

FALL INTO THE GROOVE!

We want all our students to have the best chance of success. What does it take to make this occur? When everything comes together mentally and physically and everything falls just into place, we feel like we have fallen into the groove. It takes finding meaning and purpose in our everyday life (including school) to make us have awareness of the “why” we do what we do.

Sometimes “falling into the groove” is actually a “rut”

we cannot get out of because the groove is so deep. This may be due to repetitive behaviors that we may need help and support with in order to get out of our rut and create a new groove. The SSC offers services from Counseling, Academic Support and Disability Services to provide an array of resources. Reach out and just ask for help. That is what we are here for, to help you through all aspects of learning and development. Sometimes the most difficult circumstances become our greatest wins and lessons.

Help us kick off a great quarter by joining our Fall 2019 theme of “Fall into the Groove” with SSC programs and events (especially the ones with food).

Did you know that the SSC offers:

- 24/7 online tutoring with over 300 subjects (TutorMe)
- 6 counseling and 6 coaching sessions per year (SAP)
- Grief group (Circle of Hope)
- Parent group (Parent 2 Parent)
- Multicultural programs (Global Voices, AALPHA)
- Peer mentoring (STARS)
- Multiple locations on campus to study (SSC, CCE109, CGUS 217/218/219 & Mod 4)
- Academic Support and Counseling workshops (see schedules)
- Many events with free food
- And many fun events (Happy Tails, Happiness Wall, Refresh for Finals, Reboot after Midterms, Mix Mingle & Grow)

Have a great Fall Quarter and we look forward to seeing you throughout all our events!

Lisa E. Rubin, Ph.D.

Director of Student Success Center

ACADEMIC SUPPORT, DISABILITY SERVICES
AND COUNSELING



FALL QUARTER 2019

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Saying Goodbye is Hard to do!



DR. JAY ROSEN

Dr. Jay Rosen, Academic Support Professional, has resigned in order to work in his private Chiropractic office. We thank him for his contributions and wish him much success in his new practice.



VICKIE ROBINSON

Vickie Robinson, Educational Support Specialist, has left the University. She will be missed. The SSC wishes her luck in her future endeavors.

Congratulations are in Order!



CAMERON BAKKAR

Cameron Bakkar, Academic Support Associate, became Academic Support Coordinator. Cameron's official additional responsibilities now include coordinating the STARS Peer Mentoring program, Campus Connections Skillshops, the Referral Program and special Academic Support initiatives.



STEPHEN BLACK

Stephen Black, Academic Support Associate, became the SI/Tutoring Program Coordinator. Stephen's official additional responsibilities now include coordinating the SI/Tutoring program and conducting training on TutorMe, the online tutoring platform.

SMILE Weeks

In order to get students better acquainted with the services that the SSC provides to enrolled students, the SSC will host several events (Student Matriculating Incorporating Learning Experience) during Weeks 1-4 of the Fall Quarter. Please check out the Calendar of Events and contests that the SSC will host throughout the quarter in order to prepare students for their success at Life University.

WEEK 1

- **SSC Motivational Wall: What is Your "WHY"?**
– Monday through Friday at the SSC (CCE building)
- **Hispanic Heritage Month Kickoff** (in collaboration with the Diversity Committee)
– Monday, October 7 from 11:00 a.m.-1:00p.m. in Socrates' Café
- **Academic Support Kick-Off table** – Tuesday, October 9 from 10:00 a.m.-11:00 a.m.
- **AALPHA: Don't Hurt Yourself: A Survival Guide for Black College Students** – Tuesday, October 8 from Noon -1:00 p.m. in Mod 4
- **Come see us at the L.I.F.E. event** – Thursday, October 10 from 10:30 a.m.-12:30 p.m.

