considers their needs. Morgan's Wonderland has welcomed more than 1 million guests from all 50 States and 65 countries. Mr. Hartman realized that families with children who have unique needs are often financially strapped; therefore, anyone with a family member who has a disability is admitted to the park free of charge.



If you are interested in visiting Morgan's Wonderland, visit their website: <http://www.morganswonderland.com>

## THE GUGGENHEIM | NEW YORK, NY

The Guggenheim has ways to experience art if you are blind or have low vision, as well as options for person(s) who have autism. These are just two of the options available:

### MIND'S EYE PROGRAMS

Monthly Mind's Eye tours and workshops for visitors who are blind or have low vision are conducted by arts and education professionals through verbal description, conversation, sensory experiences and creative practice. Mind's Eye tours are free with an RSVP required one week before the program date.

### FOR FAMILIES WITH KIDS ON THE AUTISM SPECTRUM

Prepare for your visit with our social narrative, which contains photographs and descriptions of what to expect during a trip to the Solomon R. Guggenheim Museum.

For more information about accessibility options at the Guggenheim, visit: <https://www.guggenheim.org/accessibility>

Accessible travel options are not just helpful to people with disabilities; creating accessible attractions help make things more enjoyable for everyone! Remember, what makes something easier for people without disabilities makes something POSSIBLE for those living with disabilities.



# SSC STUDENT SPOTLIGHT



The Student Success Center would like to introduce you to this quarter's "Student Spotlight."

## HOW DID USING THE SSC SERVICES IMPACT YOUR EDUCATIONAL CAREER?

I was an underprepared college student coming into a doctorate program. If it wasn't for the Student Success Center, I wouldn't be here. SSC educated me on how to learn. Whenever I need information, advice and guidance, or support regarding education, SSC is the place to go. They are dedicated to providing me with services that help me maintain my goals and objectives, giving me access to the resources that I may need along the way.

## HOW WOULD YOU ENCOURAGE OTHER STUDENTS TO USE SSC SERVICES?

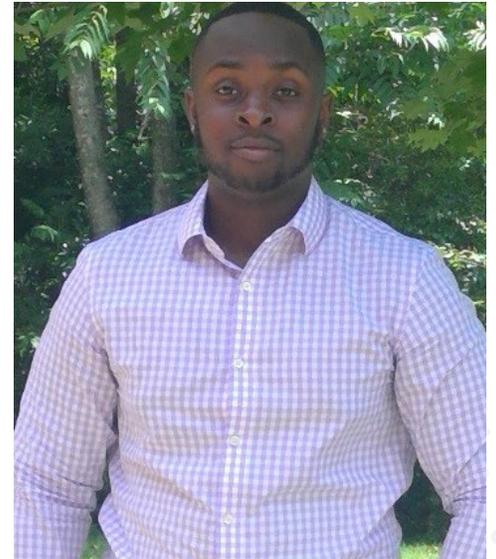
I would encourage students to think of SSC as a family, because when you walk into their office, it's more than "Hey, what do you need help with?" It's a family bond. They actually care about your wellbeing.

## WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?

I recommend that every student take full advantage of the SI sessions (or tutoring). SI sessions help me better understand concepts and applications of course content. The SI leaders share a similar discourse, allowing me to understand the information better. Also, I would recommend that all my peers go and see Ms. Vickie before starting this program, because her passion and knowledge will motivate you to be the best student you can be. She refined my study/learning skills such as note taking, test preparation, problem solving and test-taking strategies.

## WHAT SSC ADVICE WOULD YOU PROVIDE TO A NEW STUDENT?

**DON'T GIVE UP!** This program is difficult, but if it was easy, everyone would do it. I pushed through the struggles I faced during this program and learned a lot about my dream by implementing it and bringing it to life. I learned to adapt to different professors. I learned that if you're not being challenged, you're not living life to the fullest.



