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UW-RIVER FALLS

2007-2008 SSS NEWSLETTER

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Meet SSS Faces



Jill: What's up,

My name is Jill Moe and I am the Interim Director of the Academic Success Center and TRIO Programs. I am excited about the opportunities that will be available to you through SSS. Some of you may recognize me as the Upward Bound Director at Arlington High School. I am looking forward to working with SSS, which is the college level TRIO Program. Our goal is to inform you about the tools that you need to be successful in college. I was a first generation and low income college student, so I can relate and understand what you may be experiencing.



Torrion: Hello SSS Scholars,

My name is Torrion Amie and I am the Assistant Director of Student Support Services. I believe in this unique system and its role in assisting scholars such as you. I am connected personally to this program because I too in my academic career, fit the SSS criteria. There are many opportunities people pass up in life. Don't let the "SSS opportunity" be one ignored by you. Be a champion of your academics and congratulations ahead of time!



Linda: Hello Future Graduates,

My name is Linda Jordan and I am one of the SSS Coaches. As a former first generation college student I can relate to some of the issues you deal with. My parents could not help me with any financial assistance because there were 7 younger siblings still living at home. I dined on a lot of peanut butter and jelly sandwiches and macaroni and cheese for 4 years! The SSS program has awesome opportunities to help you become successful both academically and personally, and you will develop skills that will help you in your career and throughout life. We are here to support you in any way we can – just ask. We are committed to your success.



Rose: Greetings,

My name is Rose Rude and I am the Assistant Director of TRIO Programs and Non-Traditional Student Support. This is a new position for me, but I have been a part of UW-RF SSS since 1995. I am now doing the computer techie stuff for the program including web pages, database design and data tracking. In the past I was an academic coach and tutoring coordinator. SSS is a great support program, but like everything else in life, you will get out of it, what you put into it. Take time to see the fabulous staff and attend the events. This will give you the opportunity to enhance your academic experience. Feel free to stop by and visit if you have any questions.

Upcoming Events



Connecting the Dots...



Learning Styles!

Have you ever felt mixed up about studying? Feel like the info just doesn't click? Learn study methods that will work for YOU!

Thursday, March 6th @ 2-3 pm

Location: 200 Ag Science Bldg.

All these events count toward your 2 + 2 commitment

Free Etiquette Dinner Tickets—Reservations Required—Get your tickets in the ASC

5 tickets for Monday, March 31 @ 5:00– 7:30 pm

5 tickets for Tuesday, April 1 @ 5:00—7:30 pm

March:

March 6 @ 2 pm--Learning Styles

March 28 @ 3 pm--iLearn

March 31 @ 5:00 pm—Etiquette Dinner

April:

April 1 @ 5:00 pm—Etiquette Dinner

April 14 @ 2 pm--Finances

April 17 @ 2 pm--Finances

April 22 @ 6 pm--iCare

April 24 @ 5:00 pm—Service Project

Get a grip on your finances!

Date: Monday, April 14th

Time: 2-3 pm

Location: 322 Chippewa Room, University Center

OR

Date: Thursday, April 17th

Time: 2-3 pm

Place: 322 Chippewa Room, UC



iAm Series-Who Am i...? What do I want? What the #@\$* am I doing here....?



iLearn- Amazing Race UW-RF style

Date: March 28

Time: 3-6 pm- dinner at end of race

Location: Meet in the ASC Office, 102 Davee Library

MUST FILL OUT APPLICATION- ONLY 18 SPOTS AVAILABLE!

Each time you attend an iAM Event, you can enter for another chance for an iPod Shuffle.

iCare- Earth Day- Beyond Reduce, Reuse, Recycle. What else can I do to be more green?

Date: Tuesday, April 22nd

Time: 6-7 pm

Location: Falls Room in the University Center



Volunteer to clean up the Trails at UWRF and enjoy a pizza party afterwards

Date: Thursday, April 24

Time: 5:-00—6:00 pm (clean up) 6:00—7:00 pm (Pizza party)

Location: Meet in the ASC in 102 Davee Library.

