Welcome to Winter Quarter!

Come “Chill with the SSC” at the many cool events we have planned for Winter 2020. After a long day of classes, sometimes you just need to chill out, so join the SSC where we:

• showcase many resources;
• have events and programs designed to teach new, useful skills;
• help you embark on personal growth experiences; and
• just have fun.

Come meet the SSC team. They work hard for your continued success throughout your educational journey. They are here to support you in discovering your potential and help empower you to set the course for your future. Take advantage of this opportunity to meet new students and staff in your LIFE community and get actively involved on campus.

Have a great quarter!

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

The Student Success Center (SSC) would like to welcome aboard our new staff members, Ca’Landra “CJ” Blockman and Andreea Johnson.

**CA’LANDRA “CJ” BLOCKMAN MA, NCC, LPC**

Ca’Landra “CJ” Blockman MA, NCC, LPC serves as a part-time counselor. She is a native of El Dorado, Arkansas. She earned her Bachelor of Arts degree in Mass Communications from Savannah State University and her Master of Arts degree in Community Counseling from Argosy University (Atlanta). CJ has earned a certification in Marriage and Family Therapy and EMDR training. In her free time, CJ enjoys drawing, painting, reading, spending time with her nieces and nephews, and practicing self-care by getting occasional facials and massages.

**ANDREEA JOHNSON**

Andreea Johnson serves as the Academic Support Associate. She is originally from Detroit, Michigan. Andreea received her Master of Arts in Interpersonal and Public Communication from Central Michigan University. She has worked in higher education for 11 years, where she has served primarily as an academic advisor. Her main responsibilities include leading the academic success skillshops and providing one-on-one support to students.

**SSC FALL 2019 EVENTS**

During the Fall 2019 quarter, the SSC hosted several events during weeks 2 and 3 that allowed us to interact with students. The SSC hosted its annual Student Success Center Open House, Drop-In and Mingle (CGUS 218 and CCE 109), and AALPHA and Global Voices “Welcome to Life U” Open House.
January is Mentoring Awareness Month

LET’S TALK ABOUT THE STARS PEER MENTORING PROGRAM

Mentoring is a collaboration of two or more people that creates a space for dialogue, reflection, action and learning for all parties. January is Mentoring Awareness Month.

The SSC is recognizing the University's mentoring relationships during the month of January! National Mentoring Month offers mentoring partners a chance to celebrate the mentoring relationships that guide the decisions and connections that have led to opportunity.

Did you know that the SSC offers a peer mentoring program for all students? The SSC STARS Peer Mentoring Program aims to create and build mentoring relationships by connecting first and second year/quarter students with upper classmen/quarter students who can offer helpful information and share their own experiences. For the mentees, the peer mentoring program is an excellent 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. As a member of the STARS Peer Mentoring Program, you can also attend events throughout the quarter to have fun with your peers and network with people that will become your future colleagues after graduation.

To apply to be either a STARS peer mentor or mentee, please sign on to Engage and search for the Student Success Center Engage page. Then, under “Forms,” click on “Peer Mentoring Program Application-Mentee or Mentor.” The STARS peer mentoring relationships are only required to meet at least 3 times each quarter, but the partnerships have met more often than the requirement.

If you are not a participant in the program, but do have a mentor outside of Life University, please take a moment to thank the mentor who has been influential in your life. Then think about a time you have been a mentor to someone looking for guidance. Being either a mentor and/or a mentee is an experience that everyone should have.

If you have any questions about the STARS Peer Mentoring program, please stop by the Student Success Center or email PeerMentoring@LIFE.edu.

WRITTEN BY:
Cameron Bakkar, Academic Support Coordinator

Makeda Minott and Brittany Jackson are mentoring partners in the STARS Peer Mentoring Program.
The success of every student is a priority for each staff member; however, the stigma related to counseling may be rather chilling. In an effort to change the perception and create an atmosphere of support and wellness, “chill-out” with counseling this term. As we enter into a new decade and a new quarter, take a moment to “chill” with some of the counseling activities that may allow an opportunity for one to flourish into a new you. If you’ve never taken a moment to inquire about what’s available, don’t hesitate any longer - start now. Here’s a quick snapshot of what’s happening this quarter:

**MONDAY MINDSET 30**

“Mindset 30” is a quick way to chat about a topic to help shift your point of view or gather additional information to help you in an area you may be struggling. The brief 30-minute sessions will be offered throughout the day on Mondays as a way to spark your mind, provide insight and equip you with a strategy to support your mental growth and well-being. A few of the topics include the following: boundaries, isolation, forgiveness, confidence, decisions, starting over, patience and perseverance.

**WELLNESS WEDNESDAYS**

Throughout the quarter our Wednesdays are dedicated to engaging “Wellness Workshops,” such as Parent 2 Parent, Circle of Hope, Meditation, Mindfulness, Stress Awareness, Anger, Anxiety, Exploring Self, as well as how to Reset, Rest & Recharge.

**HEALTHY HAPPY HEART WEEK**

Join the counseling staff, February 10-13, for an array of activities to stimulate your mind and your heart. A few of the planned activities include: Let’s Talk Series; Love Languages; Hugs & Kisses, and an interactive session of “Talk - Flirt - Dare”.

**CREATIVE EXPRESSION THURSDAY**

During the quarter, allow your creative energy to shine. On Thursdays, take a moment and drop in between 2:00pm - 4:00p.m. (MOD 4) and simply create. During this time, you will find helpful tools and strategies that will allow your inner child to shine.

