

LIFE UNIVERSITY

STUDENT SUCCESS CENTER NEWS

VOL 2: ISSUE 3



into Summer!



Welcome to Summer Quarter! The heat means take out your flip-flops and shorts and enjoy the sun.

According to the **dictionary**, flip-flop also means

“a sudden or unexpected reversal, as of direction, belief, attitude, or policy.”

Throughout your duration as a student at Life University, your life will take many twists and turns. Part of your educational experience is to learn, grow and explore, so changing your mind and perspective is part of the process. Take time to explore new paths that you may have not have tried before and be open to diverse ideas that are presented through new friends, events and experiences on campus.

Imagine what you can create by just opening your mindset. Have you ever heard of a sustainable surfboard or flip-flops? Well, the University of California San Diego biology and chemistry students created world's **first algae-based items**.

These students, along with their faculty saw a huge concern related to the negative environmental footprint of about 3 billion pairs of plastic sandals made globally every year. According to Stephen Mayfield (UC San Diego professor of biology), these non-biodegradable items become pollutants from polyurethane from shoes and sandals. Therefore, they created a flip-flop that degrades after three months of wear.

You never know how one idea can be brought to incredible lengths to change the world. So enjoy your summer and flip-flops. Be creative and think outside the box.

Have a great quarter!

Lisa E. Rubin, Ph.D.

Director of Student Success Center

ACADEMIC SUPPORT, DISABILITY SERVICES
AND COUNSELING

SUMMER QUARTER 2019

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Welcome Aboard!

The Student Success Center (SSC) would like to welcome aboard our new staff members, Roxanna Gandia and Erica Tomory.

ROXANNA “ROXY” GANDIA

Roxanna “Roxy” Gandia is the new SSC Bilingual Academic Support Professional. Her responsibilities include working with undergraduate and graduate bilingual and international students within the Global Voices program. Roxanna has more than seven and one-half of expertise and experience in higher education.

Roxanna is originally from Guaynabo, Puerto Rico. She moved to the United States to attend college. She has a bachelor’s degree in Film and Media Arts and a master’s degree in Curriculum & Instruction: College Student Affairs. Roxanna enjoys learning and discussing history. Her favorite places to visit are the beach and Old San Juan. She always has music playing in the office, so feel free to stop by Mod 4 to say “hello” and take a short dance break!



ERICA TOMORY

Erica Tomory is the new SSC Disability Services Professional. Her responsibilities include reviewing documentation and approving accommodations, as well as working with students and faculty to ensure accommodations and accessibility is provided appropriately.

Erica has a bachelor’s degree in Child Study and a master’s degree in Special Education. She is completing her doctorate degree in Adult Education. Erica’s interest and motivation in disability services stems from her brother and his disabilities. Even though her brother is older than her, she watched him learn as a child and learn as an adult with his disabilities. Erica wants to tell the LIFE community that she can be a resource for any questions that they may have or anything that needs to be clarified when it comes to Disability Services.

Saying Goodbye is hard to do!

Congratulations to Lorainne “Lola” Rodriguez Vargas on her new position at Georgia State University as a Retention Coordinator.

Lola started her journey in Academic Support when she joined the Student Success Center in April 2017. During her time at Life University, she worked hard to bring awareness and support to students whose first language is not English. She was responsible for developing and implementing the services that the Global Voices program provides and coordinating the SSC pop-up events. Lola was a great asset to our Academic Support team and will be greatly missed. Collectively, the SSC wishes Lola the best in her new journey!





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 Spring 2019 Pop-Up was held in the Lasting Purpose Courtyard during Week 7.



Happy Tails Pet Therapy

Lastly, the SSC Disability Services hosted Happy Tails Pet Therapy during Week 11 of Spring 2019. Happy Tails “provides social, emotional and cognitive therapy to people of all ages” (Happy Tails Pet Therapy, 2019).



WRITTEN BY:
Bonnie Archbold, SSC Receptionist

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Hunger *AWARENESS*

This quarter we will be shining a light on Hunger Awareness. During the summer, more children are plagued with hunger than any other time of year. Hunger is not an easy problem to solve because of its complex nature. Food in the United States is not in shortage, yet some families are still struggling with it. The number one cause of hunger in the U.S. is poverty and the social forces that create and sustain it. Statistics show that there are millions of Americans living in hunger and poverty, yet the U.S. is the wealthiest country in world history.

The number one
cause of hunger
in the U.S. is
POVERTY

Here at LIFE, we are focusing on a smaller scale, our community. We are striving to make sure no one at LIFE struggles for food. There are several food pantry drop-offs for us to donate and help one another out. This summer, the Student Success Center is going to host Hunger Awareness Month and be a drop-off point for food collection. We will also give orange ribbons to those who support the cause. Let's band together and be stronger together instead of looking away and remaining alone.

