

LIFE UNIVERSITY

# STUDENT SUCCESS CENTER NEWS

VOL 2: ISSUE 1

## Bloom into Spring

To help you bloom and develop during your stay at Life University, the SSC continues to grow its support programming. Spring into vibrant opportunities that present themselves to you on and off campus.

### **BUILD**

Build your life on campus by engaging in the many activities offered by the SSC.

### **LEARN**

Take advantage of academic support's SI/tutoring program, educational and counseling workshops, learning resource centers, online tutoring, peer mentoring, 24/7 telephonic counseling, and many more. Come join us at one of the SSC events to learn more about what we have to offer.

### **OUTCOME**

Unlock your potential by expanding past your comfort zone and reaching out to new opportunities.

### **OBSERVE**

Thrive at Life University by growing and expanding your mind and your experiences.

### **MODELING**

Be a role model on campus. Join a club or organization. Become an SI/tutor or Peer Mentor. Find out the many ways you can give back on campus and enrich your own development.

We look forward to your participation in all the SSC events, programming, workshops, SI, tutoring and resources.

**Let us know how we can help you BLOOM!**



Lisa E. Rubin, Ph.D.

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

SPRING QUARTER 2019

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## 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. The SSC Winter 2019 Pop-Up was held in Socrates Café during week 7.

## SSC Winter 2019 Events

### MARIETTA MENTORING LEADERSHIP'S SCIENCE DAY AT LIFE U- JANUARY 2019

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

Science Day's objective is for the students to experience science on a college/ university campus. The students attending are higher achieving, minority, 8th graders from Marietta Middle School who participate in the Marietta Leadership Program. Their day included an introduction from Dr. Lisa Rubin

(Director of the Student Success Center), viewing radiology films with Dr. Lydia Dever (Division Chair of Chiropractic Sciences), time with the faculty of Natural Sciences (Dr. Kathryn Bruce, Dr. Adaris Mas Rivera, Dr. Deidre Meiggs, and Dr. Robin Sibert), working on the Anatomage Tables, lunch in Lyceum Dining Hall, and "Science and the Brain" (Vincent Hinton, Director of SSC Counseling).

The 8th graders shared the following about their experiences:

**" I really liked looking at and finding the bones on the x-rays."**

**" I liked learning about polyomers, monomers."**

**"My favorite part of [natural sciences presentation] was finding the DNA of the strawberry."**

**" [Science and the Brain] made me think differently at the world, that maybe if you look at a puzzle different[ly], you can figure it out."**

**"During the [The Anatomage Table] activity, I was able to explore the human body."**





## RANDOM ACTS OF KINDNESS

The SSC recognized the National Random Acts of Kindness during the week of February 18th. The SSC team surprised students, faculty, and staff around campus with “kindness” goody bags and encouraged them to pass along the kindness to others.



## SSC FACULTY/STAFF APPRECIATION LUNCH

The SSC team hosted its second annual Faculty/Staff Appreciation Lunch on February 21. The event is to recognize those who support the SSC and its initiatives. The team created an Italian bistro out of classroom and an amazing atmosphere of appreciation, gratitude and fun. The SSC has hosted many events that continually support the initiatives of the University and bring out the best in people. The SSC embodies the SLP attitude that Life supports. The SSC team makes its Center not just special for the students but for our faculty, staff and administrators every day.



## STARS PEER MENTORING RECEPTION

In Fall 2018, the SSC Academic Support launched STARS, which is a new peer mentoring program. Peer Mentoring is recognized as best-practice strategies for promoting college student success (Collier, 2017). Within higher education mentoring is increasingly seen as a high impact strategy for promoting student success. The fundamental goal of peer mentoring is to help students stay in school and complete their degrees in a timely manner (Collier, 2017).

The staff recognized the new mentors and mentees by hosting a mixer for the students during Winter 2019 week 7. As of last quarter, there are 58 students who have been trained to be either a mentor or a mentee in the program.