WEEK 2

- **Academic Support Kick-Off table** – Monday, October 14 from 12:30-1:30 p.m. in the CCE building
- **"Fall Into the Groove with the SSC" Open House** – Tuesday, October 15 from 11:30 a.m.-1:00 p.m. in the CCE building
- **"Groove with Academic Support" Open House** – Wednesday, October 16 from 11:30 a.m. – 1:00 p.m. in CCE 109
- **Academic Support Kick-Off table** – Thursday, October 17 from 12:30-1:30 p.m. in the CGUS building

WEEK 3

- **"Groove with Academic Support" Open House** – Tuesday, October 22 from 11:30 a.m. -1:00 p.m. in CGUS 218

SSC MOTIVATIONAL WALL:

WHAT IS YOUR "WHY?"

The SSC Wall of WHY welcomes students to share their knowledge gained from personal and professional experiences. We will host another "SSC Motivational Wall" during Week 1 of Fall Quarter. This quarter's theme is "What is Your WHY?" You are invited to come by the SSC and post your "WHY" to the SSC Motivational Board. This event provides you with the opportunity to share some great ideas with fellow students who are beginning or continuing their journey at Life University.

FALL INTO THE GROOVE WITH THE SSC

Please "Fall Into the Groove with the SSC" on Tuesday of Week 2 from 11:30am-1:00pm. Please come out and "groove" with us by attending our Open House. Drop by and meet our staff, tour our department and learn about our services and new initiatives offered by the SSC. Light refreshments will be served.



POP-UP TABLES

The SSC will be having unannounced interactive pop-up tables at various locations throughout the quarter. These pop-up tables provide the SSC team with opportunities to advertise the various SSC services, answer questions, promote events, inspire, occasionally provide hands-on activities and provide the students, faculty and staff with some treats. A SSC Summer 2019 Pop-Up was previously held in the Lower Courtyard in front of the CCE building on Wednesday of Week 8.

Don't Fall for the Myths of Attention Deficit Hyperactive Disorder



October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month!

Awareness is raised during the month of October to support children and adults who have been diagnosed with ADHD, as well as family members, teachers and professionals who work with them and care for them. ADHD is a neurological disorder that typically develops during childhood and transitions throughout the person's life. As one of the most common childhood disorders, ADHD shows through symptoms such as hyperactivity, distractibility, forgetfulness and the inability to control one's impulses.



WRITTEN BY:
Erica Tomory, Disability Services Professional

According to www.adhdawarenessmonth.org, the theme for 2019 ADHD Awareness Month is myths vs. facts.

Some myths about ADHD include:

IT ISN'T A MEDICAL DISORDER.

- ADHD is diagnosed by a licensed medical or psychological professional. It is a true neurological disorder that affects millions of people throughout the nation and all over the world.

CHILDREN AND ADULTS DIAGNOSED WITH ADHD THAT RECEIVE ACCOMMODATIONS ARE GETTING AN UNFAIR ADVANTAGE.

- Federal laws, such as the Individuals with Disabilities Education Act or IDEA (for children in grades K-12) and the Americans with Disabilities Act (ADA), were developed to protect ALL persons with disabilities, including those diagnosed with ADHD.

CHILDREN WITH ADHD CAN EVENTUALLY OUTGROW IT.

- A minimum of 60% of children with ADHD transition with their ADHD into adulthood. Without support for their ADHD, adults with ADHD are much more likely to develop anxiety and depression.



A minimum
of **60%** of
children with ADHD
transition with it
into adulthood.

REFERENCES
<https://www.additudemag.com>

Fall Into the **GRAOVE**

Do you want to be successful during your time at Life University but feel that there is some additional academic support that you need to achieve that goal? Do you know where to get that support at Life University? Do you want to “fall into the groove,” but don’t know where to start?

Life University’s SSC Academic Support is here to help you “fall into the groove” 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, develop effective learning strategies to enhance academic achievement and assist with connecting you with valuable campus resources. Attend Supplemental Instruction (SI) or tutoring sessions, attend a skillshop or two, meet with an Academic Support Professional with our Multicultural Support Program (AALPHA and Global Voices), become either a mentee or mentor through our STARS Peer Mentoring Program, and/or participate in one of the many activities that the Academic Support team will host this quarter. Studying late night? Well, we can help with that too! Log in to your TutorMe account via Blackboard to ask a tutor questions 24/7. Want to study in between classes? We can help with that, too! We even have learning centers (CCE 109 and CGUS 218) where you can come and study independently 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, it helps me learn better and understand more.”
- “The workshop was amazing, 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 enrolled Life U students.