Stop by the SSC to donate today; you will be glad that you did!

Do you “flip flop” between the type of learner you are?

We all have different learning styles, and it is important to our successes in life that we understand how they affect the progress to our goals. We are all looking for the best way to learn, but get this; the best way to learn depends on YOUR learning style. Understanding and embracing your learning style will increase your quality of learning on an everyday basis. Today, I would like to discuss the intuitive learner versus the determined leader and how both learning styles intersect.



WRITTEN BY:
Mark Pilgrim, Academic Support
Professional

INTUITIVE LEARNERS

Intuitive learners have distinct characteristics. These learners are known to be innovative and enjoy discovering different possibilities and relationships. They tend to shy away from anything dealing with repetition, memorization or routine. Grasping new concepts through abstractions and mathematical formulations is a strong characteristic for these learners.

Now even though these characteristics can be positive, they can have a negative effect on how we learn today. With our current society using cumulative testing strategies and regurgitation of book knowledge, intuitive learners can find themselves in a predicament that may lead them to failure. One strategy to ask your professors is to try and provide interpretations that will link the information or theory to actual facts or concepts in life. This will help you make the connection yourself due to your joy of discovering different possibilities and relationships in concepts.

Another important strategy is, while taking a test, make sure you take your time and read the questions thoroughly. Making careless mistakes on a test because you do not enjoy repetition, or in other words checking your completed work, can set you up for not being successful on that test.

Determined or Self-Determined Learners are “learners who take the initiative for identifying learning needs, formulating learning goals, identifying learning resources, implementing problem-solving strategies, and reflecting upon the learning processes to challenge existing assumptions and increase learning capabilities” (Blaschke, 2012). These learners are centered on “learning how to learn.” This gives an advantage in your studies due to the simple fact that you will be able to adapt to any teaching style. Finding what motivates you, and asking questions when you do not have the answers will help lead you toward your goals successfully.

While there are many pros in being an intuitive learner, I believe that being a determined learner will help bring success. The adaptability and flexibility of the learning style is what is needed in today’s changing and unique teaching environment in order to be successful. Always reflect on your learning style and be able to understand the teaching style of your environment.

DETERMINED LEARNERS

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- Learning Style. (n.d.). Retrieved from http://tess.sbccd.org/Students/Self-Assessments/Learning_Style

Flip or Flop

Have you ever thought about the many decisions one will make in a day? If you have not, take a moment and think about the many choices one may make. Each and every day, college students have an array of options to navigate. Although students make these choices, on occasion, one may flip and flop between options or simply be torn with what to do next until a desired selection is determined. As students go through various stages and transitions, the ability to attend class, to study for an exam, to declare a specific program/major, to participate in civic engagement opportunities, to understand financial obligations or to determine which friendships to nurture are all choices that will impact one's future. The process can vary greatly and reflect circumstances many students will address during the matriculation of their collegiate experience. Indecision is a part of life, and for some it's challenging; however, our daily lives center on our ability to make choices without the influence of negative thinking (Bullock-Yowell, McConnell & Schedi, 2014).

College students will face multiple decisions as they work toward graduation. A few of those choices to commitment are related to the following: social responsibility, financial investment and career expectation. According to the Association of American Colleges and Universities (AACU), personal and social responsibility may be a major factor among many students at their institution. To help students shape their collegiate experience, AACU proposed that many students in higher education are in environments that promote acceptance, academic integrity, a sense of community and ethical and moral reasoning. This is achieved through educational opportunities, experiential learning or active participation of daily tasks. For some, additional support may be required to help or encourage, while others may flop and fall by the wayside. If disappointment or a setback occurs, acknowledge it and get help from specialized staff members in the Student Success Center to help get you back on track.

Once on track, you may continue to face challenges, such as a career choice. Research indicates that students will change their major multiple times until one is declared. For those undecided, many universities and advisors now refer to this student group as undeclared or exploring (Lorenzetti, 2011). With the help of career support professionals, exploration allows an opportunity to discover viable career options. The choice may seem beyond your reach; however, it is definitely attainable. One step toward active engagement can flip you right back into action and place you on the path that you truly desire.

As you embrace the current academic year, challenge yourself to make intentional choices that will get you one step closer toward your goal. The Summer Quarter may allow you the freedom to seek and explore events to enhance your career, social development and financial stability. If the process seems daunting, seek the support from the staff of the Student Success Center and the Office of Financial Aid or Career Services. We are all dedicated to helping you increase your level of awareness and select options that will benefit your life aspirations.



