

STUDENT SUPPORT SERVICES

SIMPSON COLLEGE

Director

April Goers
Phone: 515.961.1232
E-mail: april.goers@simpson.edu

Learning Specialist

Darcie Sprouse
Phone: 515.961.1227
Email: darcie.sprouse@simpson.edu

Administrative Assistant

Denise Kalbus
Phone: 515.961.1230
Email: denise.kalbus@simpson.edu

New changes to grant aid

by Darcie Sprouse

SSS has a new policy for grant aid awards. Grant aid is awarded to students based on financial need according to TRiO income guidelines. Applicants must also meet SSS participation guidelines. The new guidelines are more competitive and allow students to earn either a Gold Award in the amount of \$400 or a Platinum Award for \$500. Both awards go toward the cost of text books.

Similar to past semesters, applicants are expected to attend at least one workshop and cultural event, meet with their assigned staff member, and be in good academic standing.



New items added to the requirements include (varying by semester):

- Attend the SSS kick-off event and/or awards banquet
- Complete the LASSI computer

assessment

- Write a short essay about your college goals
- Submit a personal statement
- Complete an SSS self-analysis about academic and career plans
- Submit an updated resume

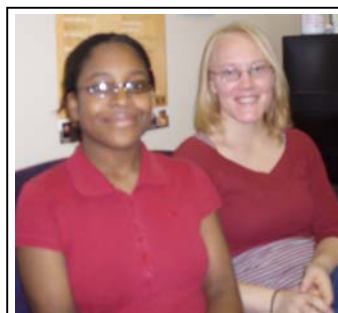


If a student completes the *minimum* requirements they are eligible to receive the Gold Award. Students that show extra effort in participation are eligible for the Platinum Award. Participation guidelines must have been met by November 15th to receive grant aid for spring, and May 1st for fall awards. The new application and checklist is available on the SSS website: <http://www.simpson.edu/support/> and through your assigned staff member.

Simpson's TRiO programs work together

by Almae English & Emily Lundt

The SSS program is very similar to Upward Bound in the fact that SSS has a lot of tools to help a person stay "on track" and succeed academically. There are resources such as an advisor who helps students set goals and



Almae and Emily spending time together in the SSS office

helps students formulate plans to reach those goals.

In high school, Almae English participated in the Upward Bound Summer Program where

she met Emily Lundt, her tutor-mentor. Emily was really excited to work with Almae during the summer, and even more excited to find out that Almae chose to attend Simpson College. Emily and Almae had the opportunity to work together through the SSS program.

"Upward Bound helped me meet my goals in high school and I foresee SSS being very beneficial in reaching my goals in college as well," says Almae.

Interesting and useful things offered by SSS are the cultural trips, events, and workshops such as time management. Upward Bound and SSS are just two of the many programs within TRiO.





Staff Changes

Recently the SSS office has experienced some exciting staff changes. Graeme Armstrong accepted a position with Upper Iowa University. April has taken over the role of Director of the program, and Nate Chua will take over the position of Retention Coordinator in early January. Nate comes to us from Residence Life here at Simpson. He has extensive experience working with students in an advising/counseling capacity and his personality will fit well with SSS. We are looking forward to his contributions to our staff and our students. Don't forget to stop by and introduce

Boone Railway excursion

by Allison Ullman

A group of Student Support Services participants embarked on a railway excursion in Boone on Saturday, September 29th. The students arrived in Boone and boarded a train for a tour of the picturesque Des Moines River Valley.

The group traveled in 1920's era coach cars from Boone to the old mining town of Fraser. The area was breathtak-



ing, very relaxing and a perfect atmosphere for our Stress Management workshop.

Following the train ride, the students then dined at Hickory Park, in Ames and discussed topics for stress management. Overall, it was a successful cultural event and the students all enjoyed themselves.



