



Student Support Services Newsletter



October 2008

Inside this issue:

UNC Transfer Fair	2
Stryker Visit	2
iFocus Workshops	2
Halloween Potluck	2
Tutoring Corner	3
Study Tips	3
Scholarships	4

Important Dates

- * October 9 — UNC Transfer Fair
- * October 10 — SSS Helping Hands Club Meeting
- * October 10— CSU Campus Visit
- * October 13-17— Mid-Term Week
- * October 16— CU Campus Visit
- * October 17— UNC Campus Visit
- * October 28— Stryker Visit
- * October 30— Halloween Potluck



Student Support Services Helping Hands Club News

by Angela Warwick



Student Support Services friends:

Just a reminder that the **SSS Helping Hands Club** welcomes new club members anytime! There is no charge

for membership and it is open to SSS members and applicants. We hope to see you at our next meeting on Friday,

Want to get involved?

There are two upcoming events: The first is the **Poudre Trail Cleanup** project in which we will be teaming up with the Aims Volunteer Project and lending a helping hand to our community. All are welcome and you may bring the children in your life. We will meet at the red barn in the gravel lot where the Poudre Trail crosses near 71st Avenue. It is **Saturday**,

October 11th from 9am -1 pm. Bring your own gloves and sunscreen, but water and supplies will be provided. For more information, please contact Brandon Sellers at 545-0655 or jsellers@aims.edu. Hope to see you there!

Stay tuned for upcoming information on a donation drive for supplies to benefit **The Kids Place**. It will be a

great opportunity to help out some of the kiddos in our community! It's gonna be a great year with lots of helping hands!



New 2008-2009 Club Officers

We have new **SSSHH Club officers** elected for the 2008-2009 year! They are as follows:

President: *Beth Beal*

Vice President: *Neleigh Allen*

Secretary: *Diane Filipe*

Treasurer: *Maloria McAteer*

Historian: *Angela Warwick*

General Assembly: *Mearlyn Benner and Leisha Sagert*

Congratulations to all!

Fundraiser Update

Tainted Hearts Ink donated a \$200 tattoo in which the SSSHH Club has been selling raffle tickets for a fundraiser.

The winner of the raffle is: **Devon Carnahan--** Congratulations! With the tattoo donated and lots of tickets sold, all proceeds went

to the Helping Hands club for future activities.

Thanks to all who purchased tickets!

UNC Transfer Fair

Planning to attend the University of Northern Colorado? Don't miss the UNC Transfer Fair!

At the fair you will be able to meet with people from Admissions, Financial Aid, Student Government and Activities, and advisors from the Academic Support and Advising office.

Best of all, your application fee (\$20)



will be waived if you turn in your application at the fair! Paper applications will be available or you can fill one out ahead of time.

If you register for the event, you will also have an official transcript provided for you which you can give to the UNC admissions representatives for a transfer evaluation.

You can register on your online student account using CRN 70559.

If you have any questions, please call your advisor!

Stryker Visit

The **Stryker Institute for Leadership Development** will visit with Student Support Services students on **Tuesday, October 28 at 12:00-1:30 p.m. in West-view room 683.** This program housed at the University of Northern Colorado provides non-traditional women scholarships and leadership development opportunities. Multiple Aims Student Support Services students have transferred to UNC and been accepted into this incredible program! Please RSVP to Frances Hernandez at (970) 339-6372 or frances.hernandez@aims.edu

iFocus Workshops in October

Is Time Chasing You? will talk about organizing and controlling your time. Get a free 10-day planner and learn ways to gain two more hours a week! Come to this workshop on **October 2** from 10:45am-12:00pm.

Tests can be a big part of life this time of year, so come to **Decoding Test Questions** on Monday, **October 6** to learn test-taking strategies and **Overcoming Test Phobia** on Wednesday, **October 8** to learn about controlling fears surrounding testing. Both workshops will be at 2:10-3:00pm.

Maximize your brain power by learning memory techniques at **I Forgot to Remember!** on Thursday, **October 16** at 10:30-11:30am.

Not getting enough sleep? Find out why it's so important at **From ZZZ's to A's** on Tuesday, **October 21** at 11:00am-12:00pm.

Start on the path to your career and attend **What Can I Do With a Major In...???** On Wednesday, **October 29** at 2:10-3:00pm.

All workshops on the Greeley campus will be in College Center room 727 and will have a drawing for a flash drive!

Decoding Test Questions will be offered on the **Loveland** Campus on Wednesday,

October 15 from 12-1:00pm in Room 107 and on the **Fort Lupton** Campus on Monday, **October 13** from 2-3:00pm in Room 111.



iFocus!
Educational Workshops Brought to you by STAR, TRIO and ASACC.

Is Time Chasing You? will be offered at the **Down-town Campus** on Wednesday, **October 15** from 12:10-1:30pm in Room 214. This workshop will include a free lunch!

We look forward to seeing you at the workshops!

Halloween Potluck

Don't be a scarey cat, come to a bewitching banquet at the annual Student Support Services annual Halloween Potluck!

Please bring your favorite ghoulish grub to share...if you dare!

Come celebrate fall with us



on **Thursday, October 30, 2008 from 11:00 am-2:00 pm** in the Student Support Services Office (Horizon 344).

Campus Visits

“Just a reminder that we will be visiting CSU in Fort Collins on Friday, October 10 from 12-5:00pm, CU in Boulder on Thursday, October 16 at 9:00am-3:00pm, and UNC in Greeley on Friday, October 17 at 11:00am-4:00pm. Meet in the SSS office in Horizon 344 and we'll travel together. Please RSVP to Frances Hernandez at (970) 339-6372 or frances.hernandez@aims.edu to ensure we have a spot in the van for you.