WRITTEN BY:
Vincent D. Hinton,
Director of Counseling

**“No matter
what the
situation,
remind
yourself,
I have a choice.”**
—Deepak Chopra

A graphic illustration on a yellow background with white polka dots. It features four blue flip-flops and a blue star, arranged in a cluster.

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- Bullock-Yowell, E., McConnell, A., & Schedi, E. (2014). Decided and Undecided Students: Career Self-efficacy, Negative Thinking, and Decision-Making Difficulties. *National Academic Advising Association NACADA Journal*, 34(1), 22-34.
- Association of American Colleges and Universities (n.d.). Core Commitments.
- Lorenzetti, J. (2011). Got major? Program aims to aid undeclared students' persistence. *Recruitment & Retention in Higher Education*, 25(6), 5-6.

Learning disabilities do not go away, whether you were born with it or if it happens later in life. It is part of you, just like your height, the color of your eyes, or whether you are right- or left-handed, you learn how to adapt. There are a number of well-known professionals who have disabilities, and they do not let that disability stop them from being successful. They push through the disability and strive for excellence. Simone Biles, an Olympic gymnast, and Christopher Downey, an architect, are a couple of well-known professionals who have been diagnosed with a disability.



Simone Biles, an Olympic Champion, ranks first among top female medalists at the World Artistic Gymnastics Championships by winning a total of 20 medals. Simone was diagnosed with ADHD early in life.

Biles says “she thought that going to college was an impossible dream,” but that changed. Last year she enrolled at the University of People to earn her bachelor’s degree. (UoPeople, 2019).



Christopher Downey, an architect, had enjoyed two decades building a body of fulfilling work when at 45 years old he went completely blind. In 2008, doctors discovered a tumor on Downey’s optic nerve, and he underwent what he and his surgeon expected would be a serious but relatively routine operation. But after surgery, three days later his sight faded away. Downey quickly came to realize that his creative process is an intellectual process, and that he just needed new tools. Since losing his eyesight, Downey has worked with HOK, an international

Architecture, Engineering and Planning Firm, on projects for the Duke University Medical Eye Center and the University Pittsburg Medical Center’s Vision and Rehab Institute. By losing his eyesight, he uses his new perspective to bring a different kind of architectural vision to the world.

As a college-aged student, accepting the way you learn, adopting supportive strategies and taking charge of it means you have just as much potential as everyone else and can earn your degree just like everyone else. Yes, you may have to work a little bit harder, it may take a longer time and you just may do it differently – but you can do it!



WRITTEN BY:
Teresa Bray, SSC Disability Services
Testing Proctor

Focusing on your ABILITY NOT YOUR DISABILITY

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- <https://www.hok.com/about/news/2019/01/14/chris-downey-an-architect-who-lost-his-sight-shares-his-story-on-60-minutes/>
- <https://www.cbsnews.com/news/architect-chris-downey-goes-blind-says-hes-actually-gotten-better-at-his-job-60-minutes/>
- https://twitter.com/Simone_Biles/status/77578340080858316
- <https://www.understood.org/en/community-events/blogs/in-the-news/2016/09/14/simone-biles-says-adhd-is-nothing-to-be-ashamed-of>
- <https://www.respectability.org/2018/02/olympic-disability-champion-simone-biles-makes-history-mesmerizing-many/>
- <https://scorum.com/en-us/athletics/@jon.bonomo/simone-biles-sweeps-all-gold-medals-in-u-s-championships>



HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?

Using the SSC services has had a significant positive impact on my educational career. Taking advantage of the SI sessions has been a huge contributor to my success in the classroom. Even using the study rooms has been a big help when I just need a few quiet minutes to myself to prepare for an upcoming exam.

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

I would encourage other students to use the SSC services by continuing to actively participate. The best way to prove something works is to show the success story. Introducing students to the programs and the fantastic staff of the SSC may intrigue them, but showing a student just how much utilizing the resources here for us work is what I believe will encourage them to jump on board.

WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?

I would most definitely recommend the SI program. Not only has it helped with my understanding of the material, it has also boosted my confidence in explaining the material to my peers and going into the test sure of the answer rather than hoping to land on the correct choice.

I would also recommend the STARs Peer Mentoring program. Once we get into the heavy part of the quarter, it gets tougher to maintain meaningful connections with upper quarter students who have been through where you are now. The Peer Mentoring program has been a great tool in making student connections for an array of reasons, but especially just to know that someone has survived it, so anything is possible.

Lastly, I would recommend the hidden program of the SSC, the staff. While they each cover their own areas, the SSC is packed with staff always ready to provide whatever you need in the moment. Someone with a hug, a smile, encouraging words, ears to listen or a shoulder to cry on is always available and genuinely concerned about your well-being, both academically and in life.

