APPLICATION FOR GRADUATION

If you are planning to graduate Spring or Summer 2016, you need to visit with Jonathan Morrell who will help you apply. Be sure to bring your credit/debt card (you will pay on-line) since the application costs $35.

You will complete the application with him and he will complete the final application.

Spring Graduation Application Deadlines for Associate degrees is February 1. If you have any questions about graduation, see Jonathan Morrell.

Check your DegreeWorks in “My Dixie” to see your academic progress and how close you are to graduation.

ASPIRE-UTAH TRIO SCHOLARSHIP

The ASPIRE-Utah Scholarship ($500) is offered to two outstanding students selected from the college-level Utah TRIO participants. The eligibility criteria states the student must be an active participant in SSS and is enrolled in college Spring 2016. The scholarship is awarded on the basis of participation in, and commitment to TRIO programs, academic achievement, personal, academic, and career goals, extra-curricular, service and/or leadership activities and financial need.

INSTRUCTIONS: Complete the application form available from the SSS staff or on the bulletin board outside the SSS offices; complete a personal statement responding to all of the applicable questions; attach your most recent college transcripts; attach two letters of recommendation (only one TRIO staff member); make four copies and, submit the completed application and all four copies to Larry Esplin by 4:00 p.m. January 15, 2016. No late or incomplete applications will be accepted!

HINTS: Typed applications are best to read; answer all questions in the personal statement and number your responses to match the application; DO NOT exceed two pages for personal response; review application; follow all instructions; be honest; submit the application before the deadline.

Applying for this scholarship is a great foundation for other scholarship applications you will need to write during your collegiate career.

Complete your student course survey for your Fall Semester classes as soon as possible. If you do, you will have immediate access to your fall semester grades once they are posted. If you don’t, you will not be able to see your grades until December 28th.
UTAH ASPIRE Scholarship Applications Due January 15, 2016

SEMESTER VISIT WITH SSS ADVISOR

As part of your SSS agreement, you must visit with an SSS Advisor each semester to check your academic progress, review your Student Graduation Plan (SGP), and review your progress towards graduation.

We can register you now for Spring Semester. Come in to get help with the selection of classes and instructors.

Counseling Services Available

There are licensed clinical therapists who work with Dixie State University students. If you are feeling stressed out, burned out, or just generally icky, or just need someone objective to talk to, see Barbara Johnson in the Wellness Center, 34 North 600 East. She can schedule an appointment for you to see a licensed counselor.

The initial appointments are free to Dixie State students. We encourage you to use them if you need them.

Call or talk to a member of the SSS staff to help set up a referral, or talk to Barbara Johnson directly at 652-7755.

SSS Spring Seminar Class

SSS will offer two Smart Start Seminar (SSC 2001) class Spring Semester. It will be similar to the Smart Start Seminar (SSC 2001) that is required for all new SSS participants. The class will be held on Thursdays at noon in BROWNING 151 and SNOW 125. This class will be a workshop format, and ALL SSS students are invited to enroll. Contact any SSS staff to enroll you in this class. It will be a one credit class. There will be a different workshop each week and continuing SSS students can enroll in the class for college credit. You must enroll in the class to be eligible for the SSS participation grant.

The FAFSA/Financial Aid workshop in February is required of all SSS

6 Tips for Making the Most Out of Studying

1. Identify the time(s) of day when studying is the most effective, then schedule and prioritize your work accordingly.
2. Identify the most effective time block for study. Examples: 30 minutes, 45 minutes, 60 minutes.
3. Avoid studying the same subject for more than an hour at a time.
4. Alternate subjects as you study, preferably two dissimilar subjects. Example: math for 30 minutes, and then English for 30 minutes.
5. Be honest with yourself in assessing personal strengths and weaknesses. Cater your study habits to your personal attributes and aptitudes.
6. Adapt your study skills to each class, as not all courses require the same methods of study.

UTAH INSTITUTION DEADLINES

<table>
<thead>
<tr>
<th>Transfer Scholarships</th>
<th>Admissions</th>
</tr>
</thead>
<tbody>
<tr>
<td>BYU</td>
<td>Feb 1</td>
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<tr>
<td>BYU Hawaii</td>
<td>Feb 1</td>
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<tr>
<td>BYU Idaho</td>
<td>Feb 1</td>
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<tr>
<td>SUU</td>
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<td>UofU</td>
<td>Feb 1</td>
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<td>USU</td>
<td>Feb 1</td>
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<tr>
<td>UVU</td>
<td>Feb 1</td>
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<tr>
<td>Weber State</td>
<td>Jan 13</td>
</tr>
</tbody>
</table>
GET YOUR SEMESTER GRADES ON-LINE

1. Go to Dixie’s Home page (www.dixie.edu)
2. Select My Dixie at the top right of home page.
3. Enter user ID (8 digit ID number or name)
4. Enter your Pin Number (8 digits)
5. Select Student Services and Financial Aid
6. Select Student Records
7. Select Final Grades
8. Select the term you would like to view.
9. Your grades will display along with your current GPA
10. Click on the Exit.

