

LIFE UNIVERSITY

STUDENT SUCCESS CENTER NEWS

VOL 1:ISSUE 3

Welcome aboard to all our new students!

Come to the Student Success Center (SSC) to feel renewed and revitalized this fall with amazing workshops and wonderful people to share experiences. The theme for this month's SSC Newsletter is "renewal." According to the Merriam Webster dictionary, the word means, "to make like new, restore to freshness, vigor or perfection."



The SSC is excited to present many events and activities that are new this quarter to help transform your educational experience. Watch for innovative programming that may spark your creativity and learning interests. Stop by the SSC to meet some of the new staff that have been hired to implement programming and help you on your journey of growth. Know that the SSC has an open-door policy, which means if you just want to reach out and ask a question, we are open to help you find resources on and off campus that meet your needs. To be successful in school, students need to be self-motivated and self-disciplined but may not always have the tools to start them on the path to success. Look for our many workshops that can be powerful components to help build momentum toward success. Envision where you want to be; find your inspiration and what makes your heart sing. Let the SSC help you on your path.

The SSC staff all join me in welcoming all of our students back to campus!

Lisa E. Rubin, Ph.D.
Director of Student Success Center
ACADEMIC SUPPORT, DISABILITY SERVICES
AND COUNSELING

FALL QUARTER 2018

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SSC NEWS AND EVENTS

Welcome Aboard!

The Student Success Center (SSC) would like to welcome aboard our new team members, Dr. Sherterica Hall and Dr. Hope Stoney. Both doctors attended Life University's Chiropractic program and have returned to work in Disability Services as Accommodation Support Professionals. They will be assisting with providing accommodations in the clinical setting.

Also, we would like to welcome aboard Mark Pilgrim, who will be working in Academic Support as an Academic Support Professional. Mark will be working with the multicultural student population.



Saying "goodbye" is hard to do!

The SSC would like to take a moment to say goodbye to two outstanding team members, Ty Russell and Yolanda Kennedy. Ty left the SSC in August and joined Life University's Office of Fulfillment & Retail Services as the Card Services Coordinator. Ty worked in the Student Success Center for almost six years in the Disability Services area and established wonderful relationships with both students and faculty.

As a part-time Administrative Academic Support Assistant, Yolanda is the epitome of an outstanding team player. Yolanda worked with most of the Academic Support team on various projects for a year and a half, which contributed to Academic Support being able to provide our students with programming that encouraged and engaged them in previous quarters.

Collectively, the SSC wishes both Yolanda and Ty the best in their new endeavors!



SSC Open House

Join us for an informal Open House inside the SSC on Tuesday of Week 2 from Noon-1:00 p.m. Please drop by and meet our staff, tour our department and learn about our services and new initiatives. Light refreshments will be served.

SSC Wall of Wisdom

The SSC Wall of Wisdom welcomes students to share their knowledge gained from personal and professional experiences. We are planning to host another Wall of Wisdom during the entire Week 1 of Fall Quarter. You are invited to come by the SSC and write your best wisdom quote for your classmates. This is your opportunity to share some ideas with fellow students as they begin or continue their journey at Life U.



Pop-Up Tables

The SSC will have unannounced, interactive pop-up tables at various locations throughout the quarter. These pop-up tables are meant to advertise the various SSC services, answer questions, promote events, inspire, and on occasion, provide the students and staff with some treats.



SSC Events for Fall 2018 (Weeks of Success)

WEEK 1	• Study Tips and Treats – Various dates and times
	• SSC Info Tables – Various dates and times at Socrates Café
	• Wall of Wisdom – Monday through Friday at the SSC (CCE Building)
WEEK 2	• Mental Illness Awareness Week
	• SSC Fall Open House – Tuesday, October 9 from Noon-1:00 p.m.
WEEK 3	• CGUS 217 & 218 Drop-in and Mingle – Thursday, October 11 from Noon-1:00 p.m.
	• CCE 109 Drop-in and Mingle – Monday, October 15 from Noon-1:00 p.m.



ACADEMIC SUPPORT

Welcome to a new quarter!

Do you want to be successful during your time at Life University, but you feel that there is some additional academic support that you need in order to achieve that goal? Do you know where to get that support at Life University?

Life University's SSC Academic Support is here to help you with "renewing yourself" for academic excellence by offering services to assist you with achieving your academic goals! SSC Academic Support services/programs can do this by helping you to foster the development of student competencies, life skills and habits of academic excellence. We offer support services/programs to help you improve your study skills and develop effective learning strategies to enhance academic achievement. Come to SI or tutoring sessions, attend an educational workshop or two, meet with an Academic Support Professional with our Multicultural Support Program (AALPHA and Global Voices), or become either a mentee or mentor through our STARS Peer Mentoring Program. Studying late night? Well, we can help with that too! Log on to your Smarthinking account via Blackboard to ask a tutor questions 24/7. We even have learning centers (CCE 109 and CGUS 218) where you can study alone or in a small group setting.

