The Beacon
“Guiding Students Toward Success”

TRIO Disability Support Services

Goal Setting - The GPA of Success

At the beginning of every academic semester, it is good for a student to set goals that they would like to achieve for that semester or that academic calendar year. Setting goals is a “self-management” skill. The goal that you set has to have value to you. Goals are vital in achieving academic success for they will keep you focused.

In talking about goals, Norman Vincent Peale stated “I suggest that you write down what you want to do with your life. Until you write a goal, it is only a wish; written, it becomes a focused objective. Put it down on paper. When it is on paper, boil it down to a single sentence; what you want to do, exactly when you intend to start (Which should be right now) exactly when you plan to achieve your goal. Nothing fuzzy or hazy. Everything sharp and clear and definite. No reservations or qualifications. Just one strong, simple, declarative sentence… I want you to make a half dozen copies of that sentence and put them where you’ll see them at least three times a day. I want that pledge to sink down through all the levels of your conscious mind and deep into you unconscious mind, because that is where it will unlock energies that you will need to achieve your goal. If setting worthy goals is the first step on the road to success, the second is the belief----the conviction that you are capable of achieving those goals. The more vivid this image is, the more obtainable the goal becomes.”

Remember the acronym GPA, when setting goals.

Goal – should reflect your wants and needs. Make it large and ambitious without being vague. Write it down!

Plan – lists the route (sequential steps) you plan to take in order to reach your goal. It should be efficient and specific. Good advice and personal experience combine to create the most effective plans.

Action – brings your goal and your plan to life. Requires confidence, self-discipline, and a power over procrastination.

In summary, setting goals gives you a sense of control over you life. Goals also prevent you from drifting into situations, then finding yourself at the mercy of circumstances. Goals help you to develop a sense of inner peace, which gives you physical and mental poise.

Source: “How to study in college” by Walter Pauk 6th edition
TRIO DSS TUTORING
If you are currently enrolled this semester, and a student in our program, DSS has free tutors on staff to assist you! Currently we have someone to help you with Math, Science, English, Business, Sociology, and Spanish. We also have an English Writing Specialist in our office that can edit your essays and papers before you hand them in. It is our goal to help you succeed!

TUTOR JOB OPPORTUNITIES
Want to make a difference in a fellow student's life? Want to get paid for it? Help yourself while helping others! DSS is taking applications for tutor positions for Fall 2007. Applicants must be at least in sophomore standing with an overall GPA of 3.0 or above. DSS also welcomes volunteer tutors. Contact our office at 978-5949 or drop by 158 Grace Wilkie Annex for an application for tutoring opportunities.

NEW FACES IN TRIO DSS

Meet Cindy Cruz!
Cindy is working the morning shift in DSS at our front desk. Cindy is a Freshman majoring in Forensic Science. She is one of three sisters currently taking classes at WSU this semester. I guess you would say that they are a TRIO! Next time you stop in to see your Advisor, make sure to say hello to Cindy!

This is Jen Birky!
Jen is the afternoon front desk assistant. Jen is a Junior majoring in Psychology. This is her first semester here at WSU. Jen originates from Illinois. Jen plans to attend Graduate School after she graduates. She also played basketball for Hesston College. Come by and say hello to Jen!

STUDENT OF THE MONTH!
Our student of the month is none other than James Mitchell! He is currently a junior double majoring in Fine Arts and Communications. He has been with TRIO DSS since April 2004 and enjoys listening to music (particularly rock and roll) and playing various sports. He is also an avid photographer; his photos have been displayed at the Rhatigan Student Center Art Gallery. Upon receiving his Bachelor of Arts, James plans on pursuing both photography and disc jockeying part time. If you have not become acquainted with James, please do. He is a pleasure to be around.
WORKSHOPS ARE REVAMPED
DSS listened to the voice of our program students and revamped our workshops! The changes include having all workshops in our newly decorated classroom right across the hall from our office, in 163 Grace Wilkie Annex. We will have refreshments and feature new interactive workshop topics. DSS Workshops are only offered to program students. These are the workshops for the Fall semester.

PQRST
(A Textbook Reading/Study Strategy System)
Tuesday, September 11th, 2007
1:45 - 2:45PM
163 GWA
Phil Bowers

Microsoft Word & MyWSU Tutorial
Thursday, October 11th, 2007
1:45 - 2:45PM
163 GWA
Shanda Burch

Time Management
Wednesday, November 7th, 2007
2:00 - 3:00PM
163 GWA
TBA

Yes, You Do Have Skills
Thursday, November 15th, 2007
2:00 - 3:00PM
163 GWA
Randi Langley

TRIO DSS SEMESTER CALENDAR

September
3 Labor Day (Campus Closed)
5 Last Day to Drop with 60% Refund
13 Twentieth Day of Class
19 Last Day to Drop with 40% Refund

October
10 First 8-week Classes End
17 Midterm Grades submitted to Registrar
18-19 Fall Break
29 Last Day to Drop with a "W"
Last Day to Request a Tutor

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IT PAYS TO PAY ATTENTION!

Thank you Dorothy Manson and Amy Fox for being loyal Beacon readers and submitting entries for the gift certificates to the WSU Bookstore. These two lucky students showed us that they are really paying attention to our publication and received $25 gift certificates for it!
ATTENTION ALL MUGGLES

Are you a Harry Potter fan? If so, we have the perfect workshop for you! Join our Harry Potter Literary Seminar for a fun way to expand your vocabulary as well as your imagination. The group meets weekly in our boardroom, 163 Grace Wilkie Annex. This semester the group will be reading Harry Potter and the Half Blood Prince, the sixth book in the international hit series. Contact Margery Hannah, our English Writing Specialist at 978-6599 for details!!