### Spring Semester Workshops

The SSS staff has scheduled workshops for Spring semester. In conjunction with the SSC2001 *Smart Start Seminar II* class, any SSS student can attend any session for workshop credit. The workshops are held each Thursday at noon in Browning’s Dunford Auditorium, Room 101. Workshop topics will be presented as follows:

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<th>Date</th>
<th>Topic</th>
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<tr>
<td>1/21</td>
<td><em>When Learning Job Skills is Not Enough</em></td>
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<td>1/28</td>
<td>Becoming a Learner and Why</td>
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<td>Outcomes of Becoming a Learner</td>
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<td>2/11</td>
<td>Becoming a Learner: Distracting Conversations</td>
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<td>2/18</td>
<td><strong>Financial Aid and FAFSA</strong></td>
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<td><em>Writing the Scholarship Essay ...Participation Grant Essay</em></td>
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<td>Principles of Learning</td>
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<td>3/17</td>
<td>College <em>Campus Safety tips</em></td>
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<td>3/24</td>
<td>Becoming a Learner: Putting Ideas into Action</td>
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<td>3/31</td>
<td>Student <em>Graduation Plan ... Updating Your Graduation Plan &amp; Fall Registration</em></td>
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<td>4/7</td>
<td>Career Center Presentation</td>
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<td>Financial Literacy</td>
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<td>4/21</td>
<td>Wrap Up: Prep for Finals and <em>Stress Management &amp; Prevention</em></td>
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Students have the option to attend any one of the workshops offered on Thursdays. As a continuing SSS participant, you must attend a workshop each semester.
**WORRY REMEDY**

If you remember back, you’ll remember that you were always happiest, the most content, after you finished a difficult project or took care of something you were worrying about.

Things are never as bad as you think, and the joy that comes from the accomplishment makes everything worth while. “Work never killed anyone — it is the worry that does the damage.” Worry disappears when we just settle down and do the work!

**Earn While You Learn**

If you are working while attending college and would like to pick up from one to three credit hours, then CO-OP Education may be just the thing for you. It is a great way to add elective hours or credit hours.

**What is Cooperative Education?** It is a special academic program which allows students to blend course work with related work experience.

**How does CO-OP work?** Supervised individually by an Instructor/Coordinator, the student participates in a three-way learning agreement involving student, employer, and the college.

**What are the benefits to students?** It encourages career exploration, increases employability and earning power, and increases potential for job advancement. It will also defray the cost of college expenses while earning college credit.

For more information on how to enroll, see Jo Hickman in the Career Center (located on the fifth floor of the Holland Centennial Commons) or call 652-7668. You may request one of the SSS advisors as your CO-OP advisor.

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**UTAH INSTITUTION DEADLINES**

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<td>BYU Hawaii</td>
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<td>Weber State</td>
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<td>Apr 1</td>
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GET YOUR GRADES ON-LINE
1. Go to Dixie’s Home page (www.dixie.edu)
2. Select “my DIXIE” (top right corner)
3. Select “Enter Secure Area”
4. Enter user Dixie ID# (Banner ID)
5. Enter your Pin/Password
6. Select Student
7. Select Student Records
8. Select Final Grades
9. Select the term you would like to view.
10. Your grades will display along with your current GPA
11. Click on the Exit.

Small Group Tutoring Available For Spring Semester
After reviewing Fall Semester grades, the SSS staff noticed that some students are not taking advantage of the FREE tutoring that is available for SSS students.

Tutoring can make the difference in raising your grade from a D to a B. SSS can arrange tutoring for up to five hours each week.

Contact Mace Jacobson to set up your one-on-one tutoring for Spring semester. Her office is Browning #120, 652-7660 or jacobson@dixie.edu.

TUTOR positions are available: If you have a B+ or better GPA and would like a tutoring position next fall with SSS, please see Mace. Applications are being taken for tutors in all subject areas. SSS tutors are exceptional students who are willing to share their knowledge assisting others. They are also paid for their services!

FEDERAL FINANCIAL AID
It is not too early to think about applying for your financial aid for next fall. 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 workshop will focus on 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 (the grant application on the Internet). Have your FAFSA done by February 15 to receive more aid.

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

Set up an appointment with Larry, Mace or Jonathan the last week of January or first week of February for financial aid assistance.

American Opportunity Tax Credit
Under the American Recovery and Reinvestment Act (ARRA), more parents and students will qualify for the American Opportunity Tax Credit to help pay for college expenses.

The American Opportunity Tax Credit modifies the existing Hope Credit. The AOTC makes the Hope Credit available to a broader range of taxpayers, including many with higher incomes and those who owe no tax. It also adds required course materials to the list of qualifying expenses and allows the credit to be claimed for four post-secondary education years instead of two. Many of those eligible will qualify for the maximum annual credit of $2,500 per student.

The full credit is available to individuals whose modified adjusted gross income is $80,000 or less, or $160,000 or less for married couples filing a joint return. The credit is phased out for taxpayers with incomes above these levels. These income limits are higher than under the existing Hope and Lifetime Learning Credits.