"I thought it would be a great experience to go on the trip, as I have only been on a train once in my life. My favorite part of the trip had to have been going to eat afterwards. The food was absolutely delicious! I would definitely recommend going on the Boone Railway trip to other students." - Shannon Archer



"The Boone Railway Trip/Stress management workshop was a great opportunity to learn about stress, what it can do to oneself, and how to prevent stress from building up. The trip not only helped me learn how to manage my own stress, but also provided a good time to hang out with friends and relieve some mid-term tension!" - Stacy Bonertz



SSS student enjoys a semester in London

by Andrew Riebhoff

It's hard to believe that just over two months ago, I arrived in the city of London - not on holiday or for a quick visit, but to study for 13 weeks. London was to be my home for the semester.

Now, it's almost time to leave and I have no clue where the time has gone! I've done so many things, seen so many sights, and learned so much about London, about the world, and about myself.

For starters, London has turned me into a hardened criminal. Okay, so maybe not a criminal, but I've definitely become a lot less sensitive and caring towards others. It's a dog-eat-dog world when it comes to getting



onto the Tube or escalator. People shove, jump in your way, and force their way onto an already jam packed car. Walking on the streets is like playing human dodge ball; you do your best to side step

every other person because they've stopped in the middle of the sidewalk or cut you off. It gets tiring and I admit I've become one of them.

One thing I love about London is the culture. Currently, I've seen over eight shows since being in London. They range from WICKED, the musical, to "In Celebration", a drama starring Orlando Bloom. Most of the art galleries and museums are free and it's easy to visit and walk around.

My art class has been to the Tate Modern and I've learned so much and been introduced to some amazing artists' work. Some newspapers are even free here! They have kept me

informed on important news, as well as how Britney and K-Fed's child custody battle is going.

I've had the opportunity to visit other parts of Europe too. My two week Fall Break was spent backpacking. I visited Munich, Rome, Venice, Florence, Milan, and Brussels. Being immersed in a totally different culture than Iowa's, or even London's, was quite the experience. Often times, I was not able to read things like the menu or street signs, because they were in another language.

Personally, I've become, or I'd like to think I've become, more responsible. I've had to book my own travel plans, keep tabs on how poor I'm getting, and even buy groceries and make my own food. I've also become a lot more decisive and aggressive in certain areas, something I've known I needed to work on for awhile.

I don't even know how to describe or tell you everything I've experienced and learned since being in London; if I tried it would take all day. What I do know, however, is that deciding to study abroad was one the best decisions I've ever made and I most definitely encourage everyone to grab hold of the opportunity if it arises!



SPRING 2008 WORKSHOPS & CULTURAL EVENTS

**SSS Semester Kick-Off Event/
Diversity Workshop (movie discussion)**
Thurs., Jan. 10th
6:00pm - 8:00pm
Camp Lounge

**Lunch with uSSS
Pfeiffer Dining Hall**
Thurs., Jan. 24th
11:30am - 1:00pm

**Lunch with uSSS
Storm Street Grill**
Tues., Feb. 5th
11:30am - 1:00pm

**Iowa Hall of Pride
Des Moines, IA**
Fri., Feb. 15th
2:45pm departure - 3:30pm tour
advance sign-up

Resume Writing Workshop
Wed., Feb. 27th
7:00pm
Senate Room

**Urban Adventure Weekend
Omaha, NE**
Mar. 8th - Mar., 9th
advance sign-up

**Lunch with uSSS
Brown Bag - SSS Office**
Thurs., Mar. 27th
11:30am - 1:00pm

Health Workshop
Mon., Mar. 31st
4:00pm - 5:00pm
Senate Room

SSS Annual Awards Banquet
Fri., April 4th
5:30pm - 8:30pm
Great Hall

**Lunch with uSSS & May
Term Trip Student Panel**
Thurs., April 10th
11:30am - 1:00pm

Study Blitz
Sun., April 20th
1:00am - 4:00pm
Senate Room

Grant Aid Deadline - May 1, 2008

**Questions about upcoming Student
Support Services events:**

Contact SSS in BSC, Rm. 112B,
or call extension 1230
www: [http://www.simpson.edu/support
events/index.html](http://www.simpson.edu/support/events/index.html)

Student Support
Services
TRIO
Simpson University

Join uSSS for Lunch!

