Registration Begins November 16

It’s time to start thinking about Spring Semester. As a Student Support Service program participant, we can help you select classes, review graduation and major requirements, register for classes beginning Monday, November 16, and assist with any problems that come with each semester.

The class schedule for spring semester is on-line now under “My Dixie” on the www.dixie.edu main page. We need each SSS participant to come in and let Jonathan, Mace or Larry assist you in registration for next semester.

We can register you for spring semester in our office and before the general student body. Remember, being an SSS participant has its privileges! We offer early registration and personal assistance with course selection. No other place on campus can offer you as much!

Also, we will be off during the Thanksgiving Break, so give us a call to set an appointment before you come in. Jonathan’s number is 652-7656, Mace’s number is 652-7660 and Larry’s number is 652-7649.

We must meet with each SSS student before the end of the semester to help with academic and financial aid questions. Call today to make an appointment, or stop by our offices in the Browning Building.

Follow your Academic Progress
You can check your academic progress towards completion of your associates degree with DegreeWorks. This program is accessed through “MyDixie” and will do the following:
- Supports real-time delivery of academic advice through intuitive web interfaces
- Minimizes errors through consistent degree plans
- Supports more timely degree certification
- Reduces paperwork and manual program check sheets
- Supports and monitors unique program changes

When you come into register, your adviser will acquaint you with this program and show you how useful it is in planning your academics.

Stay Strong through the rest of the semester!

Happy Thanksgiving
**Test Taking: Mistakes to Avoid**

1. **Not Reading Directions** Smart test-takers take the time to find out exactly what the teacher wants.
2. **Not Skimming the Entire Test** When you don’t skim first, you miss out on valuable clues and the confidence boost you receive on discovering how much you know.
3. **Cramming** Short-term memory doesn’t work very well, and you could be exhausted from lack of sleep and downing too much caffeine.
4. **Getting Bogged Down on Tough Questions** If you can’t figure out a question quickly, go on to the next one. Don’t waste time.
5. **Forgetting to Review the Test When You’re Done** You can lose valuable points for careless errors.

**NEED TO REPEAT A CLASS TO IMPROVE A GRADE?**

Students may repeat a course previously taken as long as the course is offered by the college. The hours earned in repeated courses count towards graduation requirements only once. Remember, just because you’ve taken the class again doesn’t mean the grade is automatically changed. By repeating a class and completing a Class Repeat Card, the most recent grade will replace the earlier grade. The first class grade will still show on your transcript, but the message “Repeat Excluded from GPA” will be below the class. If you have taken a class and failed it, and retaken it and failed it again, you should still complete a Class Repeat Card to replace the first “F”. Students are responsible for completing a Class Repeat Card and turning it in to the Registrar’s Office. For more information about repeating a course, contact a member of the SSS staff.

**Planning for Spring Semester**

As you think about next semester’s classes keep these things in mind:

1. **What times is the class is offered?**
2. **Who teaches the class?**
3. **What do other students say about the class and instructor?**
4. **Is there a pre-requisite?**
5. **How much does the textbook cost?**
NEWS YOU CAN USE

GRADUATION DEADLINES ARE FAST APPROACHING

If you are planning to graduate this year, you have to apply by the following dates:
February 1: Deadline for Spring graduation
May 1: Deadline for Summer graduation
Students must now apply on-line: www.dixie.edu/graduation/
All students seeking an Associate degree must meet with Jonathan Morrell who will assist them with the graduation application and degree audit.

What is Nationalappcenter.com/career/

A web site to assist students with:
♦ self assessment,
♦ find a career,
♦ career list by industry
♦ alphabetical list of careers
This is a useful site to provide information about career and major options.

DSU Counseling Services Available

Free to Students

There are licensed clinical therapists that work with Dixie State University students on a referral basis. If you are feeling stressed out, burned out, or just generally icky, or just need someone objective to talk to, Barbara Johnson in the Health and Wellness Center can schedule an appointment for you to see a licensed therapist. The initial appointments are free to Dixie State University students. We encourage you to use them if you need them.

Call a member of the SSS staff to help set up a referral, or talk to Barbara Johnson directly at 652-7755 in the Wellness Center, 34 North 600 East.

5 Simple Rules to Be Happy

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

“We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors, but they all have to learn to line up in the same box.”

SUU TOUR

We need more student to sign up for the SUU TOUR. It will be on a Thursday afternoon leaving DSU at 1pm returning by 5 pm. Drop by Jonathan’s office to sign up. Everyone is eligible.
The Cure for Math Anxiety Might Be in Your Head

For students who tense up when presented with a math problem, nothing is more annoying than hearing that the problem is "all in your head." But the latest research in *Cerebral Cortex* suggests that the most compelling cure to math anxiety might actually be a little bit of psychological preparedness.

