

LIFE UNIVERSITY

STUDENT SUCCESS CENTER NEWS

VOL 1:ISSUE 4

Welcome aboard to all our new students!

Welcome to 2019!

With a new year, it is time for new goals and renewed energy, which brings great growth and change. As part of the SSC's expansion, we are forging ahead with launching new programming (i.e. Peer Mentoring, Multicultural program and many new events and workshops [see [page 3](#)] and new staff [see [page 2](#)] to continually offer the best support services to students in pursuit of academic excellence. We want the SSC to be a vibrant central hub for your academic support services and partner with you to help you achieve your goals.



We ask that you take an active part in your learning experience by showing up to what LIFE has to offer. Share your success stories with the SSC; become a SI Leader/tutor, note-taker or Peer Mentor; join us at our special events (i.e. Mix and Mingle); or just stop by and use our study areas in our learning labs (CGUS 217, 218/219 and CCE 109). Reach out to find out more about our services (Academic Support, Counseling and Disability Services) as part of your New Year's resolution for change.

We look forward to an AMAZING New Year to share and grow with each and every one of you.

Happy New Year!

Lisa E. Rubin, Ph.D.

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

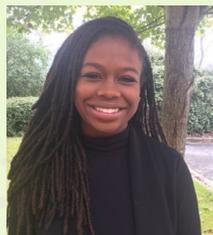
WINTER QUARTER 2019

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Welcome Aboard!

The Student Success Center (SSC) would like to welcome aboard our new staff members Cameron Bakkar, Cheri Haynes and Alex Koepf.



CAMERON BAKKAR

Cameron Bakkar is no stranger to Life University. Her father graduated from LIFE in 2016. Her mom is a current student in the master's program. Cameron serves as the Administrative Academic Support Assistant. Her responsibilities include serving as the Make-Up Testing Coordinator and the STARS Peer Mentoring Program Coordinator. She will also serve as a College Algebra tutor beginning this quarter. She also assists other Academic Support programs that are housed in the SSC.

CHERI HAYNES

Cheri Haynes serves as the Disability Services Associate. She works mainly with the Note-Taking program. In addition to working with the note-takers, she also proctors and delivers exams.



ALEX KOEPF

Alex Koepf serves as the Disability Services Testing Room Coordinator. His main responsibilities include processing and managing exam requests from accommodated students, as well as communicating with faculty to facilitate a smooth exam-taking experience. In addition, he assists with coordinating the proctoring staff and the exam rooms in the SSC in order to avoid any scheduling conflicts, as well as assists students with any questions or issues relating to their accommodations.



Saying "goodbye" is hard to do!

Congratulations to Caitlin Howard on her new position at Clayton State University as Assistant Director of Disability Services.

Caitlin started her journey in Disability Services when she joined the Student Success Center in January 2016. During her time at Life University, she worked hard to bring awareness about people with disabilities to our campus through trainings, interactive activities and the Abilities Exhibit. She was also responsible for bringing Happy Tails therapy dogs to our campus during the week of final exams for our students, staff and faculty.

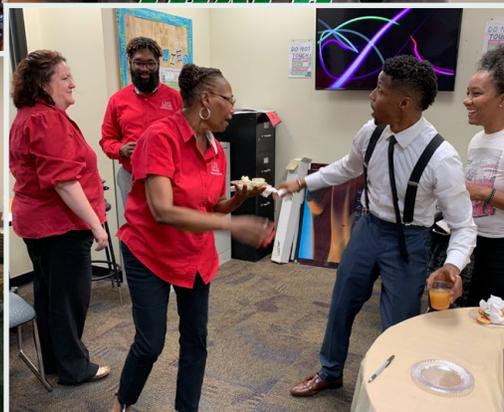
Caitlin was a great asset to our Disability Services team and will be greatly missed. Collectively, the SSC wishes Caitlin the best in her new journey!



SSC Fall 2018 Events

During the 2018 Fall Quarter, the SSC hosted several events during weeks 2 and 3 that allowed us to interact with the students. The SSC hosted its annual Student Success Center Open House, Academic Support's Tips-n-Treats, Drop-In and Mingles (CGUS 218 and CCE 109), and Global Voices' Welcome to Life U.