College is a time of change and transition for college students. The notion of “what do I want to be when I grow up?” is a question that is often a daunting one for many individuals. This is a dynamic time in the employment sector. Due to increased globalization, automation, and the rampant pace of change, you will be entering a job market that will involve more frequent career and job transitions than any previous generation. Diligent preparation is critical.

“At Career Services, we strive to help students at all levels of study launch successful career endeavors.”

Top Ten Essential Career Activities by Carmen Croonquist, Director of Career Services

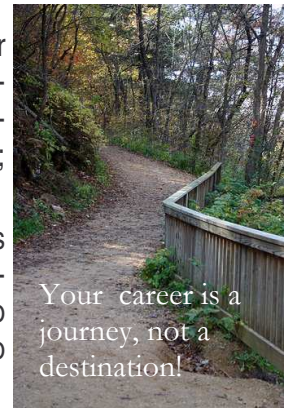
Learn about yourself. College is a great time to try out new activities and learn about your interests and skills. In order to make well-conceived career choices, it’s good to have a understanding of your “PEAKS” –an acronym for your personality, relevant experience, accomplishments, knowledge, and skills.

Learn about your options. There are three different ways to obtain career information: through written and on-line materials, through informational interviews with people who have jobs that interest you, and by experiencing the career directly through internships, part-time jobs, summer jobs, volunteer work, and activities.

Develop effective self-marketing tools. In order to land a job interview, your resume and cover letter must be top-notch. These written documents create a first impression of you, your communication skills, your ability to organize information about yourself, and your knowledge of the career field you are hoping to enter. Always target self-marketing materials to a specific audience; make sure your content is effective and that your resume has visual appeal.

Gain relevant experience. The best way to “check out” your ideas and build your resume is through internships. They are a MUST! In the 2008 Recruiting Trends report published by Michigan State University, 50% of the employers surveyed said they preferred to hire students who have an internship on their resume. The remaining 50% said they prefer to hire students who have had at least two or three internships!

Learn how to use a variety of strategies for finding jobs and internships. There are many different ways to find leads, but the most successful technique is networking. Look for ways to build effective relationships. Your network can include friends, family, faculty members, as well as individuals from student and professional organizations.



Plan your time and document your progress. In order to reach your goals, you need to take inspired action. Make time every week to work on your job search, and keep track of your activities.

Career Services offers assistance to accomplish each of these activities!

Be prepared for job interviews. Learn how to discuss your qualifications and your goals. Use a career portfolio to offer proof of your skills and accomplishments. Have a practice interview so that you know how to handle behavioral-based interview questions. Above all, do your homework: research the organization prior to the interview!

Send a thank-you note. Get accustomed to thanking those who assist you with your career. It is critical to send a thank-you note immediately following a job interview. It reinforces your interest in the position, demonstrates your appreciation, and enables you to remind the employer of your credentials.

Learn how to evaluate offers and negotiate salary. Do you know what you’re worth? Do you have an understanding of employment benefits? It is critical to learn what constitutes a good job offer and understand negotiation techniques.

You’re in charge: learn how to manage your career. In today’s tight market, keeping a job might be just as challenging as finding one in the first place. Keep learning and upgrading your skills, maintain a positive attitude, and establish effective workplace relationships.

Career Services offers individual appointments, workshops, events, and programs. To learn more about how Career Services can assist you, visit www.uwrf.edu/ccs.

5 steps to organize your life...