If you don't believe that taking advantage of the services that the SSC Academic Support provides will benefit you, read what some of your fellow Life University students have to say:

- "The SI sessions are very helpful."
- "My grade improved greatly after attending this SI."
- "I really enjoy the sessions. They help me learn better and understand more."
- "The workshop was amazing. I just wish I had it sooner."
- "Learning my preferences and study skills that connect directly with them. I feel way more confident in myself."

The best part is that all of this is FREE and available to all Life U students.

Let the SSC Academic Support help you to renew yourself and pave the way for your success at Life University!



WRITTEN BY:
Nicolý Y. Myles, Ed.D



COUNSELING

The start of a new quarter brings an atmosphere of excitement, energy and inspiration. If you are a returning student, Counseling welcomes you back. We hope that this academic term is seen as a time to restart, reset and renew. If this is your first time at Life University as a student, we welcome you as you embark on your chosen career path. As you matriculate through your respective programs, you may experience or find yourself doing the following: reflecting, recharging, rebuilding, restoring, recovering, refocusing, reviving, reviewing, realigning or rethinking. The fall courses and co-curricular activities will quickly create memorable moments and consume much of your time; however, be reminded of a few quotes to support you along the way to reenergize and reconnect. Deborah Day shares, "renewal requires opening yourself up to new ways of thinking and feeling." Bernard Werber states, "the best way to renew thoughts is to go outside the human imagination." During those moments of elevated stress and anxiety, think of this phrase by Susan L. Taylor, "we need quiet time to examine our lives openly and honestly - spending quiet time alone gives your mind an opportunity to renew itself and create order." Ralph Marston proposes to "rest when you're weary; refresh and renew yourself, your body, your mind, your spirit - and then get back to work." Utilizing words of affirmation to encourage yourself or identifying new quotes or phrases may possibly quench your thirst and be just as refreshing as the morning dew.

With the newness of each day, think about the impact and effect you will have on those within your chosen profession. Each class provides an opportunity to explore new content and gain knowledge; however, take daily moments to replenish your thoughts, energy and creative ideas. Remember, your time at Life University will not be void of an array of experiences; yet, it will be that which you desire. As the leaders of our great institution framed the vision for this University, be reminded of their guiding principle of Lasting Purpose, "To Give, To Do, To Love, To Serve – Out of a Sense of Abundance." Whatever the experience may be or wherever you end on this journey of life, remember to take a moment to "re-new-all." Renew past relationships as you establish new ones. Recommit to be your best self while standing firm within your purpose. Challenge yourself as you continue to gain new knowledge and academic success. Explore the available resources and services on campus while balancing the social aspect of human connection. Take time to practice self-care and explore what nature has to offer you throughout the day. Finally, take advantage of each moment as an opportunity to demonstrate your greatness.

As a team member of the Student Success Center, I am here to assist you. If you would like more information on how our Counseling services may enhance your life, email me at Vincent.Hinton@LIFE.edu or call 770.426.2725.



WRITTEN BY:
Vincent D. Hinton,
Director of Counseling



DISABILITY SERVICES

Welcome back to school for your 2018 Fall Quarter.

As we start this quarter, I would like to ask all students to remember the moment you were at the top of the stairs preparing to take a trust fall at orientation. Many of you were nervous and unsure about whether or not you could climb to the top and take the fall. You were asked to think of something that you could fall into, whether it be falling into a new life, a new outlook or just falling into positivity. Many had a difficult time letting go of things in their life or their past that was holding them back or that continue to hold them back. For those students who just completed orientation, as well as the students preparing to graduate at the end of the quarter and all the students in between, take a moment again and decide what you will be falling into this quarter. What can you fall into that will aid you in your success as a student? Better study habits? More focus on you and less on outside factors? Less procrastination? Believing that you can do it? How can you make a fresh start this quarter to be a better you academically?

“Believe you can, and you’re halfway there.” –Theodore Roosevelt

From a Disability Services perspective, I would like to share a quote by Bala Pillai, DPT, PCS: “A child is only as disabled as their environment and the beliefs of the people around them.” While the quote was written to address children, these children become adults that in some cases have the same accessibility problems throughout their life. To our faculty and staff, I want to encourage you to take a look at your environment. If you are giving a presentation, lecturing or writing an exam, take a moment and consider the accessibility. Would someone using a wheelchair be able to access your classroom, lab room and/or office? Would someone with a visual impairment or dyslexia be able to read the font type and size that you are choosing for your presentation or exam? Let’s all take this quarter to start fresh and try to view our spaces and materials through the experience of someone who is differently abled than ourselves, and see how we can improve the experience for them and possibly others that may benefit from the changes as well.



