Welcome Back Students

The time has come to gear up for another successful semester at Wichita State University. Getting back in the frame of mind for classes can be difficult so here are a few tips to get you started.

1. **Plan Your Schedule in Advance.** TRIO DSS has Wichita State Student Handbook/Planners to assist each student in this task. These planners are equipped with everything a student needs including campus department information, maps, conversion charts, reminder stickers to place next to test or assignment due date entries, and a Guide to Personal Success. The Guide to Personal Success has quizzes to help one discover strengths, interests, leadership abilities, priorities, and personal mission. These quizzes are then used to create a plan of action on goals. The Guide also has a section of helpful tips for reading and note-taking, test-taking, cover letters, resumes, interviews, and critical life skills.

2. **Meet With Your Advisor Regularly.** Meeting with your Academic Advisor in your college is vital at the beginning and end of each semester. He or she may be able to keep you on track and save you money in the long run. Keeping your monthly appointments with your TRIO DSS Advisor is a program requirement. Your TRIO DSS Advisor can keep abreast of the current policies and procedures for services that are available to you. Many of our students have benefited from services including financial assistance, textbook loan, computer loan, and study/life skills videos and DVDs.

3. **Be Realistic in Your Goals.** Often, students begin a semester with the best intentions of having the most successful semester. Yet, we find that a large class load or circumstances in life can interfere with the best laid plans. If this happens seek advice from your Advisors or a mentor. Changes in schedule or even withdrawing from class may be a better alternative then an incomplete or failing grade. Also, don't forget TRIO DSS offers free tutoring for program students.
**SQ3R**

**Survey** – Read the title and speculate about what the chapter will be about. Read the headings to determine what ideas and facts will be presented. Read any summarizing sections.

**Question** – Turn each heading into a question by adding such words as “what,” “how,” or “who.” Then read to answer the question.

**Read** - Read several paragraphs; then come back to the first paragraph and ask questions such as these: “What is the main idea?” “How do the supporting materials support it?” “What do I need to know in this paragraph?”

**Questions** – Think deeply; then formulate and write a brief telegraphic question in the margin. Next, underline very sparingly, only the key words and text that make up the answer to your question in the margin. The less underlining, the better.

**Recite** – Counteract forgetting by reciting. Cover your textbook page, exposing only your questions in the margin. Then in your own words recite aloud the answers. After reciting, check for accuracy. Recite until you’ve completed the chapter.

**Review** – Immediately after reciting, take a fresh look at each question; mentally glimpse and hold the answer for a few moments. In this way, work through the entire chapter. This overview of questions and answers will tend to snap the separate parts together like pieces of a jigsaw puzzle, enabling you to see the chapter as a whole. Intersperse reviews throughout the semester.

**Reflect** – Manipulate the ideas and facts mentally. Turn them over, speculate on them, compare one with the other, notice where they agree and differ. Organize them under larger categories, or compress them into smaller units. Finally, free them from the chapter by weaving them into your existing knowledge.

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**5 TIPS FOR COLLEGE STUDENTS**

1. **Answer the question, “Why am I going to college?”** Many college students really don’t have a clear reason for being there other than the fact that they don’t know what else to do yet. They inherit goals from family and peers which aren’t truly their own.

2. **Imagine your ideal college experience.** Once you know why you’re going to college, imagine your ideal outcome. Let it flow outward from the reason you’re there.

3. **Set clear goals for each class.** Decide what you want out of each specific class. Is this a subject you’re eager to learn? Do you want to target this teacher for a letter of recommendation? Is this a required class you must take but which doesn’t otherwise interest you?

4. **Learn material the very first time it’s presented.** One of the biggest time wasters in school is having to relearn something you didn’t learn properly the first time. When students say they’re studying, most of the time they’re making up for a previous failure to learn the material.

5. **Master advanced memory techniques.** One of the keys to learning material the first time it’s taught is to train yourself in advanced memory techniques. Some classes require rote memorization of certain facts, including names, dates, and mathematical formulas. If a teacher writes something on the board that needs to be memorized verbatim for an upcoming exam, try to memorize it then and there. Then you can go back and review later.

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LEADERSHIP SECRETS

Some might say people are born leaders while most realize it’s a learned attribute that takes practice and effort. But what characteristics should you focus on to become a true leader?

The three primary leadership characteristics you should develop are vision, integrity and compassion. No leaders become successful alone; they learn to gain the trust of people through integrity and compassion, and then share their vision and inspire others to participate in making the vision a reality.

Three leadership qualities:

Vision: Effective leaders have a clear vision of their objectives and how to get there. Leaders are "big picture" thinkers. They are dreamers, but with the knack of getting others to buy into their dreams and participate. Their dreams are grounded in reality; leaders plan and set objectives and establish deadlines for achieving these objectives.

Integrity: Integrity involves sticking to the "unvarnished truth" regardless of the consequences. Integrity means making restitution for wrongs even though no one asks for restitution. Integrity is honesty and fair play in all of your business dealings.

Compassion: The compassionate leader is by necessity an introspective one. Compassionate leadership demands first looking into your own style or contribution when things go amiss. The compassionate leader exercises all options before issuing reprimands or discharging personnel. He or she recognizes that creating fear in constituents creates stress and reduces productivity immeasurably over a long time. Followers who are afraid of their leaders concentrate on finding an escape route.
Tutor Request for the Fall

It is time to consider in which class you will need tutoring. Here are a few points to keep in mind:

1. TRIO DSS can provide one tutor for up to 2 hours a week for you.
2. Once you get a tutor, it is a semester-long commitment to improve your class grade.
3. Tutor requests are given priority according to date of request.
4. Avoid a waiting list by requesting a tutor early.
5. We currently have tutors available in many subjects.

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TRIO DSS STAFF:
Director: Martha Lewis
Academic Advisor: Phil Bowers
Academic Advisor: John Tucker
Senior Administrative Assistant: Shanda Burch
Newsletter Editor: Shanda Burch
158 Grace Wilkie Annex
(316) 978-5949

TRIO DSS
Wichita State University
1845 Fairmount, Campus Box 145
Wichita KS 67260-0145

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