# Blooming in the Spring

## with the SI/Tutoring and Peer Mentoring Programs

Seeds need three basic ingredients to grow into the blooms we love in the Spring: **Soil. Water. Sun.**

The three basic ingredients to grow the blooms of the mind: **Lectures. Study Time. Testing.**

The right combination of these three produces wonders that encapsulate our eyes with beauty and fill our noses with wondrous scents. At Life University, the perfect academic and social combination can always use a boost of fertilizer. The Supplemental Instruction (SI) & Tutoring program along with the Peer Mentoring program are two fantastic fertilizers that can boost your academic blooms to things of beauty and wonder.

The Leader Resource Manual for Supplemental Instruction cites numerous academic studies that have shown students retain information better in peer to peer groups than through faculty to student instruction (UMKC, 2004). The SI & Tutoring program at Life is designed to be a direct infusion of impactful peer to peer learning targeting statistically challenging courses in both the undergrad and chiropractic programs. We have student leaders who are trained in collaborative learning techniques that encourage interpersonal discussions pushing forward learning processes and breaking the dreaded dependency cycle of relying solely upon authority figures for learning through repetition and memorization. We take students who have aced these difficult courses and train them to facilitate study groups of peers in the class to not only help clarify missed information and allow space for more in-depth study of topics, but to offer tried and true tips to help pass the course while retaining beneficial information. The SI & Tutoring program is a powerful boost to student learning. Along with it, peer mentoring surrounds the student with even more.

The STARS Peer Mentoring Program is an initiative that is designed to increase retention, persistence, positive relationships, and academic and social engagement of Life University's student population. Through this program, students can grow with their peers as they learn valuable techniques on navigating courses and integrating into the campus. Lower quarter students in all programs offered at Life U are matched with upper quarter students who share the same interest and who can offer helpful



WRITTEN BY:  
Stephen Black and Cameron Bakkar

### REFERENCES

UMKC. (2004). Leader Resource Manual for Supplemental Instruction (SI). Kansas City, MO. University of Missouri – Kansas City.

information, and share their own experiences. For the mentees, the peer mentoring program is a great opportunity to make new friends, develop leadership skills, learn about campus resources, and connect with the campus community. For the mentors, the peer mentoring program is an opportunity to showcase leadership, be a part of developing new leaders on campus, and serve as a knowledgeable and experienced guide. Peer mentoring at Life U provides an extra ingredient to blossom on and off campus by developing strong, positive relationships and building leadership skills.

Soil. Water. Sun. The three basic ingredients to make seeds grow into blooms. Lectures. Study Time. Testing. The three basic ingredients to grow the blooms of the mind. Like those blooms, your mind can use a boost of fertilizer to elevate the growth potential locked inside. Let the benefits of SI/Tutoring and Peer Mentoring programs be the fertilizer that boost your hard work and let your academic blossoms bloom gloriously.

**The three basic ingredients to grow the blooms of the mind: lectures, study time, and testing.**

To get involved with any of the Academic Support programming please email [AcademicSupport@LIFE.edu](mailto:AcademicSupport@LIFE.edu) or call **770.426.2725**.





## Critical Knowledge

“As a graduate of the Chiropractic program, I am aware of the amount of work needed to get through the program successfully. However, it wasn’t until I became a staff member in the Student Success Center, that I was made aware of how much easier it could have been.” –Sherterica Hall, DC



WRITTEN BY:  
Sherterica Hall, DC and Teresa Bray

I remember standing at the cadaver table during my Visceral Gross Anatomy midterm practical, staring at a tag labeled nerve, knowing it was the Vagus nerve. Yet I froze and proceeded to have a full-on panic attack. I did not know what to do, so I just tried to calm my breathing and push through the practical. That was my first encounter with test anxiety, but it would not be my last. I spent hours and hours preparing and studying for these exams only to freak out the day of the exam. This was my experience throughout the entire program, be it practical or written exam.

