

TRiO

STUDENT SUPPORT SERVICES

November
&
December
2016

THE OFFICIAL NEWSLETTER OF THE VISIONS AND RX PROGRAMS

INSIDE THIS ISSUE

In the Home Stretch

by Gaurav Khanna,
Director of the Visions and Rx Programs

Welcome to the last edition of the newsletter for the fall semester. I know it feels like just yesterday that we were getting started, but in a few more blinks of our eyes, finals will be here! This newsletter is full of timely information to support your success.

Spring Classes:

If you have not already met with an advisor to set up your winter/spring schedule, get an appointment in place now. Current students have a small window of exclusive access to classes before new students can start registering. Use this opportunity wisely to get the schedule and classes you want! More information on page 2.

Finals Prep:

Make sure you read your syllabus carefully so that you know everything required of you to successfully complete your coursework. Take note of due dates for submissions and plan backwards to give yourself enough time to prepare. Develop a study plan that includes times to study for each class. Proper planning can help you feel confident on test day. See pages 2 and 3 for more details. Final exam schedules will be posted before finals start. Make sure to check where and when your finals will be held so you can catch any scheduling conflicts.

Manage Stress:

Research shows that stress hinders performance. Take some time to take care of yourself and do something fun. Looking for an idea? Come join us for a Mexican dinner at Ixtapa Cantina on November 2 at 5:30. Sign up in the TRIO office ASAP!

Tutoring:

The Visions and Rx Programs offer tutoring in math, writing, and study skills. If you are writing a paper or reviewing for an exam, stop by the TRIO office to schedule a one-on-one appointment. Tutors are also available to help you with study skills and time management.

Take Advantage of TRIO:

We are here to support you—make sure to see us if there is anything we can do to help you in your academic goals. Keep pushing until the end!



978-630-9297
Room 134
mwcc.edu/trioss

REGISTER FOR
CLASSES
TODAY!

Registration Guidelines

Check out Catherine's steps to a successful spring registration on page 2!



What are our students up to?

Our students do some pretty amazing things! Check out our student spotlight and a recap of the ExpressABILITY workshop.



Mount Wachusett
Community College

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Think Spring—Registration!

by Catherine Maddox-Wiley
Rx Retention Counselor

Believe it or not, it's time to choose spring semester courses! Students are encouraged to start the advising and registration process early by following the steps below. Get the courses you want, not the courses that are left!



Study Tips for Finals

by Tasia Cerezo
Visions Transfer Counselor

I know what you're thinking—you're just starting to get the hang of things, and now we're talking about preparing for finals. It's okay. Take a deep breath. You can do this, and here are some tips to help you get through this week of evaluation!

Tip 1: Don't be afraid to ask questions

Leading up to the exam, your professors will continue their office hours. If there is something you feel uncomfortable about asking in class, go by and see them. It would be a good time to ask if there is anything in particular you should focus on.

Tip 2: Outline your own study guide

A good rule of thumb is your professor won't put anything on the exam that wasn't covered in your materials throughout the semester. Use your notes to highlight points your professor thought were worth addressing.

TRANSFER

Didn't have time to talk transfer with Tasia or Lisa? Schedule a one-on-one meeting over winter break by calling 978-630-9297.

Tip 3: Consider your learning style.

Going through your notes or the textbook may work well for you, but having flashcards may work better. Just the same, you might be better studying in a group versus studying alone.

Tip 4: Avoid cramming - block off time for studying

Don't fool yourself into believing you can retain a semester worth of notes overnight – you can't! Study leading up to finals. It is harder to store large amounts of information at one time. When you're studying, know it is okay to take short breaks in-between.

Tip 5: Test your knowledge.

We know that the last thing you want to do is take a test before the test, but repetition is a great teacher! By continuing to see and go over the same items, you're more likely to remember the material while in "test mode."

At the end of the day, remember, this isn't your first exam, and it won't be your last. Knowing yourself and strategies that work best for you are important to remember. Giving yourself time to prepare and study will help you avoid stress and the overwhelming feeling that comes with procrastination.

FAFSA

Don't forget! You can file your 2017-2018 FAFSA now with your 2015 tax info. If you need assistance, call the office at 978-630-9297 to schedule an appointment.

Let Your Hair Down

by Catherine Maddox-Wiley
Rx Retention Counselor

Stress is a part of life. It comes and it goes, sometimes lingering longer than we'd like. What more can we tell you about stress management that you don't already know or that we haven't already shared?

You know about eating healthily, exercising, taking "me" time, breathing deeply, meditating, smiling, managing your time, spending time with loved ones, doing activities you enjoy, coloring, etc. How about taking a time-out from your serious-side? Try these ideas or some of your own!

- Dance like a maniac. (Michael Sembello's 1983 song of the same name is a good start).
- Sing like you own the stage.
- Play like a kid – hopscotch, jump rope, hula hoop.
- Have an ugly-face cry and follow it with a belly-hurting laugh.
- Get on a swing at a park and reach for the sky.
- Eat a lollipop and show off your tongue. Offer lollipops to others as a gesture of good will for being goofy.
- Create a greeting card or picture and give it to someone who needs a lift. It really is the thought that counts.
- Drop in for Stress Reduction Week in the TRIO Complex, November 28- December 1!

Student Spotlight: Michel Cocuzza

by Haneen Jaara

Visions Professional Writing Tutor



Michel is a Visions Program student who is working on her business and accounting degrees at

MWCC. Michel is a passionate and intelligent student who is focused on making the world a better place for her children and future generations.

Why did Michel choose to come to MWCC?

