

SSS Newsletter

The University of Wisconsin-River Falls

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Student Support Services

Academic Success Center
University of Wisconsin-River Falls
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SSS Dynamic Duo: Stephanie Keenan (left), and Michelle Jarosch (right)

PREPARING FOR FINALS

Crunch time is here!! You haven't really studied all semester, and you just realized that you need to ace this final to pass the class! What do you do!?

Michele and Steph, the SSS Dynamic Duo, have a couple of great tips to help you achieve the grades you desire of your finals. First of all, you need to survive finals week!

#1 No cramming is allowed! Break your studying up into little pieces to avoid overwhelming yourself.

#2 Sleep, sleep, sleep! The more rested you are the

better you will be able to recall information.

#3 Shopping, friends, laundry, etc. come second this week! Don't do things this week that can wait until the next week. Prioritizing is key.

#4 Be sure to assess your grades! If you have an A in math and a D in English, it would be best to spend more time on English.

#5 Make sure you have the correct day, time, and location of your final! Find this out before your final. Check the syllabus or check with your professor. If you miss the final your professor may not let you make it up.

#6 Cancel Dominos this week! Eat healthy. Don't skip meals, eating unhealthy food can decrease your concentration and your ability to focus.

Now we would like to share some tips on how to control your stress level and to beat test panic. First and foremost, **set realistic goals.** Don't try to overachieve; chances are that you will just get burned out. Also, try to **organize your time.** Be sure to set aside time for breaks. Studies show that if you study for 45 minutes and take a 15 minute break you will retain the information a lot better. Keep in mind that some stress is okay. It is normal and unavoidable. Lastly, **don't be afraid to ask questions.** Someone will be able to answer. Try the ASC!

Panicking over a few tests? Try some of our tried and true test-taking tips. Plan your study time. You'll be way more confident. Have you picked up a theme in this article? **Don't procrastinate!!** Secondly, be sure to **bring all of the materials you need to your final.** Extra pencils, paper, and a watch so you can keep track of time. Last, but definitely not least, **don't freak out if other people are finishing way before you.** Go at your own pace. Remember those who finish first aren't always the best students.

If you want more information come down to the **Academic Success Center!** We are located in the lower level of the library in room 102. We have super great info on: "How to take multiple choice exams," "How to avoid test anxiety," "Relieving test anxiety," "Study tips," "How to keep calm during a test," and "Remembering tips." Good Luck and Happy Studying! From your SSS Dynamic Duo, Michele Jarosch and Stephanie Keenan!

SSS Staff Spotlight: Rose Rude



Rose Rude, SSS Adviser/Tutoring Services

Rose Rude is always on the go! I was finally able to catch up with her and complete my quest to find out who Rose Rude really is. Some of Rose's helpers have given her the title, "The Recycling Nazi," since Rose can sometimes be seen pulling paper out of the garbage and putting it in the respective blue

recycling bin. The quote by which Rose lives is "we make a living by what we get, but we make a life by what we give." (Norman Mac Ewan)

Rose Rude is a Wisconsin native who is the tutoring coordinator and an advisor for the Student Support Services here at UW-RF. She holds a Bachelors degree from UW-Platteville with a major in Math Education and a minor in Computer Science. Rose also has a Masters degree in counseling from UW-Stout. Rose joined the army reserves and was trained as a Psychiatric Technician at Fort Sam in Houston, TX and is a Persian Gulf War Veteran.

Despite all of Rose's strengths, she is not good at parking her car! In fact, she told me that if she could have a super power she would be super strong so she could lift her car into the tight parking spots.

The most important thing in Rose's life are her children; she has two cute little ones that have changed her perspectives. Her children have shown her that stopping and smelling the flowers is important and should not be forgotten. Her children have also given her a better insight to what is important in life.

As a college student, Rose was a part of the SSS program and loved to tutor. She saw how tutoring had such a positive impact on the students. Rose also got to know the SSS staff on a personal level. As a tutor, Rose was taken out to lunch by an SSS advisor and she now likes to return the favor. "Random acts of kindness have long range effects," said Rose.

If there is one thing Rose wants you to know it is this: "with hard work and perseverance you can be what you want to be, follow your dreams." Rose Rude is an amazing person with a good heart and strong mind. I am glad that I have gotten the chance to meet her, but don't just take my word for it, see for yourself.

Article written by Pamela Wollak



SSS TUTORING PERKS

SSS students have access to unlimited one-on-one tutors for any subject.