Tutoring Corner *by Kim Wallin*

Reviewing and Remembering

The Ebbinghaus Forgetting Curve reveals that we forget new information rapidly unless we review it.

Twenty minutes after hearing new information, we recall 58.2%

1 hour: 44.2%

9 hours: 35.8%

1 day: 33.7%

2 days: 27.8%

6 days: 25.4%

31 days: 21.1%

This is why taking classes back-to-back is not recommended. Instead, leave time between classes to review the notes you have just taken, relax, and focus



on the next subject by skimming your notes from the last class.

Regular review of your notes prevents the need to cram before a test!

Would you like to learn more ways to remember? Make sure to attend the **I Forgot to Remember** iFocus workshop on Thursday, **October 16** at 10:30-11:30am.

Student Support Services: A Community of Learners

Creating a community of learners by studying together and working as a team is key to being a successful student! Students got together in groups at the 2008 Retreat to talk about how to study and tips for utilizing resources on campus. Here are the ideas the groups came up with:

Studying for the Arts:

- Connect with people in your class
- Talk to your instructors and advisor
- Plan ahead
- Utilize the on-campus labs (writing and math)
- Use tutoring services
- Include family and utilize their help
- Demonstrate a level of commitment

Studying for the Sciences:

- Study in small groups
- Use flash cards
- Join SI (Supplemental Instruction)
- Tape record lectures, play back and re-write notes
- Use the Student Support Services lending library (we have study guides for Biology!)
- Get a good study partner!

- Use the CDs that come with the textbook
- Sty up with homework
- Re-write or re-type all notes
- Use tutoring

Using Tutoring and Drop-In Labs:

- There is accounting help in the math lab
- Sign up for tutoring early
- Give someone else a tour of the tutoring labs if they don't know where it is
- Take good notes
- Have a scheduled time and place to study
- Ask questions!
- Study with a group
- Take short breaks while studying
- Take the Test Anxiety class

Making the Most of Your Textbook:

- Get plenty of sleep so that your brain can put in permanent memory what you learned that day
- Write information down as you study
- Red to yourself out loud

- Write in the margins of the textbook
- Mark page numbers in your notes
- Don't get "highlight happy," but highlight things in italics, definitions, etc.
- Record class lecture while taking notes
- Get a tutor early

Your Planner, Your Friend:

- Schedule study time
- Schedule time to plan
- Highlight important dates
- Look at your plan often!
- Take a 7 Habits of Highly Effective College Students workshop
- Use different color pens
- Schedule fun time
- Take the iFocus "Is Time Chasing You?" workshop
- Schedule time to re-write notes
- Date notes and handouts
- Keep trying different planning formats until you find one that works for you—don't feel locked into the one you have now!

Many groups came up with similar ideas, so take special note of those tips!

Scholarship Opportunities

The Colorado Peace Officer's Foundation has extended the deadline for three, \$500 scholarships for Colorado residents.

- Qualifications
 - Students must be currently involved in any identifiable Criminal Justice or Law Enforcement Program
 - Declared major in one of the following areas:
 - Criminal Justice
 - Psychology
 - Sociology
 - Business Administration as part of an associate degree program
 - Or be enrolled in a Post Certification academy
 - Minimum 2.5 GPA
 - Application packet – Pick up applications in the Financial Aid Office or call Karen Brighton at 339-6399 for more information) Application deadline is October 24.
 - Applications
 - Resume
 - Letter of recommendation from one instructor or Academy Director. Please.

Accounting Scholarship for 2009/2010 Academic Year: (The American Society of Women Accountants Northern Colorado Chapter 140).

- \$1500 Accounting Scholarship
- Qualifications:
 - Part-time or fulltime students
 - Pursing bachelor's or master's degree in accounting
 - Currently attending accredited college, university, or professional school of accounting
 - Completed a minimum of 60 semester hours
 - Declared accounting major
- Application Package – (Pick up application in financial aid office or call Karen Brighton at 339-6399 for more information) Due October 10th
 - Completed application
 - Two copies of official transcripts
 - Two letters of reference

Single parents living in Larimer County: Spring 2009 Childcare Scholarship – (Women's Foundation of Colorado & Women Give)

- Application Package – (All forms are available in financial aid office or call Karen Brighton at 339-6399 for more information) Due October 15th
 - Application
 - Eligibility Determination
 - Professional Nomination
-

Student Support Services

Aims Community College
5401 W. 20th Street
Horizon Hall #344

Phone: 970-339-6372
Fax: 970-506-6937

We're on the web!

<http://www.aims.edu/student/>

The Student Support Services (SSS) program provides opportunities for academic development, assists students with basic college requirements, and serves to motivate students towards the successful completion of their postsecondary education. The SSS program may also provide grant aid to eligible SSS participants who are receiving Federal Pell Grants. The goal of SSS is to increase the college retention and graduation rates of its participants and facilitate the process of transition from one level of higher education to the next.

Services provided by the program include:

- Instruction in basic study skills
- Tutorial services
- Academic Advising
- Assistance in securing admission and financial aid for enrollment in four-year institutions
- Information about career options
- Mentoring

Direct financial assistance (grant aid) to eligible SSS participants who are receiving Federal Pell Grants.

Your Student Support Services Staff

Director:

Therese Lask
970-339-6273

Academic Advisor:

Natalie Nelson
970-339-6654

Academic Advisor:

Kim Wallin
970-339-6383

Staff Associate:

Frances Hernandez
970-339-6372