She was working for the IRS, but her company closed and she found herself needing to get back into the work field. She decided MWCC would be a great place to build credentials and prepare herself for a rewarding career in the business and accounting fields. She plans on transferring to Fitchburg State University in

the spring. She hopes to become an auditor or forensic accountant.

What projects is Michel working on?

Michel is a busy student! She is the president of Alpha Beta Gamma, the business honor society, and the president and co-founder of the Parent Support Group on campus. She started this group with a fellow friend and classmate who both saw the need for a support group for parents on campus. In her strategic management class she has chosen to be the project leader. Michel says that being a leader is part of who she is. This project is giving her the opportunity to develop a volunteer program for the Spanish American Center in Leominster.

Her favorite part about MWCC:

Michel loves the faculty, staff, and the great friends she's made at MWCC. She says, "It's

going to be so hard to leave because I feel so connected."

What does Michel do in her free time?

She loves spending time with her kids! She enjoys doing arts and crafts with them, watching movies, or just snuggling! She says, "We're all in school! It's nice to have some downtime." She also loves the outdoors and gardening.

Speaking of the outdoors

Michel hopes to one day own a dairy farm with her husband. She is very passionate about organic produce, grass fed animals, and living off the land.

Her future:

Michel loves to give back. She hopes in the future that she and her husband can adopt a child in need. They are currently taking classes to learn more about the process. She feels a calling because of the opiate epidemic in this country and knows there are so many children left in the wake of that chaos who need a loving home

ExpressABILITY Recap

by Dawn Babineau

Visions Learning Specialist

In celebration of Disability Awareness Month, Disability Services and the Visions Program partnered together to host ExpressABILITY, an innovative art workshop. Several students came together with the mission of having a great time, composing original artwork and sharing strength-based thoughts about students with disabilities. The event was a huge success. The subject matter of each painting was a tree, strong at the base with many layers at the core and uniquely flowering at the top. That, however, was pretty much where the similarities ended. Individually selected, powerful strength-based descriptive words provided the foundation for each tree. Then each student used their own unique artistic flair to craft the trunk and leaves. No two paintings looked exactly the same, nor did each person describe themselves in the same way.

The artwork and additional resources about expressive art therapy will be available to view in the display case outside of the library. Please stop by and take a look!

Juggling the holidays and the end of the semester

by Lisa Naze

Rx Transfer Counselor

The excitement of the holiday season coincides with the crunch of the end of the semester. Fitting in holiday gatherings, shopping on a budget, writing papers and studying for exams can be challenging. Here are some helpful hints to help you make it through this stressful time.

Freeze leftovers for quick meals

Save the time of preparing meals during finals week and freeze leftovers from parties and family dinners.

Saving for the spring semester

Take advantage of holiday marketing strategies by hitting the sales and clipping coupons for spring semester supplies.



Send New Year's greeting cards

Sending Season's Greeting cards can be time consuming. Consider sending out cards after the first of the year during winter break.

Make a list

When family and friends ask for gift suggestions, think about items that can help get you through the spring semester. Gift cards to grocery, electronic and book stores can fill a variety of needs.

Come to the TRIO end-of-semester gathering

Laughter and socializing helps relieve stress. Come for the food and stay for the company. Take leftovers with you, I won't tell...

Join the Rx and Visions staff for
our

End-of-the-Semester Gathering!

Tuesday, December 6, 2016
12:30-1:30 p.m.
North Café

Pizza, salad, prizes and fun!



Mount Wachusett
Community College

444 Green Street, Gardner, MA 01440-1000

November/December 2016 List of Important Dates

Check your email daily for the most up-to-date information on program events and campus news

<i>Tuesday, November 1 to Friday, November 4</i>	Priority Registration Opens for Continuing Students	<i>Monday, November 28 to Thursday, December 1</i>	Stress Reduction Week Stop by the TRIO SSS Complex for stress relief activities!
<i>Tuesday, November 1</i>	Open Registration Lab 12:30-1:30 p.m. Room 250	<i>Monday, December 5</i>	Cycle 2: Last day to withdraw
<i>Wednesday, November 2</i>	Cycle 2: Classes Begin Open Registration Lab 12:30-1:30 p.m. Room 250	<i>Tuesday, December 6</i>	End of Semester Gathering 12:30-1:30 p.m. North Café
<i>Tuesday, November 8</i>	Cycle 2: Last day to add or drop classes with 100% refund	<i>Saturday, December 17</i>	Full Semester: Last day of Gardner day classes
<i>Thursday, November 10</i>	Full Semester: Last day to withdraw	<i>Monday, December 19 to Thursday, December 22</i>	Full Semester: Final exams for Gardner day classes
<i>Friday, November 11</i>	Veterans Day: No classes all campuses, day and evening	<i>Thursday, December 22</i>	Cycle 2: Last day of classes
<i>Monday, November 14</i>	Cycle 2: Last day to withdraw with a 50% refund	<i>Friday, December 23</i>	Last day for Evening classes. Also reserved for final exam make-up due to college closings
<i>Tuesday, November 15</i>	Living Frugally Through the Holidays 12:30-1:30 p.m. W11	<i>Monday, December 26 and Monday, January 2</i>	MWCC closed
<i>Wednesday, November 23</i>	Friday schedule for all day classes all campuses, day and evening		
<i>Thursday, November 24 to Saturday, November 26</i>	Thanksgiving Recess: No classes all campuses, day and evening		

If you have a disability and require accommodations in order to participate fully in program activities, please contact the program director to discuss your specific needs.
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