

Student Support Services

the aSSiStant

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Maranda Mackey

SSS Featured Alumnus:
Maranda Mackey

(In Her Own Words)

I graduated from WVU in December of 2007 after obtaining a bachelor's degree in Child Development and Family Studies. After graduation, I spent six months working as a private childcare provider, and even earned the recognized title of "Infant Play Specialist." While the work I was doing with children was spiritually and emotionally rewarding, I found it to be lacking in terms of providing the mental stimulation I was looking for. It was then that I realized how much I missed school and the many challenges that college provides.

I had made up my mind and was determined to get back into school with the goal of obtaining a masters degree in a business field. GRE, GMAT and 'B&E' were all acronyms frequently used in my vocabulary over the months following my 2007 graduation and the fall term of 2008. After much diligence and perseverance on my part, the college of Business and Economics welcomed me into the Master of Science in Industrial Relations (MSIR) program.

The tears of joy over my acceptance were overwhelming, but the tears that came on my first day of Grad school were terrifying. It was terrifying to realize that I was at the bottom of the mountain, yet again, looking up. I didn't know if I could handle yet another challenge. The feeling of fear was soon washed away and replaced with the realization that while I *was* embarking on a new and challenging adventure, I *was* equipped with the knowledge and skills that I needed to see me through.

I have completed over 1/2 of my masters degree program, but can see the light at the end of the tunnel. Currently, I am planning for life after graduation. I have planned a sky-diving trip for this spring that will fulfill the promise I made to myself 6 years ago when I began college. In May, I will travel to Germany for 3 weeks, and in August I will finally graduate!

After graduation, I hope to move to California. I cannot wait to see a sea-lion! I am extremely proud of the fact that I am an SSS alum. For me, being an SSS alum means never forgetting the people who helped to make my success a reality; always having friendly faces to turn to; and forever being part of a program that as a whole truly is greater than the sum of its parts!



Have You Heard?

SSS Alum Jerry McCarthy received a Master's Degree in Public Administration at WVU's December Convocation. He is now working on his Ph.D. in Political Science at WVU!

SSS Administrative Assistant Vanessa Harrison received a Regent's Bachelor of Arts Degree at WVU's December Convocation!

CONGRATULATIONS!



WVU Festival of Ideas

Each year WVU invites the best and brightest minds in a variety of academic fields to discuss topics of social significance during the University's lecture series entitled the "Festival of Ideas." This year, in honor of Charles Darwin's 200th birthday, WVU's Festival of Ideas will explore concepts related to cultural, social, and physical evolution. This year's topics include the evolution of street knowledge, the evolution of mass communications, and the evolution of Washington, to name a few. Please take the time to attend a few of these informative and eye-opening discussions. You won't regret it!

Presenter	Topic	Date	Time	Place
Dr. Cornel West	The Evolution of Street Knowledge	Friday, February 13th	4:00 p.m.	Mountainlair Ballrooms
Dr. Leroy Hood	Systems Biology and Medicine	Thursday, February 19th	7:30 p.m.	G21 Ming Hsieh Hall
Walter Isaacson	Evolution of Mass Communications	Monday, March 9th	7:30 p.m.	Mountainlair Ballrooms
Bill Easterly	Evolution of Poverty Policy	Tuesday, March 24	7:30 p.m.	202 Brooks Hall
Gwen Ifill	Evolution in Washington	Thursday, April 2nd	7:30 p.m.	G21 Ming Hsieh hall
Dr. Meave Leakey	Fossil Evidence of Evolution	Monday, April 6th	7:30 p.m.	Mountainlair Ballrooms

DON'T FORGET:

**THE FAFSA
PRIORITY
DEADLINE OF
SUNDAY,
FEBRUARY 15th**

**IS FAST
APPROACHING.
PLEASE DON'T
FORGET TO
SUBMIT YOUR
APPLICATION!**

www.fafsa.ed.gov



CONGRATULATIONS!

SSS would like to Congratulate the following students for making the Dean's and President's Lists during the Fall 2008 semester.

President's List (4.0 G.P.A)

Alan Ayala
 Michael Behrens
 Amie Benson
 Jackson Bowling
 Corey Burkett
 Kayla Carter
 Derek Combs
 Deitra Harris
 Tina Hoggarth
 Jessica Hovel
 Heather Kyle
 Michelle Masone
 Kayla Miller
 Shawanna Mullenax
 Amanda Sigley
 Amber Simmons

Haley Simmons
 Rita Snyder
 Jessica Titchnell

Dean's List (≥3.5 G.P.A.)

Jennifer Armentrout
 Christina Barnett
 Carmen Bowes
 Michelle Domingos
 James Enoch
 Daniel Greenwood
 Amanda Honaker
 Jessica Hopkins
 Jason Ice
 Natasha Jenkins
 Jonathan Johnson
 Crystal Lester

Joretta Livengood
 Camille Mabin
 Amanda Maczko
 Kathryn Payne
 Leighton Roush
 Lukasz Selwa
 Tandra Sias
 Jataya Taylor
 Megan Thomas-Stevens
 Chelsey Toms
 Sade Twyman
 Cindy Uyema
 Taylor Wade
 Nicole Weber
 Sean Whelan
 Yolanda Wiggins



Behind Already This Semester?