The SSC Academic Support recognized SI leader/Tutor Appreciation Week during Week 7 of Fall Quarter. Throughout the week, various events were available for the SI leaders and tutors to take part in. On Tuesday of Week 7, the SSC Academic Support team created a "Wall of Fame" with pictures of the SI leaders and Tutors (past and present). This included comments from students who utilize the services expressing their gratitude and sharing why they believe that the SI leaders and tutors are important in their education.



SSC Winter 2019 Event

SSC Counseling will present Healthy Happy Heart Day, Thursday, February 14, 2019 in the CGUS Lobby from 11:00 a.m.-1:00 p.m. Stop by for sweet treats - just because we care.



Pop-Up Tables

The Student Success Center (SSC) will be having 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.

Be S.M.A.R.T.

The pursuit of earning a degree from a higher education institution should be challenging and rewarding in many ways. Gaining different experiences in unfamiliar environments aids in expanding your intellectual process. While developing these skills, I find it important to know how to cope with the stressors of life and a hectic class schedule with what seems to be a revolving door of deadlines. I want to encourage you to set realistic goals for yourself. These goals should be made for each quarter to help ensure you gain the most from your education here at LIFE.

I have always found it easier to set S.M.A.R.T. goals to achieve my personal and professional goals. They help keep me on track and encourage me to move forward because the goals are distinct, achievable and rewarding. I am going to break down these five areas below so that you will have a better understanding of what criteria each category will need in order for you to achieve your personal and/or professional goals.



WRITTEN BY:
Mark Pilgrim

REFERENCES

<https://www.mindtools.com/pages/article/smart-goals.htm>

SPECIFIC

You should always know what your end goal is and what you hope to gain from that goal. For example, I want to complete my paper by tomorrow at 3:00 p.m. so that I can turn it in on time. In order to execute any task, I ask myself the five W's every time.

- What do I want to accomplish?
- Why is this goal important?
- Who is involved?
- Where is it located?
- Which resources or limits are involved?

MEASURABLE

I find it helpful to sit down and evaluate if I have met the goal or not. This gives me the insight on how to proceed with the goal. It also helps keep me on track, focused and excited that I'm getting closer in achieving the goal. Here you would want to ask how ... how many, how much, how will I know when it is complete?

ACHIEVABLE

This is where many of us stumble. Being realistic with this segment is vital to the success of the goal. It is okay for your goal to stretch your abilities, but you want to always make sure that it is still attainable.

RESULT FOCUSED/ RELEVANT

I have noticed over time that if I make a goal that actually means something to me and that I have the main control over, the more likely I am to attain the end result. I ask myself if the goal is worthwhile and if it is worth my time. Doing this puts the onus on myself, making me responsible for achieving the goal.

TIME

We have all heard that "time waits on no man," so be sure to always have a target deadline that you can work toward. This can help your long-term goals by ensuring your everyday tasks do not take precedence in achieving the end results.

Now even though I just explained the criteria of S.M.A.R.T. goals, sometimes you may need to work on this concept person to person. I encourage you to reach out to Academic Support professionals, such as Ms. Vickie Robinson. She conducts educational workshops that help break down everything from goal setting to learning styles. Take advantage

“Together I know we can help each other achieve our goals! Cheers to a successful quarter!”
- Mark Pilgrim

of these free sessions; I know first-hand that they help. Supplemental Instruction (SI)/Tutoring is also a great way to aid in understanding the material. I encourage you to attend

those sessions, even if you believe you are doing well in class. I have seen students gain invaluable information about the subject matter by attending an SI/Tutor session. Everyone also

needs to have coaches and mentors in their circles. Academic Support professionals Dr. Andrea Diaz, Mrs. Lola Rodriguez Vargas and I are here to coach you along through your journey at LIFE, as well as get you connected to a peer mentor through our STARs Peer Mentoring Program.

I want you to know that you are not alone on this journey and that you have the resources and help right at your fingertips. I hope to see you all at some point meeting with a coach, mentor or taking part in our educational workshops and SI/Tutor sessions.

To get involved with any of the Academic Support programming please email AcademicSupport@LIFE.edu or call **770.426.2725**.