Let the SSC Academic Support Team help you to “fall into the groove” and pave the way for your success at Life University!



WRITTEN BY:
Nicoly Y. Myles, Ed.D.
Director of Academic Support

“The workshop was amazing, just wish I had it sooner.”

“My grade improved greatly after attending this SI.”

FINDING YOUR GPS

When we think of a GPS, we often think of our navigation device, commonly known as our Global Positioning System. The GPS is the one device that helps in getting from one point to another, guides us in the right direction or supports us in getting to our destination. The GPS creates a set of directions that will navigate you through busy streets, highways and unforeseen construction. However, what happens as a student when things get busy, life throws us a curve ball or we experience a roadblock in life? The answer: the Student Success Center (SSC). The three program areas within the SSC (Academic Support, Counseling and Disability Services) will help get you back on track to finding your groove and rhythm again.

As the Director of Counseling, I am here to help you when you face challenges and/or need some support. The quarter system is just like the seasons; they change. As you welcome this quarter, prepare yourself for a new GPS – Growth, Purpose and Self-Care. Recognize that as you learn new course content, you are also growing and preparing yourself for your new profession. Embrace the growth, and the experience will embrace you back. Recognize that you have a purpose. As a student, you could have selected any institution you desired to complete your academic endeavors; however, you were intentional in your purpose and passion and selected Life University. We thank you for making that choice. Lastly, remember the “S” in GPS, self-care. You may lose your groove at times throughout the next few quarters; however, incorporating self-care exercises to maintain your center, balance and focus will help provide clarity and vision to steer the course. Remember, self-care is an ongoing endeavor.

The SSC is your one-stop shop for resources to support your educational experience. Join us for one of the many counseling-related activities this quarter.

Here is what is in store for you:

MENTAL HEALTH AWARENESS WEEK (OCTOBER 6-12)

- We will host various awareness events around campus.

INTERPERSONAL DEVELOPMENT TUESDAYS

- Join us as we provide tools and techniques that focus on effective communication, identity development, love languages, learning to say ‘no’, and tips to be a little more assertive.

WELLNESS WEDNESDAYS

- Our Wednesdays are designed to promote wellness through interactive “Wellness Workshops,” such as self-care, mindfulness, stress management, anxiety and meditation.

CREATIVE EXPRESSION THURSDAYS

- Do you need a space to allow your creativity to shine? If so, Thursday afternoon is just for you – Creative Expression Thursday. During this time, take a moment to paint, color, sketch, listen to music, doodle or simply relax with others.



WRITTEN BY:
Vincent D. Hinton,
Director of Counseling

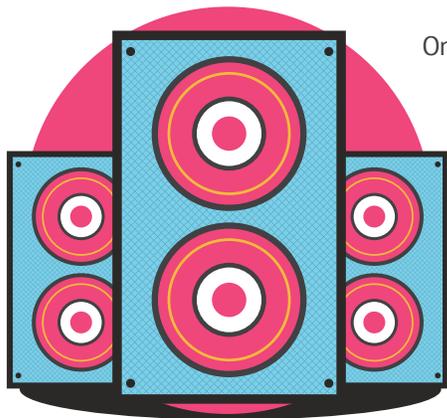
Whatever your future may hold, always know that you have a staff of dedicated professionals in the Student Success Center willing to assist you. We may not have all the answers; however, we can get the answers for you. **If you would like more information on how our Counseling services may enhance, support, balance or impact your life, email me at Vincent.Hinton@LIFE.edu or call 770-426-2725. Welcome to Life University!**

Finding your Sense of Belonging

Having a sense of belonging in higher education is a topic discussed among researchers across the country. Although true for all students, the biggest impact of having that sense of belonging is felt by students with disabilities. It's important for students to find their sense of belonging, not only in their first year, but to continuously feel and re-establish that sense, if necessary. In 2015, a grounded theory study was performed to understand how students with disabilities developed their sense of belonging in their first year. The results indicated that students developed their sense of belonging by self-advocacy, building and maintaining social relationships, and mastering the role of being a student.