Tips for Getting Yourself Back on Track...

Look into the future - Determine what you need to get done. What assignments do you have from now and until the end of the semester? Do you have a project or a paper that you should be working on? Do you need to work on any group projects? Make a timeline for the rest of the semester that includes everything: Assignments, Tests, Classes, Social and Academic events, Everything!

Put out the fires - Tackle any assignments, papers, projects, and exams due within the next week TODAY! No excuses.

Tell everyone - It is always important to have support. Tell everyone that you are behind. Tell your roommate that you are behind and you need him to be quiet if you are studying. Also, tell your professor! Tell them as soon as possible. Many times if you come to your professor with a good reason he or she may set back the due date for you.

Make a solid plan - After you put out the fires, create a solid plan of action to get your life back on schedule.

Stick to it - Stick to the plan you've created for yourself. Stay focused. Trek through all assignments. It is better to work long and hard a week before the assignment is due than the night before.

Some Ground Rules...

- **Don't rob Peter to pay Paul** - No matter how far behind you are, never skip class A to work on class B's assignment.
- **Take Breaks** - Take breaks to maintain your sanity.
- **Eat Healthy** - Eat your fruits and vegetables. Avoid drinking coffee and sodas. Tea or water are the best alternatives.
- **Have Fun** - Spend a few hours with friends, but don't stay out till 2 a.m.
- **Sacrifice is a Must** - You are going to have to make sacrifices. That includes giving up some of the time you spend on Facebook, TV, the Internet, and Napping.

SPRING 2009 EVENT SCHEDULE

Remember: You must sign-up to attend an event. You may call or stop by the SSS office to sign-up.

Event	Date	Time	Location	Sign-Up	Notes
Career Cruising (select one)	Wed. Feb. 11th Thurs. Feb. 12th Tues. Feb. 17th	2:00-3:00 p.m. 5:00-6:00 p.m. 10:00-11:00 a.m.	Gaskins House Room 112	Mon. Feb. 2nd	Presentation on selecting a career
Theater Production	Fri. March 6th	8:00 p.m.	Creative Arts Center	Fri. Feb. 27th	"Wizard of Oz" (seats limited)
Cultural Luncheon	Tues. April 7th	Noon-2:00 p.m.	Gaskins House Room 112	Tues. March 31st	Learn about the culture and cuisine of a world region
Graduation & End of Year Banquet	Thurs. April 30th	5:00-7:00 p.m.	Hatfields, Mountainlair	Thurs. April 23rd (MUST RSVP)	Dinner & Recognition Program



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Email: SSS_TRIO@mail.wvu.edu

STUDENT SUPPORT SERVICES

<http://sss.wvu.edu/>



Let us love winter, for it is the spring of genius.

~Pietro Aretino

Spring 2009 Academic Calendar

February 27	Mid Semester
March 14-22	Spring Break
March 27	Last Day to Drop a Class. Last Day to Request a SSS Tutor.
April 10	Spring Holiday
April 30	Last Day to Withdraw from the University
May 1	Last Day of Classes
May 4-9	Final Exam Week

Do you need help picking a major?
Do you doubt you are in the right major?
SSS has the event for you:

Career Cruising

Wednesday, February 11th—2:00-3:00 p.m.
Thursday, February 12th—5:00-6:00 p.m.
Tuesday, February 17th—10:00-11:00 a.m.
Wednesday, February 18th—2:00-3:00 p.m.

Health and Wellness Corner... Myths about Alcohol

College students have fallen prey to a number of myths surrounding the use of alcohol. Although many myths are simply misleading, some can be detrimental to your health. In hopes of clearing up the misunderstandings and inconsistencies regarding the use of alcohol, we've provided you a list of accurate and helpful information!

Myth: I can drink and still be in control.

Fact: Drinking impairs your judgment, which increases the likelihood that you will do something you will later regret, such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others

Myth: Drinking isn't all that dangerous.

Fact: One in three 18 to 24-year-olds admitted to emergency rooms for serious injuries are intoxicated.

Myth: I can sober up quickly if I have to.

Fact: It takes about 3 hours to eliminate the alcohol content of two drinks, depending on your weight. Nothing can speed up the process, not even coffee or cold showers.

Myth: I can manage to drive well enough after a few drinks.

Fact: About one-half of all fatal traffic crashes among 18 to 24-year-olds involve alcohol.

Myth: I'd be better off if I learn to "hold my liquor."

Fact: If you have to drink increasingly larger amounts of alcohol to get a "buzz," you are developing tolerance. Tolerance is actually a warning sign that you are developing more serious problems with alcohol.

Myth: Beer does not have as much alcohol as liquor.

Fact: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof-liquor (either straight or in a mixed drink) or 5 ounces of wine.



Source: www.collegedrinkingprevention.gov