WINTER QUARTER AWARENESS MONTH

Random Acts of Kindness Day

Student Success Center is encouraging administrators, faculty, staff and students to celebrate Random Acts of Kindness Day. It is observed and celebrated on February 17 and offers individuals, schools, businesses and organizations intentional opportunities to be kind to others. Further, random acts of kindness particularly impact college students in many ways, such as affecting their mood and emotions in positive ways. Students who are not scheduled to take exams during mid-terms week can run errands for their peers who are scheduled to take exams. College students are consistently involved with studying; taking exams; planning and organizing their day and week; meeting with their professors; etc. Any combination of students to-do lists (i.e. busy lives) could be cause for experiencing stress. A great way to overcome stress is for college students to think about creative ways to perform random acts of kindness. Due to its positive effects on removing harmful stress that interferes with successful learning and achievement, students would benefit greatly by doing various acts of kindness throughout the year. If you are interested in getting more ideas for random acts of kindness, please see the links in the references to the right.

The SSC will recognize “Random Acts of Kindness Day” throughout the day on Thursday, February 14 and Monday, February 18. Look for us as we make our way around campus with treats.



WRITTEN BY:
Vickie Robinson

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Resolutions

Each January, or during the beginning of a new calendar cycle, many people practice a tradition known as New Year's Resolutions. It is noted that this practice is an opportunity to establish a list of habits one would like to change in an effort to create new ones. As you begin a new quarter, I challenge you to explore your academic habits and determine if you should be intentional at developing new patterns of success for yourself. You may ask yourself, "What does this look like for a student?"

Here are a few examples:



WRITTEN BY:
Vincent D. Hinton,
Director of Counseling



CHALLENGE: Being late for class
NEW: I will document, practice and see an increase of being on time for class during the quarter.

CHALLENGE: Poor study habits
NEW: I will schedule an appointment with Academic Support during the first two weeks of the new quarter to create a study schedule.



CHALLENGE: Lack of focus, balance and support
NEW: I will review the Counseling workshop calendar and determine one workshop that I can attend that will support creating a more purposeful balance in my life.

As with any new habit you may desire, it will require a level of commitment and accountability. A few ways to ensure success is to find a peer in your program to support you or hold each other accountable, ask a family member to check in with you on a weekly basis or establish a daily/weekly reminder in your phone. Research reveals that our challenging habits are most effectively reduced when we substitute them with different learning habits that are meaningful, purposeful and repetitive. As you develop and form new habits, keep this acronym in mind: TIP – Think, Imagine and Practice. Take time throughout the quarter to think about your new habit. Imagine how the new change will benefit you and practice it consistently. Change is a continuum, not an event. Renew your habits daily until they form into habits that create and meet your desire within.

For more information about establishing new habits, or upcoming workshops, contact the Student Success Center at **770.426.2725** or email me at **Vincent.Hinton@LIFE.edu**.

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- Gardner, B. (2015). A review and analysis of the use of 'habit' in understanding, predicting and influencing health-related behavior. *Health Psychology Review*, 9, 277-295.
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As you are making your resolutions for the new year, it is a good opportunity to make purposeful plans for your academic success. A good goal should take you out of your comfort zone. Think about extending yourself just that little extra bit to reach for something that might be challenging to achieve. Make some time to sit down and create goals that scare you just a little bit. What are your academic goals for 2019, and how can we in Disability Services help you achieve them?



WRITTEN BY:
Genelle Haney, D.C.

Often pursuit of an ambitious goal is met with challenges and barriers. A barrier is defined as an obstacle that prevents movement or access. What kinds of barriers have you encountered in your pursuit of your goals? Disability Services is here to be an advocate for you. We want to help remove barriers that stand between you and the achievement of your academic goals.

A learning disability is not a sentence. It is part of you, just as surely as your height, the pitch of your voice, or whether you are right- or left-handed. Ignoring your disability won't make it go away. Taking charge of it, on the other hand, means you have as much potential as everyone else.

More than 50%
of college students with learning disabilities complete their degrees.

It's true that over 50% of college students with learning disabilities complete their degrees. It's largely up to you. You are certainly smart enough to do college work (Hartwell-Walker, 2018). By accepting your disability and adopting supportive strategies, you can earn that diploma.

Disability Services is here to be an advocate for you and to help remove barriers that stand between you and the achievement of your academic goals. If you would like to discuss your situation and/or your barriers, please contact Disability Services to set up a meeting.



WRITTEN BY:
Teresa Bray

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HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?