REGISTER NOW FOR SPRING SEMESTER

It is the right time to register for Spring Semester. As an SSS participant, we can help you select classes, review graduation and major requirements, and assist with any questions that come with each new semester. We want each SSS participant to come in and let an SSS advisor assist with course selections. SSS advisors can even register you on the spot in their offices. No internet slowdowns or lines at the Registrar’s window. Remember, being an SSS participant has its advantages.

FEDERAL FINANCIAL AID

It is not too early to think about applying for your financial aid for the next 2015-2016 academic year. Whether you continue at Dixie State University or transfer to another institution, we can help make the financial aid process less confusing and painful. We can walk you through the required paperwork necessary for the PELL, SEOG, and UCOPE Grants. The February SSS Workshop will cover financial aid.

If you qualify for SSS, you should qualify for some type of grant. We can even show you how to use the FAFSA on the Web and the grant application on the Internet. Have your parents or your 2015 federal income taxes filed before filing for your FAFSA.

Remember the early bird gets the worm and in this case.....more money!

CONTACT INFORMATION CHANGE?
Has your address, phone or e-mail changed? Notify the Student Support Services office of these changes. This will ensure you are aware of activities and other information that influences your participation in SSS.

Contact:
Jonathan at 652-7656 if there are changes.

Appointment Etiquette
BE ON TIME! If you are going to be more than 10 minutes late, call the SSS Office to reschedule your appointment. Other tips for appointments include: Turn off your cell phone, be prepared by bringing relevant materials, and respect your advisor and his/her time.
PREP FOR FINALS

1. Meet with your professor beforehand to discuss the upcoming exam. By meeting with your professor this will do a few things. First, it will let your professor know that you are committed and serious about the class. In the event that you score below the needed score in order to pass the class, some professors may give you the benefit of doubt based on the fact that they know you have worked hard. However, not all professors will be so kind. And while this is not always the case I’ve found that all professors want to see students succeed. Second, when you meet with your professors before your exam, they may give you better insight on what will be on the test. Furthermore, if you come prepared with strategic questions this will increase your chances of learning more about what’s on your test.

2. Get a good night rest before the exam. Okay, so I know you’ve heard this one before but its worth repeating because there are many students that think they can still ace an exam after pulling an all night cram session. I know, if you’ve gotten away with it in the past, you will probably do it again. The truth is this, no one does their absolute best when their body needs a rest. So get a good night rest, it may increase your test score by a few points but a few points can make a difference—especially when it comes down to passing and failing a class.

3. Be careful of the foods you eat the night before and the day of a major exam. The reason is simple. You are what you eat. Your brain like any other part of your body requires oxygen and blood flow. Whatever you feed your body, the body breaks it down and takes away what it needs in order to help you perform. The heavier the food, the harder it is for it to be broken down. If your food is still metabolizing, it will be harder for you to focus because your body is using its faculties to help aid the process. Conversely, if you eat the right foods before your exam, you can expect your brain and body to perform at an optimum level. Treat yourself to something delicious after the exam, not before. Your body will thank you.
Is test anxiety causing you to freak out about your finals? It’s important to realize that test anxiety is a psychological and physical phenomenon. The way that you approach the concept of testing (from studying to actually taking the test) will determine your level of control over your anxiety. Let’s take a look at the most common causes of test anxiety and what you can do to ease your symptoms.

**Dare to Prepare.** The #1 cause of test anxiety is lack of preparation. Most people who think they suffer from test anxiety are actually suffering from weak study skills. Ask yourself these questions: Do I read my textbook effectively? When I study my notes, do I get the information that I need from them, and are they organized well? Do I study a little bit each day for each class? If your answers to any of these are “No,” you might have some work to do on your study skills. One important thing to remember is that cramming never works well! There are two main reasons that cramming doesn’t work: Our brains are not capable of absorbing enough of the information in such a short time, and, as a consequence, our brains will not be able to retrieve the information on demand.