WRITTEN BY:
Genelle Haney, DC



FALL QUARTER AWARENESS MONTH: ACADEMIC SUPPORT

October is recognized as National Tutoring month. The National Tutoring Association defines the recognition as a celebration for the awesome work done by tutors across the country. The purpose of this celebration is to give specific recognition to tutors for what they do to help and support their peers to succeed in the pursuit of their academic goals. Life University’s SSC Academic Support will celebrate our tutors and SI leaders during the month of November. We are asking the LIFE community to join us in congratulating and celebrating our tutors and SI leaders on the wonderful job they are doing every quarter! Make sure to walk by the SSC during Week 7 where we will celebrate our leaders with the “Wall of Fame”; a space for students and faculty to leave praise for our awesome tutors and SI leaders.



SSC STUDENT SPOTLIGHT



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

HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?

In my first quarter, the SSC helped me to prepare my study schedule to have time for extracurricular activity and talking with my family. This is really helpful for creating balance in my life. The SSC gives you the opportunity to attend SI sessions with excellent students leading the class.

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

When I talk with a Hispanic student and they tell me that they have problems in a class, I recommend the SSC services like attending SI sessions or one-on-one meetings with Dr. Diaz or Lorraine (Lola) Rodriguez.

WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?

I highly recommend the one on one meetings for important questions, the workshops and SI sessions; everything helps you perform better.

WHAT ADVICE WOULD YOU PROVIDE TO A NEW STUDENT ABOUT THE SSC?

I would recommend that they take advantage of the SSC services early. Dr. Diaz goes through the D.C. program, suggesting tips that she used in the program and also recommending different ways to study better.



MEET:

Marcos
Lopez



SSC FALL HACKS

Why wait? Transition your life this fall for a better, healthier and more effective version of yourself.



1 First, look within. This is a new way of thinking about success. Instead of comparing yourself to others, compare yourself to the old you from one or two years ago. Look for how motivated you were about your goals, your lifestyle or even your finances.

2 Start with the “Why?” in mind.

This simple habit can help to keep you motivated and focused while promoting better decisions. Asking yourself “Why?” should be part of the process in every decision that could potentially affect your life, health and happiness. Question everything, from “Why am I eating that?” to “Why haven’t I studied for my test?”

3 Always be grateful. It only takes a few minutes out of your day. In fact, **research**² has shown that the practice of gratitude can **change your brain** for the better, **increase your goodwill**³ toward others, help **reduce depression** and more.



6 Are you trying to eat healthier? Try this...Start with the snacks you selected. Packing your healthy snacks for school will prevent you from falling into temptation. You could also be thirsty, so try drinking a cup of water and waiting 5 minutes to see if you’re still feeling hungry.



7 Instead of dieting, try a lifestyle modification. Diets are more of a temporary solution to a permanent dilemma. The truth is that healthy eating plans are not a “one size fits all” type of answer. The most important thing is to look for changes that you can make to your daily routine that you can genuinely enjoy and maintain. You may need to try a few different options before you find the one that works best for you.



9 The early bird catches the worm. It is always a good idea to wake up early and be more productive; however, it might not be that simple for those who are night owls. If that’s the case, then try to do something you enjoy when your first wake up. This tip can help you **develop a habit** of waking up early.

10 Of course, there’s an app to stay focused. There are apps **based on the Pomodoro technique.**

Pomodoro technique is a simple time-management method based in dividing different tasks in intervals of work with breaks in between. The idea is for these intervals to be as productive as possible. The app lets you set a timer, so you can work in brief, efficient intervals. If the sounds of nature help you to focus, you can choose from one of five options (ocean, rain, forest, meditation and coffee) or customize a mix of music and white noise.



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

8 Don’t workout at all? No problem. Get started with a short and easy five minute or less routine, which can go a long way. Don’t think that working out only works if you spend 3 days a week in the gym. There is a wide gap between not working out at all and doing 5-10 minutes every day. You will see and feel the difference.



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SSC WELLNESS TIPS



The theme for this fall's Newsletter is RENEW. There are several things that we would like to renew. However, I only get to discuss one: renewing your eating habits. During the summer, we travel and fall off that diet that had been working so well.

Renewing your eating habits is a good way to start the fall, because you can choose to make changes that will make you healthier. These changes can be as drastic as cutting out meat or as minute as increasing your water intake.

Renewing your eating habits is a change that we all tend to make at some point in our life. Cutting out certain things allows us to maintain a sense of control over what we are putting into our bodies. It is important to know what you are eating, because you want to be able to account for your daily caloric intake.

Health is not only something we take for granted, but it is something that once it is lost, it is hard to get back. Maintaining your health is much easier than restoring your health. In conclusion, make small changes that will prevent you from having to make a huge change that you are not ready for. So this fall, renew your eating habits by giving that diet another chance.



WRITTEN BY:
Bonnie Archbold, SSC Receptionist

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Happy
Fall, y'all!



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