SSC has impacted my educational career by aiding me with personal educational needs, such as SI (tutoring for D.C. students) and reasonable accommodations. At a young age, I lost my hearing, but that wasn't stopping me from pursuing a Doctor of Chiropractic degree. SSC has been a great support system and has guided me with the proper tools needed to succeed in my career.

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

I would encourage other students to use SSC services by sharing my personal experiences and what programs I've participated in. I would also encourage them to speak with a SSC staff member to learn more about the tools that can be provided to help them succeed in their career.

WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?

In my first year and a half, I was struggling because there is a lot of material to learn, and the beginning was not easy coupled with the new world of Life University. This is where I began to use the tutoring services that helped me to make a lot of progress. I would recommend SSC SI sessions (tutoring), which is vital and helpful for the classes that you are struggling with. Also, if you have a condition that interferes with your learning, speak with a SSC staff member, and they will determine if reasonable accommodations can be provided to help you progress academically.

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

At the beginning of the first quarter, I would suggest you start using all the resources provided by the SSC to progress smoothly in your academic journey. Studying will be hard work, but it will be worth it. Trust the process.



MEET:
Jorge
De Jesus

“Studying will be hard work, but it will be worth it. Trust the process.”

Reflect and Connect

The holidays are a great time to reconnect and share with our loved ones. It is also the best time to reconnect with ourselves and determine how to live a life that will be congruent with our “why.”

Start your year with an annual review and reflection. I would recommend the seven-day review series “New Year for a New You.” This reflection is a good way to evaluate how successful your last year was and how to better approach this new one.

During this New Year, try setting goals instead of resolutions. Define long-term and short-term goals that are S.M.A.R.T. The SSC offers workshops throughout the quarter to help you learn the most efficient ways to set your goals.

There are a variety of customizable planners and apps (for those more tech savvy). Look for the planner that is best suited to your needs and organize yourself for this New Year. Time management is key, so take advantage and find the right planners and/or schedules that will work for you.



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

Here are some additional hacks to help with the winter weather:

Icy sidewalks or steps?

Mix 1 teaspoon of dishwashing liquid, 1 tablespoon of rubbing alcohol and half a gallon of hot water. This mix will prevent freezing without the deteriorating effects of salt.

Ice on your windshield?

Instead of scraping the ice off, try spraying it with 2/3 vinegar and 1/3 water.

Arms are a little cold?

No problem! Turn a pair of old knee-high socks into arm warmers to wear under your coat.

Don't let the decrease in temperature increase your bills.

When sitting at home, before turning up the heat, try using an electric blanket instead. It will consume far less energy.

Cooking at home? After cooking, leave the oven door cracked open to allow the hot air to fill the room.

Dry skin? We all feel the effects of winter on our skin; not only on our lips, but also on the face, especially for those with more sensitive skin. Try this “Winter Cheeks” stick recipe: ¼ cup organic coconut oil, ¼ cup olive oil, 2 tablespoons beeswax pastilles and 20 drops lavender essential oil.

Tuck it in! With winter, it is also boot season, and we all know how tricky it can be to keep some pants/jeans tucked in. Maybe using mitten clips could help.

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Winter with a purpose

During winter, there are some definite changes that happen; many changes are seen, and many are unseen. These changes can be intentional and unintentional. The leaves changing colors and falling off the trees is just one of the seen changes that happens during winter.

When we think about unseen changes, we think about those things that we go through mentally or emotionally. During the winter, we tend to spend a lot of time inside thinking and reflecting on things that we can change and some that we are not at liberty to change. This wellness tip is to help you think about the changes that will edify you and build you up on the inside that will produce good changes on the outside. Changing your thinking to that which is positive will yield positive results. It has been said throughout time that change starts in the mind.

During winter, choose to think on the things that you want to change and plan to appropriate those changes so that it adds to your life. Starting good habits, like exercising or reading for pleasure, can add to your peace and clear your mind. A clear mind is the birthing ground for great ideas and true happiness.

What can you do this winter that will add to your life?



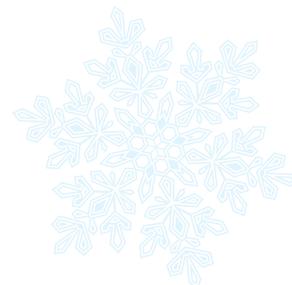
WRITTEN BY:
Bonnie Archbold, SSC Receptionist

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