

# STUDENT SUPPORT SERVICES



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Student Support  
**TRIO**  
Services

## Theme House hosts open house to kick-off fall semester

by Graeme Armstrong

Two weeks into the Fall semester, SSS hosted an open house to welcome students back to campus. Thankfully mother nature was highly supportive and we were able to run the event during a glorious 70 degree late summer evening. This year we decided to have a get together outside the SSS theme-



A memory captured of friends at the SSS Theme House. Left to right is: Chelsey, Amy, Bree, Kirsten and Emily.

house at 907 North 'E' Street. Nearly all of our peer mentors turned up with one or two of their mentees. Many of the returning program students also attended for the feast of burgers, brats, chips and pop. Some students even got an game of sand volleyball going. For all of us in SSS it was great to see old faces returning for another year at Simpson, and it was even more exciting to welcome first-year students to both the college and to SSS.

## SSS Peer Mentoring has a successful first semester!

by April Goers

This fall was our first semester of the SSS Peer Mentoring Program. We had 17 mentors and about 34 new SSS participants take advantage of this opportunity. The goal of the mentoring program was to help our new Simpson SSS students transition to college life a lot easier by having an experienced student be a resource and guide to them. The mentor also played an important role in helping the students understand Student Support Services and how it can benefit them.

Mony Chau writes of his experience as a mentor: "Being a mentor has taught me to raise my standards in everyday life. I have been given the privilege to mentor an enthusiastic young man (Mike Wilson). Mentoring a peer has made me want to excel and become a good role model. I've learned to not take credit for, but to rejoice in the success of those I mentor. In

the end, I feel as though we have mutually benefited from this experience and the life skills we have learned will hopefully be passed on."

Hope Weiler writes what it has meant to her having Katie as her mentor:

"I think that having Katie as a mentor has really helped me get used to Simpson. She was there when I was going through, what most freshmen go through, the difficulties of adjusting. She was always asking how I was doing and also always told me to come to her and she'd talk with me about anything. One thing that was a positive is that Katie stayed in touch with me through the summer, because she was my orientation leader, and then emailed/called me saying she was my SSS mentor, which worked out great! Katie was always emailing me, asking questions and making sure I am alright. She also helped me out when I was stressing about classes and papers and exams!! Katie and I are very close now, and it's amazing."



Mentor Kirsten and first-year student Steve hang out in the SSS office

## Useful tips...

- Plan out your time  
– organize fixed and/or flexible tasks
- Avoid procrastination
- Prioritize
- Make time for yourself - especially sleep, exercise, and nutrition
- Learn that it is okay to say "no" sometimes

## Useful tips...

**Set a trap for your memory – when you want to remind yourself to do something, link that activity to another event that you know will take place.**

*For example....if you are walking to class and you recall that a History assignment is due tomorrow do something different, move your watch to the other wrist, place the cell phone in a different pocket. Either way you are trapped because every time you look at the watch or pull out the cell phone you will recall (we hope!!!) that you were suppose to remember something.*

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## Student Leadership Conference in Illinois

by April Goers

During the weekend of Oct. 20-22, seven students and myself traveled to St. Charles, IL for the TRIO Mid-West Region (MAEOPP) Student Leadership Conference. The conference was a mixture of guest speakers and break-out sessions where students could select which one was most interesting to them. There were college students from ten other states in attendance and about 350 students participated. Of our students, those who attended included: Katie Larsen, Sadie Bartling, Shateau Hartney, Heather Johnson, Maria Bondaruk, Ashley Backstrom, and Hailey Johnson.

Ashley has shared a few words about her experience at the conference.

*"The SSS Leadership Conference in St. Charles, Illinois was an interesting and a fulfilling experience. I felt that the key note speakers were the highlight of the conference. I especially enjoyed the motivational speaker Bill Cordes! He inspired me through his great motivational and energetic speech. I feel fortunate to have had the opportunity to collaborate with him in leadership, communication, and other important topics one can relate to the business world and life itself."*

## Students get a taste of culture

by Darcie Sprouse

SSS students and staff shared a piece of their heritage by bringing traditional and cultural holiday dishes to a food night held during dead week. Over thirty students showed up to eat chili, drink hot apple cider, and play festive holiday games. We also sampled several dishes from each other's cultural backgrounds.