I never sought help from Disability Services in the SSC, because I was unaware of how a disability is defined. I perceived that my peers that received accommodations had severe learning disabilities and I didn’t identify with them. I thought that test anxiety was a condition that I had created in my own mind. I was also under the impression that the evaluation needed in order to receive accommodations was a ridiculous amount, and being a student and a single parent, I did not have that kind of money.

I wish I could go back and tell 1st quarter me to go to the SSC’s Disability Services. I would tell 1st quarter me that it would be better to invest in the evaluation rather than spend double the amount of money retaking classes. I would have had a completely different experience as a student. Even though I completed the program and passed boards, if I had requested the support from Disability Services I would have had more room to breathe...literally. Knowledge of your disability is the first step Advocating for yourself and seeking the resources that you need to be successful is the second step

If you have lived with your disability for a while, you probably have a good sense of how it affects you. However, you may find that college life or college academics present a new challenge. **DON’T COUNT YOURSELF OUT... CHECK DISABILITY SERVICES OUT!**

If you have been recently diagnosed with a disability, you may not completely understand yet how it impacts you. Knowledge of a disability is “critical to your success in college.” It’s the first step to you advocating for yourself and seeking the resources that you need to be successful. **DON’T COUNT YOURSELF OUT... CHECK DISABILITY SERVICES OUT!**

**Don’t count yourself out!**

**CHECK DISABILITY SERVICES OUT**

### REFERENCES

Hartwell-Walker, Marie (Ed.D). Success in College Despite Learning Disabilities

Retrieved from <https://psychcentral.com/lib/success-in-college-despite-learning-disabilities/> on Wednesday, December 12, 2018.





Acceptance of a disability example: taking longer to do things like read or get from one place to another can make you feel different from your peers. However, once you accept that you need to allow more time for these things in order to accomplish them, you can plan ahead and still accomplish the same things your peers do. You may even achieve at a higher level than your peers do because of your time and dedication. **DON'T COUNT YOURSELF OUT... CHECK DISABILITY SERVICES OUT!**

*or presentation. This accommodation does not alter in any significant way what the test or assignment measures. Examples of accommodations include a student who is blind taking a Braille version of a test or a student taking a test alone in a quiet room."*

<https://osepideasthatwork.org/node/116>

**DISABILITY SERVICES focusing on the Ability DON'T COUNT YOURSELF OUT!! CHECK US OUT!!**

*"An accommodation allows a student to complete the same assignment or test as other students, but with a change in the timing, formatting, setting, scheduling, response and/*

## SPRING QUARTER AWARENESS MONTH

### April: National Volunteer Month

National Volunteer Month is recognized during the month of April. The Student Success Center team is encouraging administrators, faculty, staff, and students to observe and celebrate this awareness month. Many businesses and organizations celebrate during the week of April 7th -13th. Every year thousands of people across the country participate in volunteerism within their respective communities. National Volunteer Month focuses on celebrating volunteers and encouraging volunteerism. Because of its essence, volunteerism is good for increasing life satisfaction and a sense of pride.



WRITTEN BY:  
Vickie Robinson

Volunteerism supports self-development by way of building an individual's self-confidence, social skills, quality of life and well-being due to the value of giving to others and helping those in need. Higher education is a wonderful environment for students to develop their self-esteem, self-worth, and self-compassion by giving to others and supporting their desired communities or causes. For example, students can celebrate National Volunteer Month by simply thanking their fellow classmates for their positive contributions to various causes in the spirit of volunteerism. If anyone in the Life University community is interested in receiving more ideas for National Volunteer Month, please see the links below. To those who volunteer, please share your volunteering efforts by placing a comment, picture or message on the SSC's rolling wall during the week of April 7th -13th.

REFERENCES

- <https://greatnonprofits.org/city/marietta/GA>
- <https://www.volunteermatch.org/>





# The In-Between

The poet and entertainer Maya Angelou said, “we delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty”. As the winter season passes and we embrace the spring, what is changing in your life? What memories or activities are you storing away? What awaits you this season? What’s blooming for you? Whatever it may be, spring is definitely in the air.