Students who self-advocate speak up for themselves and the things that are important to them. It also means that they can ask for what they need. For any LIFE student who may have specific academic needs and thinks that they may benefit from accommodations, interacting with Disability Services is the first step to meeting those needs. If you find yourself, or someone you know, in that situation, simply come to the Student Success Center and schedule an appointment to meet with Disability Services to discuss your needs and learn how we can help.

Mastery of the student role involves getting good grades, completing academic tasks and feeling like a college student. To help with this aspect of finding your sense of belonging, our Academic Support and Counseling departments are the perfect place to go. For some students, developing supportive social relationships with peers is a complicated task. In fact, some students in the study reported struggling to make social connections. Comparatively, other students were able to easily make connections with peers whether they had a disability or not.



On top of all that LIFE students endure, finding your sense of belonging may not be an easy task. However, Disability Services and the Student Success Center have programs and processes in place to help you along. Remember, if what you're doing isn't working, YOU have the power to pick up your feet and move to another groove.



WRITTEN BY:
Erica Tomory, Disability Services Professional

Remember, if what you're doing isn't working, YOU have the power to pick up your feet and move to another groove.

REFERENCES

Vaccaro, A., Daly-Cano, M., & Newman, B. M. (2015). A sense of belonging among college students with disabilities: An emergent theoretical model. *Journal of College Student Development*, 56(7), 670-686.

SSC STUDENT SPOTLIGHT



HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?

The SSC services had a great impact on my educational career here at Life University. It gave me a lot of confidence when starting the Doctor of Chiropractic program. SSC helped me learn more efficient ways to study.

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

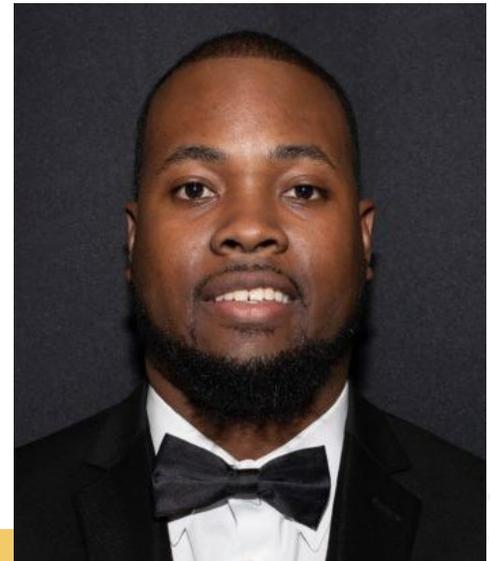
I encourage pretty much everyone I come in contact with that starts the D.C. program to get more familiar with the SSC. When I was President of Student American Black Chiropractic Association (SABCA), I would make sure that someone from the SSC staff would come every quarter to share all the resources available to students on our campus.

WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?

I would recommend all the services the SSC offers. Everything I have experienced dealing with the SSC has been an enhancement to my student career. The SSC staff is always nice, caring and helpful. The SI/tutoring session was the service I used the most and was thankful for. The tutors I have had throughout this program have been beyond helpful in making difficult concepts become simple to understand.

WHAT SSC ADVICE WOULD YOU PROVIDE TO A NEW STUDENT?

My advice to students would be to just research and experience everything the SSC has to offer. Once they have had a good experience, to then share with other students on campus. I think the SSC should be used more often by students, but some may be unaware of all the resources the SSC provides for its students.



MEET D.C.
STUDENT:
**Aaron
Vinson**

“...research and experience everything the SSC has to offer.”