Brain researchers have long seen math anxiety as a genuine and measurable emotional reaction that increases stress on the hypothalamus. Two University of Chicago academics, psychology professor Sian L. Beilock and doctoral candidate Ian M. Lyons, have researched the role of fear in math performance through something called "functional magnetic resonance imaging." The technology enables scientists to separate neural activity into two camps: the way the brain reacts when a student anticipates doing math, and the way it reacts when the student is actually performing the problem. Their measurements revealed that the key to boosting students’ math performance isn’t through remedial teaching, but through providing students tools to cope with their fears.

The researchers wrote that students' ability to "call upon the front to parietal regions" of the brain "before the math task has even begun" is key. That means that if students can be taught to focus themselves mentally and control their emotions—through meditation or other kinds of centering exercises—they might indeed be capable of overcoming their anxiety.

About as many people suffer from severe math anxiety as have dyslexia. So finding a cure could have a life-changing impact on a significant portion of the population. At a time when increasing the number of students enrolled in STEM fields is a national priority, this research could help students who might have once said "I'm not a math person" to join a new generation of mathematicians, scientists, and engineers.

BEING PREPARED FOR SPRING REGISTRATION

With Fall Semester two-thirds complete, it is time to look at next semester. In order to register early you must do the following:

1. Complete or update a Student Graduation Plan (SGP). This is done in your SSC2001 class or it was submitted with your SSS participation grant. **Always keep copies of your SGP.**

2. Look over the Spring 2016 class schedule. This is now posted on “My Dixie” DSU web site.

3. Review and select the classes listed on your graduation plan.

4. Write down the Course Registration Number (CRN) five-digit that is listed to the left of the course number and title.

5. **Bring your list of CRNs and course numbers and titles with your student ID number to one of the SSS advisors before November 16.**

6. The SSS advisor will enter your class selections.
The average person changes jobs about every four years. Four out of ten workers are in some stage of career change at any particular time. Some move on to better jobs. Some must find new jobs due to changes in technology or layoffs.

You are at a critical decision point in your education and this site will help you sort out what is important to you. It will also help you find good career prospects.

As an SSS participant you have easy access to this web site that can assist you in the following areas:

1. What kind of activities you do well now or think you could do well?
2. What kind of responsibilities would you like?
3. What kind of working relationships with others would you prefer?
4. What kinds of working conditions would you accept?
5. What work content skills do you posses that might be transferable to another occupation?

If you want to relate your skills and work experience to new occupations, this site can help you. Use the Transferable Work Content Skills Checklist to help you identify your skills and see how they relate to other occupations. Work history can help you inventory your past work experience and provide an easy understanding analysis of the key factors found in previous jobs. It can also suggest new occupations for you to consider.

More Education

Nationalappcenter.com can help you explore and get more information on schools and programs of study. You can search for a school or a program of study based on the criteria important to you. Up-To-Date information about Utah colleges and universities gives you the chance to compare options and make better decisions.

Financial Aid

Nationalappcenter.com contains information about hundreds of sources for which you may qualify. Are you running into problems and don’t know what to do? Why not ask for help? You can highlight any item on the screen and you will receive an explanation.

Why not come in and have Jonathan, Larry or Mace introduce you to nationalappcenter.com. Come into the Tutoring Center and check it out on the SSS computers.
SPRING REGISTRATION begins Monday, NOVEMBER 16, 2016

SSS SPRING REGISTRATION

SSS will be offering early registration to SSS participants the first week of Spring Registration (November 16 through 20). We, Jonathan, Mace and Larry will be in our offices ready to assist you with the 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.

If you are interested in joining us for early registration, schedule your time and day so we can have your SGP ready. Join us to get the head start on registration. You will need to know your student ID number and password and course CRN numbers.

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
  Student Support Services Facebook - dsutrio

CHECK YOU DMAIL FOR CAMPUS EVENTS
You must attend at least one presentation and talk to someone in your Major at the Majors Job Fair to get credit for an SSS workshop/activity.

**Presentation #1:**
What Career:  
How much schooling?  
How competitive is the job market?  
General Comments:

Who was the Presenter?  
Salary Range?  
How is job availability?

**MAJORS and JOB FAIR**
What Major:  
How much schooling?  
How competitive is the job market?  
General Comments:

Who was the Presenter?  
Salary Range?  
How is job availability?

**MAJORS and JOB FAIR**
What Major:  
How much schooling?  
How competitive is the job market?  
General Comments:

Who was the Presenter?  
Salary Range?  
How is job availability?

Turn this completed worksheet into your SSC 2001 instructor or Jonathan Morrell by November 20, 2014 for the SSS Activity/Workshop Credit.

**CAREER DAY IS TO ASSIST YOU**
There will be no morning classes Tuesday, November 11 due to Career Day. Career Day is an annual event for students to listen to more than 39 presenters about the various careers they represent. Students can listen to as many as three presenters about careers and majors.