MEET:

Uwem  
Udofia



## Suicide Awareness

Each year during the month of September, people around the world take a moment to educate and elevate one's awareness regarding suicide. According to researchers among college and university students, several individual risk characteristics can be contributed to the potential to harm: hopelessness; loneliness; social alienation and isolation; lack of belonging; anger/hostility; risky behavior/impulsivity; low stress and frustration tolerance; poor problem-solving or coping skills; or perception of being a burden to family and friends (Drum, D. J., Brownson, C., Denmark, A. B., Smith, S., 2009; & Martino, S., 2011). Although these are a few factors, not all are indicative of self-harm; however, if you notice a change in yourself or someone you know, seek the help and support of a professional.

It is important that we continue the dialogue about suicide beyond the month of September to every month throughout the year. Through honest and meaningful conversations, we can change the stigma. Join the Student Success Center during the month of September as we create awareness and meaningful experiences to heighten the community – “Be The Voice”.

If you or someone you know would like more information, here's some helpful resource information:

- If you or someone you know is in an emergency situation, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255).
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.
- If you need more information, contact the Student Success Center at 770-426-2725.
- Call Student Assistance Program (SAP) 24/7 at 1-800-0276 or 770-951-8021.
- A student of concern can be reported to the LIFE Student Behavioral Assessment Team (SBAT) online [here](#).

## REFERENCES

- Drum, D. J., Brownson, C., Denmark, A. B., & Smith, S. (2009). New data on the nature of suicidal crises in college students: Shifting the paradigm. *Professional Psychology: Research and Practice*, 40(3), 213–222. Retrieved from <http://nabita.org/documents/NewDataonNatureofSuicidalCrisis.pdf>
- Martino, S. (2011). Individual and family history. In D. A. Lamis & D. Lester (Eds.), *Understanding & preventing college student suicide* (pp.108–118). Springfield, IL: Charles C. Thomas Publisher.



# SSC SUMMER HACKS

## SSC Summer Hacks for the Explorer

**1** When searching or booking flights online, enable the private browsing to prevent travel sites from tracking the multiple visits and increasing the prices based on your search history.

**2** Consider using a credit card for travel bookings and on-travel expenses. If your credit card is lost or stolen, it can be replaced. Cash on the other hand...

**3** Call your credit or debit card company before traveling internationally so that you're authorized for vacation purchases – the last thing you need is to be reported for suspicious activity and not have access to your money.

**4** Take a picture or scan and email yourself a copy of important documents (ID, passport, itinerary). A digital copy can help make things easier in the event of a loss or theft.

**9** If you forgot your charger, ask your hotel if they have one you can borrow for the duration of your stay. People forget them all the time, so they are bound to have some lying around in lost and found.

**10** To prevent leaking bottles or liquids from messing up your luggage, place a piece of plastic wrap over the container and proceed to seal it with the cap.

**11** When you pack a suitcase, wrap your shoes in a shower cap. This will prevent the soles from touching your clean clothes.

**14** Road trip snacks, no problem. Buy a shower caddy from the dollar store and use it for easy eating, especially if the number of cup holders are limited.

**15** Take a picture or drop a pin on Google Maps when you need to remember where you parked.

**5** Store your loose cables/chargers in an old sunglasses case to keep everything in one place.

**6** To prevent headphones and chargers from becoming tangled, wrap them around an old gift card.

**7** Buy a portable phone charger, as this will help in those situations where you're not near a wall plug (parks, planes, trains, etc.)

**8** If you forget the wall plug-in for your phone charger, make sure to check the back of your hotel room tv or the lamp for a USB port.

**16** Avoid data roaming charges on your cellphone by only using Wi-Fi. Ensure your "data roaming" setting has been disabled and set your phone to "airplane mode" to prevent incoming calls.

**17** Take your student ID with you and save some money, as many places have student discounts that you can take advantage of while traveling.



WRITTEN BY:  
Andrea Diaz, D.C.,  
Bilingual Academic  
Support Professional

FAVORITES:  
Nantahala National Forest, Lookout  
Mountain, Arepa Mia Restaurant,  
Lantern Parade.