**SLEEP AWARENESS CAMPAIGN**

(AWARENESS DAY & PILLOW MAKING)

Have you ever thought about how sleep impacts you as a student? If so, join us throughout the quarter as we share helpful information about the importance of sleep as well as some creative conversations and activities. Join us on Thursday, March 12 for Pillow Talk: Conversation, Intimacy & Sleep, (drop in between 2:00-4:00 p.m. pm in MOD 4). We will talk about the conversations we have with our pillow, as well as make our own personal pillow to take with us.
Disability Awareness

March is Disability Awareness month. To help increase your personal awareness and knowledge, here are some facts about disabilities:

15%

Approximately 15% of people have disabilities. That is the largest minority group in the world!

UN PREDICTA BLE

Disabilities are unpredictable. They cannot be foreseen and can happen to anyone at any time.

REAL

Just because you can’t "see" a disability does not mean that it isn’t real. Hidden disabilities are real.

9%

9% of disabilities are the result of an accident.

27M

27 million women in the United States are diagnosed with a disability.

Be sure to join us Tuesday, March 3 and Wednesday, March 4 of Week 8 in the CGUS atrium from 11:00 a.m.–1:00 p.m. for an inclusive and unifying disability awareness activity based on the poem Dare to Dream by Lederick Horne. Come together to raise disability awareness across campus.
HOW HAS USING THE SSC SERVICES IMPACTED YOUR EDUCATIONAL CAREER?
It has definitely helped me maintain a high GPA while gaining a deeper understanding of the concepts presented in class. After a quarter of going to SI sessions, I decided to become an SI — not only to help others, but also to ensure that I have a very good grasp on the content material for years to come. I have attended several workshops that have been life changing. I learned how to better organize my time, find time for myself and create healthy boundaries. I was a mentee in the SSC program and later became a mentor. I have made a lot of friends due to this program, attended events I wouldn't have known about if it wasn't for the SSC and managed to create a support circle.

HOW WOULD YOU ENCOURAGE OTHER STUDENTS TO USE THE SSC SERVICES?
Don't be afraid to ask for help or to ask questions. Everyone is always willing and eager to help.

WHAT SSC RESOURCES WOULD YOU RECOMMEND TO YOUR PEERS?
Definitely the SI Sessions and online tutoring. They are very helpful and guaranteed to improve your grades and help you get a deeper understanding of the concepts.

WHAT SSC ADVICE WOULD YOU PROVIDE TO A NEW STUDENT?
Get a copy of the SI sessions and workshop schedule and start attending them ASAP.

"Don't be afraid to ask for help or to ask questions. Everyone is always willing and eager to help."
1. Tired of looking for your luggage at the airport belt? Tie a small piece of bright-colored fabric to your things and save time checking if it’s your bag or not.

When traveling, keep a bar of scented soap in the same compartment as your dirty laundry. It will keep your clothes smelling clean.

Take a picture of business cards people hand you just in case you lose the cards.

When ironing a button-down shirt, flip it inside-out to easily iron over the button side.

5. Bounce batteries to see if they are good or bad. Drop them on a table from about six inches high. If they give one small bounce and fall right over, they are good. If they bounce around any more than that, they’re dead or on the way out.

6. When taking a picture, squint your eyes. It will make your smile look much more genuine.

7. Put pancake mix in an empty ketchup bottle for a no-mess experience.

8. Need to light a fire? Doritos are great for kindling if you can’t find any fire starters.

9. Use a hanging shoe rack to store cleaning supplies. It will save on space and, at the same time, keep them out of reach of animals and little ones.

10. Gift wrapping season is over, but you might have some rolls of wrapping paper to store around the house. Cut open an empty toilet paper roll and use as a cuff to save your wrapping paper and keep it from unrolling.

11. Put a wooden spoon across a boiling pot of water to keep it from boiling over.

12. Can’t remember who borrowed it? Use your phone to take pictures of friends holding the item that they borrowed, so you will remember down the road.

13. Freeze a saturated sponge in a sandwich bag to make an icpack that won’t drip when it melts.

14. Use toothpaste to clear up hazy car headlights.

15. Turn on the passenger’s seat warmer to keep your to-go food order hot while driving home.

REFERENCES
https://www.lifehack.org/articles/lifestyle/100-life-hacks-that-make-life-easier.html
Cozy up this winter...  
FIND TIME TO RELAX!

Winter is that time of the year where it is easy to stay home and relax. Getting up in the morning and feeling the draft in the air is the worst thing you can imagine; it would be so easy to stay under the covers and relax in bed all day. Well in the winter, you must find a couple of those relaxation days. Those days consist of comfy socks, hot cocoa, some sort of baked goods, a cozy blanket and a great movie or book. The comfort you feel from this moment will give the warmest, most homey feeling that should really be bottled and sold in stores. Think about all the wonderful movies you could watch on Netflix, Disney, etc. The options are endless.

Relaxing in the winter is all about taking the time out of your schedule to truly give yourself a break. It is very easy to keep a hectic routine in hopes of not missing anything and staying on task. Take the time to cozy up on your couch and give yourself that much needed day to check out and smell the hot cocoa. You deserve it!

REFERENCES
https://www.elitedaily.com/p/8-cozy-things-to-do-on-a-cold-day-thatll-warm-your-soul-when-you-need-it-most-12965788

WRITTEN BY:
Bonnie Archbold, SSC Receptionist

HAVE A great QUARTER!

Follow Us
LifeUniversitySBC studentsuccesscenterlife @studentsuccesscenter @LifeSoc StudentSuccessCenter

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