Mallory plays and wins one of the planned Christmas activities.

Diana Garcia brought chocobananos which are a chocolate banana treat and April brought New Years Cookies, a German dessert. We also enjoyed kringle, brown sugar cookies, chocolate covered pretzels, an English version of Christmas pudding, fudge, frosted cookies, and many others.

Justin Garibay's marshmallow treats were the crowd favorite! Students enjoyed sampling the different types of food and getting the chance to catch up with friends before finals and break.

## Stress Management Workshop

by Darcie Sprouse

Students discovered ways to cope with stress in a workshop led by counselor, Jeff Ellens. The students discussed factors that contribute to everyday stress, such as work, grades, relationships, sports, and money. Ellens suggested exercise as a way to relieve tension, manage stress, and maintain a constant positive outlook. He then walked the students through a series of breathing techniques similar to meditation. Students commented that the breathing exercises were a great way to get everyone involved. They felt the techniques were a great tool that

could be applied in most stressful situations.

Getting plenty of sleep, taking time for yourself, and setting a consistent schedule were other helpful suggestions discussed at the workshop.



Mental Health Counselor, Jeff Ellens, leads students in a discussion about reducing stress

# Show & Tell Night

by Graeme Armstrong

Simpson students are given wonderful opportunities to experience culturally enriching travel overseas. We asked a few of our students to share their personal experiences.

...Omar Padilla regaled tales of a semester in Nicaragua. He told of gaining a wonderful language experience while living off rice three meals a day and missing out on TV, fast food and soccer! Although Omar talked of the hardships, he also said that the experience overshadowed any loss of luxury items. He had a great work experience and really



Omar talks about his semester in Nicaragua

enjoyed embracing the culture

...Katie Wigenjost also told stories of the ill-fated trip to Providenya in Eastern Siberia by way of Anchorage, Alaska. This was a trip which went terribly wrong in terms of weather. What started out as a ten day May Term trip rapidly evolved into a wait-it-out in the winter blizzard. Katie passed time by dancing at a Russian disco, teaching school kids to speak English, and people watching while the locals quaffed copious amounts of vodka until the snow cleared sufficiently to get a snow plough out!

...Maria Vosberg and Sadie Bartling had a great trip chasing the sun in Mexico. They traveled with RLC and spent a wonderful time doing service-work while they were there. This was not your typical sunbathing, eating, relaxing trip – they worked in the local community on worthwhile projects and still enjoyed a different culture and pace of life.

# Students explore Iowa's corn culture

by Darcie Sprouse

A group of SSS students braved the cold and traveled to Knoxville to visit the corn maze at D & D Farms. Typically operating during September and October, a corn maze is a perfect Halloween destination! This year the D & D Maze was in the shape of a panther, the mascot for Knoxville schools. The farm is also home to a couple of climbing goats, a large pumpkin patch, and three pigs that actually have straw, stick, and brick huts.



Emily, Hailey, Kayla, and Rachel try to stay warm by the bonfire



Students pose before entering the maze

Before making their way into the maze, the students enjoyed hot chocolate by the bonfire where they roasted hotdogs and s'mores. For several of the students, it was their first adventure to a corn maze. Maria Bondaruk commented that it was a lot harder than she thought it would be. *"I was with a group of students that were able to figure it out, but if I were to do it on my own, I would never make it through, I'm sure."*

## 2007 WORKSHOPS & CULTURAL EVENTS

- Pizza Party**  
Tuesday, January 23rd  
6:00 - 8:00 pm
- Writing Workshop**  
Wednesday, January 31st  
3:30 pm – Senate Room, BSC
- Diversity Workshop**  
Monday, February 5th  
5:30 pm - Senate Room, BSC
- Eric O'Shea - Comedian**  
Wednesday, February 14th  
CAB Sponsored Event  
10:00 pm
- Health Workshop**  
Tuesday, February 27th  
3:30 pm - Senate Room, BSC
- Computer Skills Workshop**  
Tuesday, March 6th  
5:30 pm - Senate Room, BSC