**12** Bring your empty water bottle to the airport and refill it after you pass security.

**13** You can always google your airline name and flight number to check the flight status (i.e. Delta 2264).

**18** Eat locally. Try grocery shopping at the farmer's markets or different grocery stores. You will save by cooking or preparing your own snacks, and also get the local flavors.

For additional information, follow the links below:

[https://www.buzzfeed.com/ariellecalderon/summer-travel-hacks?utm\\_term=.gpOdbGoL#.emX44xvBm](https://www.buzzfeed.com/ariellecalderon/summer-travel-hacks?utm_term=.gpOdbGoL#.emX44xvBm)

[https://www.huffingtonpost.com/cheapflights/25-travel-hacks-to-make-t\\_b\\_10147004.html](https://www.huffingtonpost.com/cheapflights/25-travel-hacks-to-make-t_b_10147004.html)

# SSC WELLNESS TIPS



## Vitamin D

Vitamins should be a big part of what we intake daily. Vitamins help our bodies perform in the perfection that they were created to perform. In this quarter's newsletter, we are going to focus on the benefits of Vitamin D.

Vitamin D is one of the easiest vitamins to get. All you need to do is step outside on a sunny day. That's right, vitamin D is synthesized by the skin from the UVB light from the sun. By simply going outside and taking in the beauty of nature, you simultaneously get vitamin D as well.

Many of us think that healthy bones and teeth are attributed to vitamins such as calcium; however, vitamin D is a great contributor to strong bones and healthy teeth. Immune health is also benefited by vitamin D.

Lastly, vitamin D is not really a vitamin at all. It is considered a pro-hormone that is synthesized by our body when sunlight hits our skin.

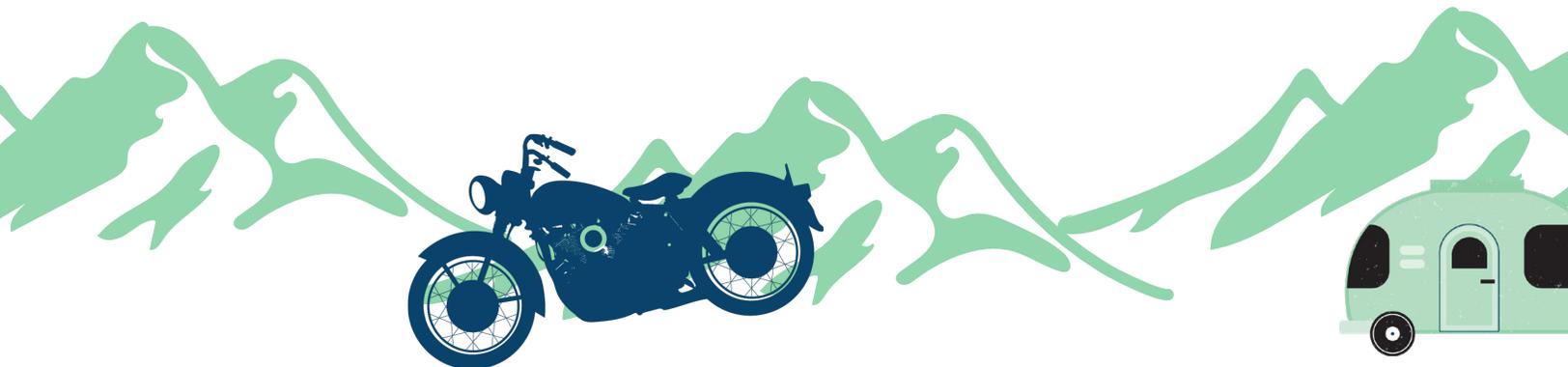
So, do yourself a favor this summer; go outside 2 to 3 times a week for 5 to 10 minutes and keep your vitamin D supply up.



WRITTEN BY:  
Bonnie Archbold, SSC Receptionist

### REFERENCES

Megan Ware RDN LD. (2017, November 13). "What are the health benefits of vitamin D?."Medical News Today. Retrieved from <https://www.medicalnewstoday.com/articles/161618.php>.



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