Are you looking for a quick and easy way to get involved with SSS? Lunch with uSSS is just the ticket! It's a great way to enjoy lunch and get to know your assigned SSS staff member and other students in the program. It's an informal, laid-back activity so be prepared for good food, great conversation, and lots of laughter! Need an extra incentive to go? Starting this fall, Lunch with uSSS can count as a cultural event that will help you meet participation guidelines. Lunch with uSSS rotates between Pfeifer, Storm Grill, and the SSS office once a month. Check your email and the SSS website for information about the date and location each month. The rest is easy: pick up your lunch, pay the cashier or swipe your card, and look for the SSS team. We hope to see you there in the spring!

Supplemental Instruction

Supplemental Instruction (SI) will be offered to students enrolled in the following classes for the spring semester:

- Biology 111 with Amy Doling (sections A and B)
- Chemistry 102 with Werner Kolln and Cliff Meints (sections A and B)
- History 102 with Rebecca Livingstone (sections I and J)

Attending SI is a great way to get help with papers, tests, and assignments as well as understand course concepts. Be sure to check your email and the SSS website for the time and location of SI sessions in the spring. We hope to see you there!



English 97

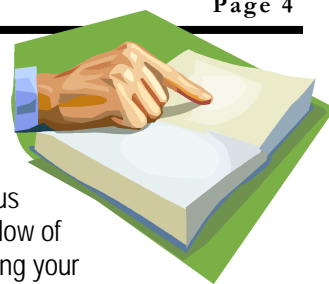
by Darcie Sprouse

English 97 is a helpful way to refresh your grammar and writing skills. It is a FREE, one credit, accelerated course offered only to SSS students. The cost of textbooks is even covered by Student Support Services!

Tara Wendell, a professor in the English department, taught the course this fall. The students had the opportunity to review sentence

structure and punctuation, among other things. "It was helpful and allowed us to get back into the flow of school while refreshing your brain." claims one student in the class.

If you have concerns about writing college level papers, speak with your assigned SSS staff member to find out about the available resources through SSS.



An evening with the Rockettes

by Darcie Sprouse

On December 6th, students braved the Iowa winter weather to embark on a trip to the Civic Center in Des Moines. SSS participants had the opportunity to see "Radio City Christmas Spectacular" starring the world-famous Rockettes.

The evening marked a special date in history as it was the first ever performance by the



Rockettes in Iowa. Radio City Christmas is said to be one of America's grandest holiday

traditions. The show became an instant success when it first appeared on stage in 1933. Des Moines is the smallest city ever to present the show. SSS was delighted to be a part of the special evening!

Radio City Christmas Spectacular features eighteen amazing dancers who help Santa Clause share stories of Christmas. SSS students were entertained by Christmas carols, dancing, story-telling, and beautiful stage scenes.

"Radio City Christmas was an amazing way to get into the Christmas spirit. The sets and actors were great!" raves Rachel Unekis, a junior in the SSS program.

SSS sponsors student at local conference

by Zach Rus

The ISPA (Iowa Student Personnel Association) conference was helpful on my journey towards post graduate opportunities. I was a bit nervous when I sent in the application for the scholarship because I was up against people who were already in Graduate School. However, with a little help from April, my application was finally finished and we sent it off to be considered. Not even a week later I received an email congratulating me on being named an ISPA Scholar.

We left bright and early Monday morning

and drove to the Quad Cities. Since being up before 7:30 was new for me, I slept the entire way! Throughout the day I heard great speakers and networked with many people already in the higher education field. Although I am not 100% sure where or when I want to go to school, I know that higher education is something that would fit me quite well.