In comparison to the winter, one’s biological clock and energy may be slightly different during the spring time. We spring forward and embrace the morning sun. We await the singing of the birds. We long for the fragrance of fresh cut grass as well as the onset of allergy season. Spring provides a link between the cold winter months to the warmth of summer; however, what are you doing in between? Are you in need of some new coping strategies, techniques for mindfulness or creative ideas to stay grounded and centered?

If you haven’t decided or if you are simply indecisive, the SSC can help with the process. Regardless of what you may desire to blossom in your life this academic year, the right tools can support any endeavor. Throughout the quarter, consider attending one of the wellness workshops and learn a new intervention or gain a greater understanding about mindfulness and self-care. Develop and maintain a new daily routine, take steps to manage your stress differently, visit a new area in the city, explore a local museum, coffee shop or call a friend you haven’t spoken with in quite some time. Struggling with your identity or can’t kick a bad habit? We can help there too. As you determine the seeds you desire to plant, allow us to help nurture your soil and provide you with just the right amount of support to bring your vision for the spring to fruition.

The tools in the SCC are available as you seek to reach your full potential and optimal best. For more help and/or assistance, give us a call in the SSC at **770-426-2725**. For Counseling services, email me directly at **[Vincent.Hinton@LIFE.edu](mailto:Vincent.Hinton@LIFE.edu)**.



WRITTEN BY:  
Vincent D. Hinton,  
Director of Counseling

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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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## HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?

The teamwork and resources that the SSC have for me have been of great help and motivation every day since I began my journey in the doctoral degree of chiropractic at Life University. The use of their services has helped to keep me focused, clarify my doubts and beyond that. Bring me the opportunity to enjoy the process, grow, learning and capacity in other areas of personal and professional.

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

One of the ways I like to persuade people is by showing them how the process works and by passing on the opportunity based on my results. Personally, I consider myself an agent of change. I like to take action and not lose the window of opportunity. For that reason many times others ask me for a solution regarding classes, time management, organization, counseling, and even how to handle English in cases where it is not their first language. A phrase that comes to mind is: We are not alone! There are angels who take care of us and help. I share the resources that I am aware of or I put others in contact with the right people.

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

One of the resources that I have benefited from a lot during my time at Life University is the SI sessions for both Lecture and Laboratory. The reason why is that when I started at Life University and saw the Russian mountain that I was facing and I was very scared. Since I started using the services, my progress has been excellent both academically, personally and even spiritually. I am a faithful believer that when you create balance in your environment everything flows, and the SSC services provide the resources and services that make you feel that way. One of my struggles in the beginning, was English since it is not my first language. That added to the language of science (my baccalaureate and previous education was in communications) was not easy for me to adapt to the process in the Doctorate in Chiropractic degree program. That's when I also received a lot of support from the team in Global Voices and from the Counseling department.

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

My first advice to new students would be for them to meet with various faculty and staff from the beginning, experiment with different ways of learning and be open to receive retraining in areas where you may need to learn to do things differently. This can be beneficial in the future. Personally, I like to bring new students to the department even if they have visited before. I think that since it has been a good resource and has benefited me, I will share it with everyone because they deserve to enjoy the benefits as well. In other words, I pay it forward!



MEET:  
**Myrta  
Centeno**

**“...experiment with different ways of learning and be open to receive retraining in areas where you may need to learn to do things differently.”**





## Blooming Hacks



Prevent algae growth: drop some pre-1982 copper pennies in the bird bath. Pre-1982 pennies contained copper, a natural algicide. I have found this to work extremely well except for those times when the temperature stays above 90 degrees for extended periods of time.

*\*Copper is not safe for fish so this would not be a good thing to use in a fish tank or a pond that has fish in it.*



Sprinkle cinnamon around seedlings to prevent fungus from growing.