FALL BUCKET LIST

1. Go pumpkin picking.
2. Carve a Jack-o-Lantern.
3. Roast pumpkin seeds.
4. Pick the largest pumpkin in the patch.
5. Turn something unexpected into a pumpkin.
6. Decorate your porch.
7. Wrap yourself in your favorite sweater and scarf.
8. Serve soup in a pumpkin bowl.
9. Go for a walk on an overcast day.
10. Sip warm apple cider.
11. Knit or crochet a scarf.
12. Take a trip to see the fall foliage.
13. Go to a haunted house.
14. Visit a local candle shop.
15. Light your cinnamon & spice candles.
16. Go to a fall festival.
17. Watch a seasonal Hallmark movie such as: "Pumpkin Pie Wars" on the Hallmark channel or "Autumn in the Vineyard."
18. Decorate your mantle for the season.
19. Craft with fallen leaves.
20. Watch a scary movie under cozy blankets.
21. Take a spooky graveyard tour.
22. Stay at a B&B with views of the fall foliage.
23. Bake a fresh pie for a neighbor.
24. Go on a hayride.
25. Cook with squash.
26. Add pumpkin to your recipes.
27. Take a family Christmas photo.
28. Bake an apple pie (or pumpkin).
29. Get lost in a corn maze.
30. Go for a weekend getaway in the mountains.
31. Load up on candy for Trick or Treat.
32. Rake leaves and jump in.
33. Get pumped for Halloween with a classic story.
34. Enjoy a pumpkin spice latte.
35. Dip apples in caramel.
36. Gather friends for a backyard campfire (serve s'mores).
37. Go to a local football game & tailgate.
38. Bake pumpkin bread.
39. Go apple picking at a local orchard.

REFERENCES

<https://theinspiredholiday.com/fall-bucket-list/>



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

FALL FESTIVALS

Chalktoberfest

Fri, Oct 11, 8:00p.m. – Sun, Oct 13, 7:59p.m.
Marietta Square

<http://www.chalktoberfest.com/>

Octoberfest Atlanta

Fri, Oct 11 – Sat, Oct 12

Historic Fourth Ward Park, Atl

<https://www.bigtickets.com/events/assc/oktoberfest-atlanta-2019/>

Fall Festival on Ponce

Sat, Oct 12, 10:00a.m. – Sun, Oct 13, 5:00p.m.

Ponce City Market

<https://www.eventbrite.com/e/fall-festival-on-ponce-2019-tickets-54180400035?aff=ebdssbdestsearch>

HarvestFest on the Square

Sat, Oct 19, 9:00a.m. | Marietta Square

<https://www.mariettaga.gov/1258/Harvest-Fest>

Fall Jonquil Festival

Tue, Oct 26, 10:00a.m. – Wed, Oct 27, Noon.

Downtown Smyrna

<https://10times.com/fall-jonquil-festival>

Chastain Park Arts Festival

Sat, Nov 2, 10:00a.m. – Sun, Nov 3, 5:00p.m.

Chastain Park, Atl

<https://www.eventbrite.com/e/chastain-park-arts-festival-2019-tickets-54219619341?aff=ebdssbdestsearch>

HAUNTED HOUSES

Containment Haunted House

<https://www.containmenthauntedhouse.com/>

Netherworld Haunted House

<https://www.fearworld.com/>

GROOVE INTO WELLNESS



This quarter the SSC would like to encourage all students to take a minute and fall into the groove of Fall 2019. Groove means to listen and jam to music. This is something that can allow you to become more efficient in studying and relaxing. Using music to read can increase concentration on content being read. The flip side is also true. Using music to relax can also help to take you to that happy place we all like to visit every now and again.

Some of the greatest memories in our lives are remembered when a certain song comes on the radio. Grooving to music is something that appeals to everyone; there is a genre for all. In recent years, music has been a huge part of this generation. As a result, earphones are now necessity and no longer just a want.

Falling into the groove is what will make those study-filled, mundane days seem a little better. Grooving while you study will pass the time a little faster. Studies have shown that listening to classical music, such as Mozart, will increase your brains ability to maintain what you are studying based on the beat count per minute. There is a rhythm to the pace in which you will take in the information being studied.

This Fall, take the time to try music as a study partner and see how it benefits you as a student. Let's groove today!



WRITTEN BY:
Bonnie Archbold, SSC Receptionist

REFERENCES

<http://www.cerebromente.org.br/n15/mente/musica.html>
<https://theracquet.org/4216/showcase/viewpoint-listening-to-music-while-studying/>

HAVE A *great* QUARTER!

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