1. **Start Small:** Start organizing small areas, like a drawer or desk and then gradually work up to larger spaces, like closets and rooms.
2. **Make Lists:** Use calendars, planners, check list, to-do list to help you get/stay organized.
3. **Locate Important Documents:** Find a good spot to keep all of your bills, personal information, bank statement, medical information, school documents, etc.
4. **Find Your Own Way to Organize:** Not all people organize the same, find a system that works for you and stick with it! (For example: Cell Phone Scheduler, Planner, Post its..)
5. **Be Patient and Flexible**

The most important thing to remember is that organizing takes time, so be patient and have fun with it!



SSS Connections Mentoring Program

The mentoring program links Student Support Service's upper classmen with first year students, who wish to experience a smoother transition to campus life. Coming to college can be very confusing for first year students and upper classmen can encourage first year students. Experienced upperclassmen can give freshmen advice and connect them with available resources. The mentoring program will help the freshmen succeed and provide mentors with strengthened leadership and communication skills. The mentoring program provided several social events such as pumpkin carving last fall. New mentors will be needed in the Fall, so keep this opportunity in mind!



Mentoring Social Event #1
Carving pumpkins and the
Halloween Scavenger Hunt



Fall 2007 Events

Feed my starving children

On October 5th, 2007, students from the Student Support Services program and an advisor volunteered to participate in a fun and unique event. The event was to help starving children in third world countries. Feed My Starving Children made this volunteer opportunity possible. FMSC is a non-profit organization that packages food and sends it to people all around the world. To make this possible



they ask for volunteers to help package meals. Typically, FMSC has volunteers come to one of their four locations (three in Minnesota and one in Illinois). At this specific event, FMSC went offsite to St. Bridget's Church in River Falls. Volunteers' hand-packed nutritious meals that were made up of rice, soy, vitamins and dehydrated vegetables. This event was extremely fun and it was a great way to volunteer. It was very hands on and all the volunteers truly made an impact on saving lives. For more information on Feed My Starving Children, visit the website at fmsc.org



SSS International Travel Workshop

"The world is a book, and those who do not travel, read only a page."
--Saint Augustine

The Leadership Team hosted an SSS International Travel Workshop on October 22nd, 2007. The workshop began with an icebreaker activity that encouraged everyone to get to know each other. Each person had the name of a country taped to his or her back and had to go around asking different people questions with the goal of finding out what his or her country was. There were three speakers at the workshop. The first two speakers, Katie Oenga and Carissa Williams, are both representatives from the Global Connections office. They spoke about the international travel opportunities that were available for students. SSS student, Hli Vang then shared her own personal experience of traveling abroad. We would like to thank Mrs. Oenga, Ms. Williams, and Ms. Vang for their participation in this informative event!

The workshop goal was to get SSS students more acquainted with information about international travel opportunities which was why it was located at the Global Connections office. The Global Connections office is where many students go to learn about studying abroad. Having the workshop located at the Global Connections office enhanced the learning experience and helped get students more in tune to resources available to them. Global Connections' presentation helped to detail the multiple opportunities available to students and how international travel is affordable to students, and Ms. Vang's speech reinforced to SSS students that studying abroad truly is an exciting and amazing opportunity.



Fall 2007 Welcome Event



During the Welcome event, the speaker, Melanie Hartman, encouraged us to become our authentic self, by asking questions and brainstorming with each other.



2 + 2 Commitment

The focus of Student Support Services is to help you graduate from UW-RF. To assist you in achieving this goal, we have restructured some of the parameters involving your participation in the Student Support Services program.

Starting spring semester 2008, it will be mandatory for all SSS students to meet one-on-one with their academic coach a minimum of **2** times each semester and attend a minimum of **2** program activities. (2 + 2 Commitment) The events described in the newsletter provides ample opportunities to participate in program activities.

We will continue to provide academic and personal coaching, leadership development opportunities, service projects, workshops, social and cultural events, and discuss your academic progress reports. SSS is committed to your success.

We're on facebook.com

We have a group called
UW-River Falls Student Support Services.

Join our group to keep current with
SSS events and activities.

The SSS web page has
moved to

<http://www.uwrf.edu/sss/>