Kill weeds by spraying them with white vinegar. The higher the acidity in the vinegar, the faster it will work.



Crushed eggshells can protect your plants from pests, while working as a good fertilizer.



Start seeds in empty eggshells: Once you're ready to transplant your starts outside, keep the shell on your plant but crush the shell so that the roots can grow through. The nutrients in the shell will feed your plant as it grows.



Use stale ice cream cones as biodegradable planters. When your plant gets too big for the cone, just plant the whole thing in the ground. You could also use a toilet paper roll.



Before sowing your seeds, soaking them in warm water for 24 hours is a great way to help get plants ready to take root.



Repurpose a shoe organizer as a vertical planter.



Growing tomatoes upside down can greatly increase the amount of tomatoes in a limited space.



Use an old photo album to create a clever seed packet organizer.



Use the cool vegetable cooking or steaming water to fertilize your garden or potted plants.



Water plants with a plastic bottle when you're on vacation: Use a small drill bit or nail to poke 1-4 holes into the cap of a plastic water bottle. Fill the bottle with water and replace the cap. Turn the bottle upside down and quickly insert the filled bottle into your plant's soil. You may need to press soil around the bottle to keep it in place, and that's it! Water will drip slowly out of the bottle's cap while you're away.



Slow down water drainage with a coffee filter. Prevent water from running right through soil by lining a pot with a coffee filter.



Dig a hole and fill it with an empty plastic pot, so that you can easily replace your seasonal potted plants.



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

### 35 FOODS TO GROW AT HOME

- |              |                |
|--------------|----------------|
| Cilantro     | Sweet Potatoes |
| Mint         | Oregano        |
| Green Onions | Mushrooms      |
| (Scallions)  | Peppers        |
| Garlic       | Parsley        |
| Celery       | Cherries       |
| Tomatoes     | Apples         |
| Romaine      | Peaches        |
| Lettuce      | Lemons         |
| Potatoes     | Hazelnuts      |
| Lemongrass   | Chestnuts      |
| Ginger Root  | Leeks          |
| Pineapple    | Box Choy       |
| Pumpkin      | Napa Cabbage   |
| Fennel       | Rosemary       |
| Basil        | Cucumbers      |
| Turnips      | Radish         |
| Avocado      | Carrots        |
| Bean Sprouts |                |

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- <https://garden.org/ideas/view/flafwvrg1/602/Prevent-Algae-from-Growing-in-Your-Birdbath/>
- [http://www.homedesigninspired.com/23-insanely-clever-gardening-ideas-on-low-budget/?epik=0SH4CE\\_IWXr\\_](http://www.homedesigninspired.com/23-insanely-clever-gardening-ideas-on-low-budget/?epik=0SH4CE_IWXr_)





## Bloom into Wellness

There are certain feelings you get when you feel well, healthy and whole. You feel like you can take on anything because you are equipped with the necessary skill and faith to do so.

Blooming means cultivated, naturally enhanced beauty that produces something, most commonly used when talking about flowers. However, we are discussing the whole of what make us who we are.

Blooming into wellness is vital during this time of year because with the beautiful weather comes an immense number of allergies that make a lot of us unhappy. Going into this season with wellness on your mind, you can make the necessary steps to seek out the vitamins and supplements to help you through the season.

After a rainy cold winter, we all know that staying inside is not an option for maintaining wellness from allergies. Exploring and feeling the wind in your hair will sound much more appealing. Let's bloom into spring by understanding what our bodies need to enjoy it.



WRITTEN BY:  
Bonnie Archbold, SSC Receptionist

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- <https://drhoffman.com/article/18-supplements-for-allergy-relief-and-prevention/>
- <https://www.theatlantic.com/health/archive/2014/03/how-spring-opens-the-mind/284572/>

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1325 Barclay Circle | Marietta, GA 30060  
Center for Chiropractic Education (CCE)  
Phone: 770-426-2725