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

My advice would be to take in as much SSC information as you can. You may not need all the facets of their resources at the time, but they could come in handy in the future or even be a blessing to one of your classmates right now. So much happens in the SSC that many students may not know about. Job opportunities, programming, fun, free food... they've got it all, and it's here at your disposal.

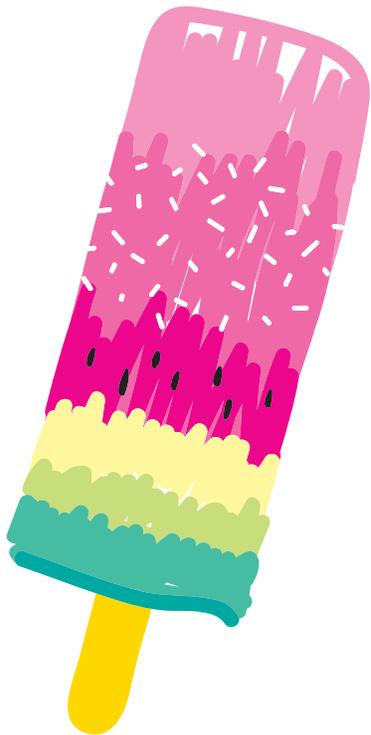


MEET:
Tyron'e
Hawkins



“... So much happens in the SSC that many students may not know about. Job opportunities, programming, fun, free food, they've got it all; and it's here at your disposal.”

FLIP FLOP HACKS



1. Fix the flip-flop – use bread tags to keep flip flops from coming apart while walking.
2. Mini fire pit – use a foil-lined terra cotta pot and put some charcoal in it for a table-top s'mores experience.
3. DIY Fire Starter – looking to ignite a larger fire? Get charcoals in a cardboard egg carton. The carton is easy to light with a match, and it will help the charcoal to start too.
4. Sunburn? – fill an ice tray with aloe vera and freeze. When you get a sunburn, just take one of the frozen cubes and rub on the burned area.
5. Talking about frozen, lets talk dog treats – Summer heat is not only uncomfortable for humans, but also for our furry friends. Freeze some apple slices in chicken broth that they can enjoy during the summer.
6. Goodbye old jeans; hello summer shorts – turn those old worn out winter jeans into cute customized summer shorts.
7. Keep the sand away – take a bed sheet when going to the beach. The bed sheet will help keep the sand away by raising the corners.
8. Beverage cruise – keep your beverages above water while at the pool by taking a plastic bin and surrounding it with pool noodles.
9. Insect-repelling plants – grow a healthy garden that will keep insects away naturally. Some of the plants that will do the trick are lemon grass, basil, marigolds and lavender.
10. Nontoxic mosquito repellent – mix equal parts of pure vanilla extract and water and apply to your skin with a cotton ball. This repellent will keep mosquitos away for 30 minutes at a time. Reapply as needed.



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

Everyday items you can reuse or recycle:

Newspapers	Boxes
K-cups	Baby wipe containers
Detergent bottles	Supplement bottles
Feed bags	Wine bottles
Bread bags	Milk jugs
Plastic bags	Bread clips
Tin cans	Old tires
Creamer containers	Old socks
Wine corks	Mesh produce bags
Old books	

Check online for ideas on how to reuse these items!

REFERENCES

- <https://www.smartschoolhouse.com/diy-crafts/summer-hacks>
<https://thekrazycouponlady.com/tips/at-home/7-safe-and-non-toxic-ways-to-get-rid-of-insects/>



FLIP-FLOP and Wellness

Summer is here at Life University, and we are ready for a fun-in-the-sun quarter. With the season in full swing, we are going to break out our most comfy, but cool, wardrobe choices. The most commonly sought after item for men and women is flip flops. Flip flops are the number one go-to footwear to put on and head out. They are so quick to put on, and as busy adults, we love quick. However, there is something that you should keep in mind when buying that pair of flip flops that you are going to fall in love with.



WRITTEN BY:
Bonnie Archbold, SSC Receptionist

It has been said that flip flops are the worst shoes you can put on your feet because it has no support for your feet and can cause irreparable damage. When we decide to wear flip flops, that should be food for thought. We should purchase flip flops that offer some support as well as comfort. Let's face it, we are going to wear them regardless, so we should at least purchase some that are not so terrible for our feet. Below will be a few links to let you know some flip flops that will be a great option for your summer wear.

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<https://www.today.com/health/heres-how-wear-flip-flops-without-ruining-your-feet-t25116>
<https://www.prevention.com/beauty/style/a20464706/flip-flop-with-arch-support/>

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