**Urban Adventure in Minneapolis**  
Weekend, March 9-11, 2007

**Money Management**  
Thursday, March 22nd  
7:00 pm - Senate Room, BSC

**Etiquette Workshop**  
Thursday, April 5th  
4:30pm – Red & Gold Room

**East Village, DSM Trip**  
Wednesday, April 11<sup>th</sup>

**SSS Study Blitz**  
Sunday, April 22  
1:00- 5:00 pm – Hawley Center Classroom

**SSS Annual Awards Banquet**  
Friday, May 11th  
5:30 pm



## Useful tips...

*Sometimes we think the only way to have fun is to spend money. As a student money may not always be available. Here are a few very cheap (FREE) ways to have fun, and to feel good about yourself.*

*Exercise, grow a beard (guys only!!), climb a tree, write a poem, play cards, bicycle, arm-wrestle, donate blood, watch the sunrise or sunset, have a pillow fight, read a book, toast a marshmallow, listen to music, short sheet a bed, wash your car, build a snow sculpture, hold an egg-toss, play a board game.*

## RESOURCES AVAILABLE

- Two HP Pavilions each with 17 inch monitors w/ network printing to a HP LaserJet
- LASSI (available on line and bookmarked on our SSS PC's)
- Portable micro-cassette recorders & headphones (analog & digital)
- TI 83 graphing calculators
- Digital Camera
- Jump drives
- Planners

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# Supplemental Instruction wins approval of faculty

by Darcie Sprouse

SSS just wrapped up its second semester of Supplemental Instruction (SI). Students actively participated in sessions run for Western Civilization, Biology 110, and Management 131. Each session met on a weekly basis to review course material.

Although SI is still new to Simpson College, the feedback from professors has been positive. Students and professors both agree that the SI leaders do an excellent job of coming up with activities.

***"...several students who might have given up after the first bad exam are sticking with it a lot longer, mainly due to SI. Several of them have seen a major improvement in their performance."***

The students work together to take practice tests, review notes, discuss concepts, and prepare for tests. On occasion, they may even play

an alternate game of jeopardy or pictionary!

Jackie Brittingham, biology professor, comments that SI reaches students in a way that she is unable to. In large classes, the likelihood of

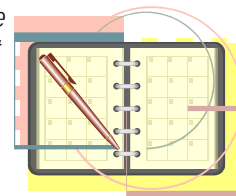


Kristy, one of our leaders, prepares for her SI session.

students receiving D or F grades is much greater than in small courses. Brittingham points out that she would need to spend one hour per week with these students to get them the help they need; something that is impossible with most professors' schedules. She notes that the students receiving a grade

of F in her class are not attending SI.

In addition to helping students process course information, SI also builds confidence and encourages students to stick with tough classes. *"I get the sense that several students who might have given up after the first bad exam are sticking with it a lot longer, mainly due to SI. Several of them have seen a major improvement in their performance"* comments Brittingham.



## Check out the Spring 2007 SI schedule

Class	Instructor	Course Time	Leader
BIOL 111A	Amy Doling	10 to 10:50 a.m. M/W/F	Emily Lundt
BIOL 111B		11 to 11:50 a.m. M/W/F	
MATH 140E	William Shellhorn	8 to 9:50 p.m. M/Th	Heather Scott
CHEM 102A	Clifford Meints	9 to 9:50 a.m. M/W/F	Allison Boardman
HIST 102C	Wade Franck	11 to 11:50 a.m. M/W/F	Kristy Prescott
HIST 102A	Emily Machen	9 to 9:50 a.m. M/W/F	Kristy Prescott
HIST 102F	Emily Machen	10 to 10:50 a.m. M/W/F	
ECON 102A	Frank Colella	1 to 1:50 p.m. M/W/F	Kyle Liske
ECON 102B		2 to 2:50 p.m. M/W/F	
ECON 102 D		8 to 9:15 a.m. T/Th	

# Lunch with uSSS

by April Goers

For the third semester, we again had our lunch with uSSS! Instead of meeting every Wednesday like in past semesters, SSS staff members hosted a table in Pfeifer on a different day each week so more students could attend. Our goal is to have lunch and get to know each other through informal conversation. Having it

during lunch allows our busy students to catch up with us on their break. This opportunity is a great way to meet other SSS participants and sit in a laid back environment with the staff. Be sure to check your email for lunch with uSSS reminders. We hope to see you there in the spring!