To request a tutor:

- Stop in at the Academic Success Center at 102 Davee Library
- Be sure you know the following information for the class that you are requesting a tutor in: course name, course number, and the professor's name
- Be aware that tutors need at least a few days notice before they can meet with you for the first time

Tutoring services is always looking for tutors within the SSS program.

Qualification to become a tutor:

- Successfully completed one semester at UW-RF
- Obtained an "A" or "B" in the class you want to tutor

Preference will be given to those who can tutor multiple subject areas.

Salary is \$6.25 per hour-work study or student assistant

For more information visit the tutoring website:

<http://www.uwrf.edu/academic-success/Tutoring/tutor.htm>

Contact Rose Rude or Amy Lloyd

Phone:(715)425-3531

Email:rose.a.rude@uwrf.edu or amy.lloyd@uwrf.edu

SSS Welcome Event



The SSS program hosted our first Welcome Event at Brandy's in the Student Center. SSS Students played games, won door prizes, and indulged in ice cream sundaes. Based on feedback from students, we plan on continuing the tradition next fall.

SSS Student Spotlight: Abby Olson

Interviewer: Kaydi Peterson

Student: Abby Olson

Where are you from?

Oakdale, Minnesota

What is your major?

Biology

What activities are you involved in at UW-RF?

Swim team is a big one. McNair Scholars and SSS.

What is the McNair Program?

The McNair program is for low-income or first-generation students. It includes a summer research program and monthly meetings with a mentor. We look at how our projects are coming for the program. Typically this program starts as a junior.

How or why did you get involved in it?

My SSS adviser told me about it as a freshman, but I really did not know much about it. He mentioned it again, and I decided to apply by simply writing the essay. They only take twelve to thirteen students, so I was happy to get accepted.

Would you recommend it to other students?

Definitely. If you can fit (based on the requirements) into the program, do it.

What does it have to offer to students?

There are two things: paid summer research and they try their hardest to get you into graduate school.

What did you get out of the SSS program experience?

It is a start for a lot of other things. The midterm reports and the fact that you always have someone other than your academic adviser to ask questions to are great benefits.

What are your plans after graduation from UW-RF?

Abby has signed up for the Peace Corps. Upon admission she will be starting in September of next year. After she has completed that she will begin graduate school.

Who has had the biggest influence in your life?

My mother or one of my best friends.

What advice would you give to first-year students?

Search out opportunities in order to get involved on campus. Go and look for it.

Article written by Kaydi Peterson



McNair Scholar/SSS Student Abby Olson



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Ronald E. McNair

The McNair Scholars Program seeks to prepare undergraduate students from groups traditionally underrepresented in graduate education for successful entry and completion of doctoral degree programs.

TO BE ELIGIBLE

- Acceptable GPA
- Desire to earn a Ph.D.
- Low-income, first-generation college student OR underrepresented (i.e., Hispanic, African American, or Native American)
- Be three to four semesters away from graduation

PROGRAM BENEFITS

- Paid summer research experience
- Preparation for GRE
- Assistance in applying to graduate school
- Professional development seminars
- Paid travel to professional conferences

For more information, check out the McNair Website:

<http://www.uwrf.edu/academic-success/mcnair/welcome.html>

Applications Available at:

Academic Success Center
102 Davee Library
OR
The McNair Website

Director: Dr. Phil George
Philip.b.george@uwrf.edu
Phone: (715) 425-3531

MARK YOUR CALENDARS

- ⇒ **Wednesday, December 8, 5:30 pm:** SSS students are welcome to attend a spaghetti dinner at the Journey House (143 Cascade Ave, across from Karges). Please **RSVP** by signing up at the **ASC office**, 102 Davee Library, if you plan to join us.
- ⇒ **Friday, December 10:** Stipend applications are **DUE**.
- ⇒ **Wednesday, December 15, 11:00am-2:00pm:** Finals week study break. Stop in the ASC for hot chocolate and cookies.

STAY TUNED FOR NEXT SEMESTER

- ⇒ **Cultural Event, Date TBA,** Spend the evening learning about a new culture or sharing your own with others. We would like an SSS participant to share their cultural traditions with other SSS students. We would then go out to eat at a restaurant that represents the culture being highlighted. Please let us know if you are interested in sharing with us.
- ⇒ **Community Service Project, Date TBA,** Something outside and fun!
- ⇒ **SSS Workshops, Date TBA,** We will offer workshops regarding studying abroad, how to get an internship, personality styles, etc. Please stay tuned for more information...



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