January Birthdays

5th - Julian Jones  
8th - Les Harrison  
12th - Ashley Halstead  
13th - Whitney Swanson  
14th - Paula Gilmore  
20th - D.J. Wilkins  
26th - Dayton Parish

Dean’s List

Congratulations to the following SSS students who worked hard and made the Dean’s List last semester!

Joanna Crouch  
Elizabeth Demoret  
Nicolette Drummond  
Arthur Fatu  
Kim Fryar  
Paula Gilmore  
Leigh Ann Hallum  
Cecily Long  
Ella Moore  
Ashley Olson  
Dayton Parish  
Ivan Pena  
Caitlin Robertson  
Paytan Robey  
Bryanna Shock  
Kayla Tennison  
Tabatha Turner  
Liz Underwood  
Chrissy Vang  
Koko Vang  
Morgan Womack  
Clay Wyllia

Welcome Back!

So here we begin the Spring semester and a new calendar year (that means, trying to remember to write the correct date at the top of your homework). At the start of a new year, some people really get into New Year’s resolutions; gym memberships start to rise (i.e. Tech Fit), people commit to stop smoking (tobacco free campus anyway!), and some just want to start the year with a positive outlook and a purposeful life. Whatever the motivation, a new year can be a fresh start for anyone. Why not include school in your goals this year? In SSS, we want to see students succeed, and it is especially encouraging to see students make a strong start in the semester. Let us help you keep that motivation in motion. Make a commitment to stop by the SSS office this semester and meet with our tutors, finish homework in one of our study rooms, or just hang out and chat with the staff! We look forward to visiting with you soon, and on behalf of the entire SSS office—Welcome Back!

Upcoming Events & Important Dates

January 16 - Martin Luther King Holiday (campus closed)

January 19 - Last day to drop courses with full refund of tuition/fees, and last day to register and add courses/change sections

January 31 - (Workshop) How to Get on Your Instructors’ Good Side with Dr. Jason Warnick, 2:00-2:45pm, Doc Bryan 242

We have some fantastic opportunities planned for you this semester, including a special program that will boost your confidence as well as your resume. We will give you the opportunity to take a free StrengthsQuest Assessment to determine your strengths in relation to your academics, career, and life. The program will also include a personal development element that you won’t want to miss! Watch for more details to come.

Checklist

Having trouble keeping up with your SSS requirements? Here is a checklist to help you stay on track this semester:

☐ Make an appointment to meet with your SSS Advisor now! You must meet with your Advisor at least two times this semester.

☐ Make plans to attend at least one SSS workshop this semester.

☐ If you did not attend a Financial Literacy session last semester, you must attend one this semester.

☐ Be sure to check your OneTech email regularly.
A common fear college students face involves choosing a college major and career, because the idea of selecting one path seems scary. “I have more than one interest, so how do I know which one to pursue for a degree? What if my interests change? What if I can’t find a job related to my major? What if I start my career and decide I hate it?”

Interestingly enough, most people hold several jobs in their lifetime (that may or may not be related to a single career), and they spend an average of three or four years with each job. So, you may ask, “What’s the point in getting a degree in any particular major? How do I know that I’m making the right decision for me?” Well, you definitely want to earn a degree in a subject you are interested in and are good at. Finding a major that interests you makes college a much easier and enjoyable experience. You may even start a career that allows you to use your experience and education from that particular degree, or you may find it difficult to land a job in your preferred major. However, there is so much more to a college education that employers look for than subject matter alone. Many entry level job announcements simply state that the employer is looking for a candidate with a bachelor’s degree. They may not specify which degree is preferred, but they are looking for an individual that has had the developmental experience of a college education.

**So, what are you getting out of your college experience that is so invaluable?**

A well-known researcher, Arthur Chickering, developed a theory which explores the psychosocial development of college students. Chickering’s theory explains that college students develop a sense of identity which is influenced through various factors, including student-faculty relationships, friendships, student communities, curriculum, and more. During your time in college, you will move through several stages of development that will shape you into a more intellectual, sophisticated human being, which is what employers expect of a college graduate.

You will develop skills that will not only help you in your career, but in life—skills in communication, leadership, and working effectively with others. You should gain an “emotional independence” from a constant need for reassurance, affection, or approval from others. You will develop mature relationships, accept others as they are, respect differences, and appreciate things you have in common. Your sense of identity should feel more comfortable within your roles and lifestyle, which improves your self-esteem. You should have an improved decision-making and goal-setting process, and you should have an increased sense of integrity, feeling confident in your values and beliefs. This is an amazing development within a short amount of time, while non-college educated individuals often must learn these lessons through many years of tough life experiences—if they learn the lessons at all.

You may not be able to answer the question right away of what you will do with your life. Nonetheless, feel confident that your experiences affect your growth and changes as a person, and you are making steps toward a better future. Opportunities will present themselves, and you will take life one step at a time. One thing no one can take from you or replace is the value of a college education.

References: *Student Development in College: Theory, Research and Practice, 2nd edition* by Evans, Forney, Guido-DiBrito, Patton, and Ren (December 2009).