## FAQ'S — FREQUENTLY ASKED QUESTIONS

**What am I suppose to gain from my participation in SSS?** Relationships, accomplishment, recognition, support, new friends, cultural enrichment, fun activities, enhancement of study skills, leadership opportunities, a place to vent, hang-out, and become a successful student here at Simpson.

**What if I don't know anyone else in SSS?**

Our peer mentoring program will really help you get a foot in the door, find some new friends and make that transition from home to college just a little less bumpy. Ask any of those who experienced it last semester? Another huge benefit is the chance to sit in peer facilitated

helping your course grades improve and your understanding of the course material clearer.

**I have heard rumors that SSS is a service for poor, academically challenged students. Is this correct?**

No, SSS is all-inclusive. Our mission is to help students reach their fullest potential and that includes all students.

**I heard you have a theme house. How do I get in?**

Right now the theme house is full and those students successfully applied for residency in a theme house. It is possible that as students graduate and explore other options, there may be openings. SSS will keep you informed of those openings.

**But...I know I am not eligible for Supplementary Grant Aid, how else can SSS help me?**

We are glad you asked that question, because we get to talk more about ourselves. SSS is able to offer a lot of resources to all program students: for instance flash-drives for a personal computer, graphing calculators for Math classes, digital

recorders to keep class lectures on, transparencies for class presentations, supplemental instruction leaders, peer mentors, WHEW! The list goes on, we also sponsor many off campus activities, events and many developmental workshops all at no extra cost to you. We think you will agree that we can help you in many ways, so please call for a counselor (961-1230) and find out more.

**I heard that I can get a scholarship to buy my text books?**

That is actually true. If you meet the income and participation guidelines for the year in which you apply you may be eligible to receive an award of up to \$500 in the form of a book-store voucher for an upcoming semester. Most of these awards are made to first-year and sophomore students, just remember to apply each semester. Don't worry we will send out reminders!



### Useful tips...

*Get organized by keeping a daily list (April does). Why not write out a list of all the things you have to do the night before, then rate each task by priority with a simple label A, B, or C.*

*A's on the list are those things that are most important B's on your list are important, but less so than A's C's on your list do not require immediate attention*

*Make time for the A's. Do the B's and C's in random order throughout your day. REMEMBER- don't just do the C's because they are fun!*

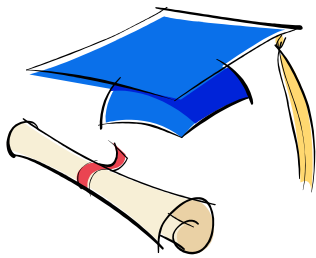


instruction with the Supplemental Instruction leaders. These folks know

their stuff, and are always recommended for the position by faculty. We think you will find just attending a few sessions of SI will go a long way towards



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## MEET THE STAFF

**“CONTINUING TO CREATE OPPORTUNITIES TO ENSURE COLLEGE SUCCESS”**



*Graeme  
Armstrong*  
Director

Graeme Armstrong is a first generation college student who attended Simpson and graduated with a Bachelors in Management and went on to complete a masters degree in Organizational Development. Graeme joins the program with six years of experience at teaching, counseling, and advising non-traditional students at

Simpson.



*April  
Goers*  
Assistant Director

April is a first generation college student who went to Iowa Sate University as an undergraduate and went on to complete studies in a masters program in Higher Education. April previously worked in Upward Bound, and has had much experience helping student become successful in all they do.



*Darcie  
Sprouse*  
Learning Specialist

Darcie was a first generation college student at Iowa State University where she completed her Bachelors degree in education. She will be starting a Masters program at Drake this spring. In addition to teaching, Darcie has worked with special needs students of all ages as a director for Sylvan Learning Center.



*Denise  
Kalbus*  
Administrative  
Assistant

Denise Kalbus is the administrative Assistant for Student Support Services new TRiO program at Simpson. Denise is a non-traditional, first generation college student currently taking classes at Simpson College with the Division of Adult Learning. Denise is striving for a degree in Corporate Communications and is projected to graduate in 2007.