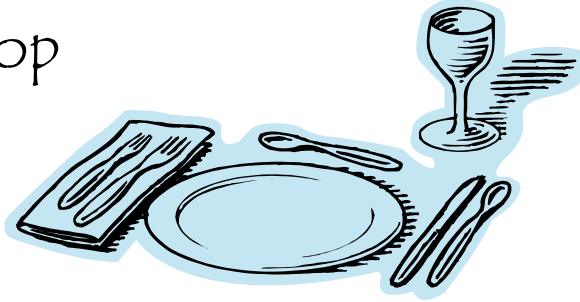
Thanks to April and everyone in Student Support Services for all of your assistance. Being an ISPA Scholar has been one of the highlights of my college career.

Etiquette workshop

by Tiffany Flory

Did you know that the proper etiquette for eating any sort of meat product is to cut into increments of three mouthfuls before eating? What about always wiping your mouth with the napkin before taking a sip of your beverage of choice, so as to not leave any lip marks? When eating bread, you are supposed to tear a small piece off, butter it, and then eat it— no biting off chunks at a time. All of these tips for proper etiquette were taught at the SSS etiquette workshop on November 5th. It was a delightful experience and everyone who went was not only lectured about etiquette, but was able to practice their skills as well.

Upon entering the Red & Gold Room, I was welcomed by three tables beautifully set with nice silverware and china. Even before starting the workshop, a bonus lesson was given: how to properly greet someone at a party. You must have a strong handshake and always ask questions. After everyone had arrived, we sat down and began eating a three-course meal.



During each course, we were taught in chronological order the proper etiquette to perform. First, do not begin eating until everyone at the table has received their food, or if there are more than eight people at the table, until the majority has their food. This seems like common politeness, but it was surprising on how many things I did not know. We learned what each utensil was used for and the instructor integrated tips specifically for interview lunches or dinners.

In one hour, I had a greeting lesson, a meal, and learned about the tools needed to dine with professionals. Even though in ten years from now, I might not remember every detail of this workshop, I am confident that my manners have improved for any situation in which etiquette is necessary. It was a fun and very informational experience.



FREE Resources

- Two HP desktop computers w/ network printing to a HP LaserJet
- LASSI computer assessment to help determine and enhance your learning needs (*bookmarked on our SSS PC's*)
- Laptop
- Portable micro-cassette recorders & headphones (*analog & digital*)
- TI 83 graphing calculators
- Digital camera
- Jump drives
- Daily Planners
- Transparencies
- Color printing
- "How to get good grades in college" booklet
- Lounging and/or study area (including a TV/DVD player in case you need some relaxation)
- Funds available for student leadership conferences and/or grad school exploration (application process required)

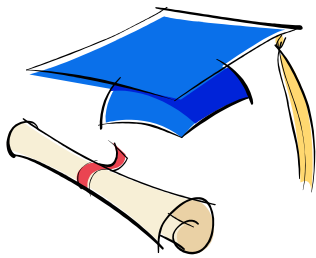
Kick-off

by April Goers

Monday, August 27th, SSS had their annual Fall Kick-Off BBQ on the patio outside of BSC. We had a great turn-out and many of our new SSS participants were able to meet the SSS staff and other participants in the program. We enjoyed burgers, chips, and soda. Door prizes were given out, and the event ended with a scavenger hunt around campus.



www.simpson.edu/support/
Indiana, IA 50125
701 N.C. Street



MEET THE STAFF

“CONTINUING TO CREATE OPPORTUNITIES TO ENSURE COLLEGE SUCCESS”



April Goers
Director

April is a first generation college student who went to Iowa State University as an undergraduate and completed her studies with a Masters degree in Higher Education. April previously worked in Upward Bound, and has had a great deal of experience helping students 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 is currently working on a Masters degree at Drake. 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 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 Spring 2008.

