

STUDENT SUPPORT SERVICES

MONTHLY NEWSLETTER

March

2021

Happy Spring Scotties!



Tips on Self Care!

By: Lisa Parsons

It's hard to believe that we are a quarter of the way through the semester and only twelve weeks left. Spring is always a busy time and this year it seems even more so. During this busy time, remember to take care of yourself. It can sometimes be a struggle to stay on top of classes, participate in extra-curricular activities, and make time for yourself. Develop a routine to help you stay on top of things so you don't start getting overwhelmed. We also have an online platform: Student Lingo, that has several different videos for you to watch with helpful tips on being successful in college. Visit www.studentlingo.com/highlandcc and create a free account in order to access our library of videos. Always feel free to stop by and take advantage of all the services we provide—tutoring during the day, helpful workshops, advising advice, and transfer assistance. All of this is free for you. Have a great spring semester and we hope to see you soon!

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Important Dates

March

	1	2	3	4	5	6
7	8	9 Missouri Western & Glore Psychiatric Museum Trip	10	11	12	13
14	15 No Classes & Offices Closed	16 No Classes & Offices Closed	17	18	19	20
21	22	23 Last day of 1st 8-week classes FASFA Come & Go	24 No Classes & Offices Closed	25 First day of 2nd 8-week classes	26 Last day for W's	27
28						

Workshops are being determined. Make sure you check our social media and your email to stay up to date!



Thinking about transferring?

By: Kim Bechtold



The start of a new year brings many different feelings and goals. For those of you planning to transfer next year, I'm sure that it's at the top of the list! In order to not get overwhelmed with the process, start by taking it one step at a time. Below is an example of things to complete.

- **Research colleges**

1. Make sure the school has your intended major
2. Look at tuition cost
3. Visit campus if you can
4. Chat with an advisor

- **Begin filling out online applications**

1. SSS can help waive application fees to area schools—please see me before you apply

- **Complete the FAFSA and search for scholarships**

1. Make sure to add the new school's code
2. Check school scholarship deadlines and begin searching for outside scholarships

- **Send your official HCC transcript**

1. Students can send for free through MyHCC account
2. Please email me at kbechtold@highlandcc.edu for step by step directions

- **Housing**

1. Off campus/On campus?
2. Complete housing contract

New Year. New Semester. New Opportunities to Succeed.

By: Bekkah Landoll



Here are some tips you can utilize to put your best foot forward this semester.

- **Get motivated.** Remember why you started this journey in the first place. Use that vision as a tool when you encounter struggles or challenges.
- **Know and use campus resources.** Student Support Services provides you with free and helpful services but it is up to you to utilize them. If you have an question or concern, reach out to your academic advisor for guidance.
- **Build a relationship with your professors.** If you aren't grasping the information provided in class, do not be too proud to reach out and ask for help. If you're struggling with the work or tests, schedule an appointment to get some help or visit your instructor during office hours. Professors want you to be successful and want to help you achieve your goals.
- **Take an active role in learning.** Use different approaches to learning the information being provided in class. Don't stick to just reading notes but also try creating flash cards, creating study groups, complete practice quizzes, or making outlines.
- **Manage your time.** After receiving all First Day Handouts, take a planner or even a large desk calendar to make note of all important assignments/test dates. This helps you be aware of what the semester will look like, how all of your class work intersects with each other, and better helps you prepare for large assignments.
- **Get involved.** Get to know your classmates or teammates. Try joining a study group and get involved in student activities. College students who are involved in activities are more likely to feel a sense of belonging and adjust more easily to college life.
- **Attend class.** If you're in class you get better grades, get the information straight from the professor, and some teachers could offer participation points, which could boost your grade. Class attendance is key to your success.

Career Corner

Athletic Trainer

Annual Salary Median pay-2019 (State of Kansas)	\$49,760
Education level	Bachelor's degree. Most employers would like a master's degree and a BOC certification.
Job outlook (2019-2029)	16% more jobs
Duties	<ul style="list-style-type: none"> Apply protective or injury-preventive devices, such as tape, bandages, and braces Recognize and evaluate injuries Provide first aid or emergency care Develop and carry out rehabilitation programs for injured athletes Plan and implement comprehensive programs to prevent injury and illness among athletes Perform administrative tasks, such as keeping records and writing reports on injuries and treatment programs

Summary: Athletic trainers specialize in the treatment diagnosing and/or prevention of muscle and bone injuries. They work in many different settings, such as college, elementary schools, hospitals, fitness centers, or even professional sports teams.

All information came from the U.S. Bureau of Labor Statistics and can be found at the following links:
<https://www.bls.gov/ooh/healthcare/athletic-trainers.htm#tab-1>
<https://www.bls.gov/oes/current/oes299091.htm#st>

Management Analyst

Annual Salary Median pay-2019 (State of Kansas)	\$77,230
Education level	Bachelor's degree and several years of related work experience. Some employers like for candidates to have a MBA (Master's in Business Administration)
Job outlook (2019-2029)	11% more jobs
Duties	<ul style="list-style-type: none"> Gather and organize information about the problems to be solved or the procedures to be improved Interview personnel and conduct onsite observations to determine the methods, equipment, and personnel that will be needed Analyze financial and other data, including revenue, expenditure, and employment reports Develop solutions or alternative practices Recommend new systems, procedures, or organizational changes Make recommendations to management through presentations or written reports Confer with managers to ensure changes are working

Summary: Management Analysts recommend ways to effectively improve an organizations efficiency. Some employees may work more than forty hours a week. Management analysts usual have to divide time between the offices and their clients.

All information came from the U.S. Bureau of Labor Statistics and can be found at the following links:
<https://www.bls.gov/ooh/business-and-financial/management-analysts.htm#tab-1>
<https://www.bls.gov/oes/current/oes131111.htm#st>

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HAPPY BIRTHDAY!

March

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