**Don’t Be a “Dung-Sniffer.”** Seeing only the bad in a situation and practicing negative self-talk are characteristics of Dung-Sniffers, also known as catastrophizers. These people think in ways that are extremely negative. They commonly say things like, “If I don’t get a B on this test, my life will be over!” This is an unhealthy way of thinking because it doesn’t give alternatives or options. Creating options for ourselves puts us in control of our anxiety and makes us survivors. Teach yourself to be a survivor by rephrasing your catastrophizing statements and being realistic about your options. “It will be disappointing if I don’t get a B on this test, but... I have an option to retake one test, so I’ll retake this one... OR I’ll ask the teacher for extra credit options,” OR “It’s true that I need a B on this test to pass this class. I can retake the class next semester.”

**Practice Makes Perfect.** Make sure you know everything about the test, like the format (how many multiple choice/essay questions), how much time you’ll have to take it, and what each question is worth. Now go a step further and make a practice test. (This lets you try to think like the professor and predict possible questions.) Next, have a study partner/family member administer the test to you—while timing you. What better way is there to relieve anxiety than to become familiar with what will happen on the test day? We’re all afraid of the unknown.

**Perspective is Everything.** Is a test a real threat or a perceived threat to our lives? We can agree that it is a perceived threat; after all, it’s not quite the same as being chased by a man-eating lion. Unfortunately, our bodies can’t tell the difference between the two and will react according to the psychological messages we’re sending. If we treat a test as a real threat, our bodies will behave as if a lion really is chasing us. Our fight or flight response will kick in causing us to experience some very real physical symptoms, (i.e. sweaty palms, nausea, quickening pulse, butterflies). So keep each test in perspective. Don’t put too much weight on any one test.

**Other Hints.** Here are some quick hints that will help you to stay calm mentally and physically when you’re facing a test:

- **Eat carbohydrates** before a test, like a bagel or cereal. They will give you a more reliable source of energy.
- **Avoid sugars and caffeine** as they can exaggerate physical symptoms of anxiety.
- Sugars also cause surges of energy followed by a sudden lack of energy (a crash).
- **Arrive in the nick of time.** It’s OK to get to the test early, but don’t go in until the teacher arrives.
- This way you won’t be interacting with anxious people. Anxiety is contagious!
- **Practice deep breathing** or other relaxation techniques.
- You can use these during your preparations for a test and during a test.
- It will slow your heart rate and generally reduce signs and symptoms of physical anxiety.

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**5 Simple Rules to Be Happy**

Free your heart from hatred.
Free your mind from worries.
Live Simply
Give more
Expect less.

**Appreciation brightens the world; Expectations dull it.**
<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>H1N1 Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Fever is rare with a cold.</td>
<td>Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.</td>
</tr>
<tr>
<td>Coughing</td>
<td>A hacking, productive (mucus-producing) cough is often present with a cold.</td>
<td>A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough)</td>
</tr>
<tr>
<td>Aches</td>
<td>Slight body aches and pains can be part of a cold</td>
<td>Severe aches and pains are common with the flu.</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.</td>
<td>Stuffy nose is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chills</td>
<td>Chills are uncommon with a cold.</td>
<td>60% of people who have the flu experience chills.</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Tiredness is fairly mild with a cold.</td>
<td>Tiredness is moderate to severe with the flu.</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Sneezing is commonly present with a cold.</td>
<td>Sneezing is not common with the flu.</td>
</tr>
<tr>
<td>Sudden Symptoms</td>
<td>Cold symptoms tend to develop over a few days.</td>
<td>The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.</td>
</tr>
<tr>
<td>Headache</td>
<td>A headache is fairly uncommon with a cold.</td>
<td>A headache is very common with the flu, present in 80% of flu cases.</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Sore throat is commonly present with a cold.</td>
<td>Sore throat is not commonly present with the flu.</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Chest discomfort is mild to moderate with a cold.</td>
<td>Chest discomfort is often severe with the flu.</td>
</tr>
</tbody>
</table>

**REMEMBER TO COME IN AND REGISTER!**


**SSS REGISTRATION**

SSS will be offering registration assistance to SSS participants. We, Jonathan, Mace and Larry will be in our offices ready to assist you with a review of your Spring Class Schedule and your Student Graduation Plan (SGP). We will review your SGP and look at class options, instructors, and times to help you compile a great spring schedule and help you progress toward graduation.

The first week of Spring Registration, the SSS staff met with and registered over 180 SSS students.

**Check ON-LINE for Campus Events and Activities**   http://www.dixie.edu/pr/calendar.htm

Facebook: DSU TRIO
Twitter: @DSUTFIO
Check out all the Dixie State University activities and events at:
dcsa.dixie.edu - Homebase for student involvement
dcsa.dixie.edu/clubs - Dixie State Club information
dcsa.dixie.edu/studentlife - What is going on @ DSU
www.dixieathletics.com/ - DSU Athletic site
Right2know.dixie.edu - FAQ and legal stuff
www.facebook.com/DixieStateUniversity