For more information about these tax credits, contact the Dixie State University Financial Aid Office at 652-7580.
SCHOLARSHIP SITES

Most students are always asking about ways to get more money to go to school. Here is a very comprehensive list of scholarship sites to help you finance your education.

Dixie State University general scholarship site.  
http://dixie.edu/financial/scholarships/

General Financial Aid and Scholarship Sites:  
www.finaid.org  
www.fastweb.com  
www.bigfuture.collegeboard.org/pay-for-college  
www.collegenet.com/mach25  
www.salliemae.com (Plan for College)  
www.collegeview.com  
www.collegenet.com

Specific Scholarship Sites  
www.fafsa.ed.gov (Federal Student Aid)  
www.gmsp.org (Bill Gates)  
www.free-4u.com (Various)  
www.faina.org (Calendar, & Aid Info)  
www.collegequest.com (Apply to over 1200 Colleges)  
www.plato.org (Student Loans)  
www.finaid.org (Aid Estimator & Search)  
www.collegescholarships.com (Private–Sector)  
www.fastaid.com  
www.collegeboard.org  
www.uncf.org (United Negro College Fund)

Start your scholarship search now for fall semester.

SSS COMPUTERS AND RESOURCES FOR YOUR USE

In Room 105 (Tutoring Center) in the Browning Learning Resource Center, there are five SSS computers in the center section of the room. These computers are for SSS participants use only. These computers have word processing software, scholarship software and internet access. They are connected to printers and are there for your use. This area is for student use, but students who misuse these computers will not be allowed to use them.

The area surrounding the tutor check-in also has a collection of information about careers and other colleges and universities. Feel free to use all the resources available to you. If you need assistance, contact the SSS staff.

SPRING SEMESTER
DSU TUTORING

DROP IN TUTORING for Math and Selected Science Courses is available to ALL DSU students. Check at the DSU Tutoring Center for daily hours of operation. DSU Tutoring Center is located on the fourth floor of the Holland Building.

WHY MEET WITH AN ADVISOR?
To develop a graduation plan, to learn college requirements, to add, audit or drop courses, to discuss academic or personal problems and to plan for graduation and transfer.

SSS TUTORING
As an SSS participant, you qualify for FREE tutoring. Take advantage of tutoring to master your academic goals. Contact Mace, Browning 120, 652-7660.

“All of us do not have equal talent, but all of us should have an equal opportunity to develop our talents.”
John F. Kennedy
ARE YOU A MARGINAL STUDENT?

As you start a new semester, check your study habits:

1. Do you usually put off preparing for reports or term papers until the “last” minute?
2. Do you often miss homework assignments or procrastinate and submit late work?
3. Do you usually wait a day or more before reviewing your lecture notes?
4. Do you spend time in extracurricular activities and less time studying?
5. Do you often get behind in class because you have to study for another class?
6. Do your family and friends interrupt your study time?

If you answered “yes” to three or more of these questions, you probably need a few tips on improving your study skills. See Larry Esplin in NIB 104 for helpful study tips.

6 Tips for Making the Most Out of Studying

1. Identify the time(s) of day when studying is the most effective and 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, preferable 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.

Come by and visit with Larry Esplin in Browning 106 if you would like more information on study skills or attend the workshop January 29 Becoming a Learner

CHOOSING A MAJOR AND CAREER (LOVE YOUR JOB)

There is an ultimate test for lifelong congeniality in a career, no matter what career you may have. The best recipe for a long and happy life is to be able to approach each new morning with anticipation and zest for your job, whatever it might be.

This does not mean that we are not sometimes disgruntled or frustrated, or even bored. But over the long haul, these moments are washed away by the swell of gratification at doing well what one does best.

How do you find out what type of job you’d be best suited for? One question to ask yourself is “If I could get paid to do ANYTHING, what would it be?” Then examine the possibilities. It is more important to love what you do than to pick a job because of the salary. An often used example is teaching. Most teachers choose that career because of the love of teaching and the subject and not for the money. Surprisingly, most doctors choose their field because of their love of medicine and their interest in the human body.

Remember, you will be rewarded both personally and monetarily by doing what you love.
Four Ways to Avoid Semester Burnout

After about the ninth week of each semester, students start to complain about Semester Burnout. As we begin a new semester, there are a few things to keep in mind to avoid burnout.

1. Pace yourself and check each class syllabus. Prepare in advance for crunch times at mid-terms and finals.
2. Plan for the 3-day weekends and spring break. There are two three-day weekends and a week break this semester. These days off should help break up the semester.
3. Don't procrastinate! Keep current on your class assignments, and have them done before they are due. What a novel thought to actually have assignments done a day or two before they are due! It not only helps you produce better work but also eliminates the stress of having to do things at the last minute.
4. Schedule your school work, job, play times and rest. You need a combination of all four. Remember that there are only two semesters, the same as high school, and college semesters are three weeks shorter.

HAPPY NEW YEAR

SSS Gradation Plan

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

Check ON-LINE for Campus Events and Activities

http://www.dixie.edu/pr/calendar.htm

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