



# EMBRACING CHANGE

WRITTEN BY LISA PARSONS

Students,

I never thought I would be writing a newsletter article amidst the realities of dealing with COVID-19. I'm sure there are a number of you with questions, concerns, and increased anxiety. The SSS staff is going through the same and we are also learning as we go. I'm sure the social changes or lack of resources are real for many and you are trying to navigate the unknown. I want you to know that although we are no longer doing face to face classes on campus, our department has not shut down. We are working hard to get you the resources you need and find alternative ways to help you. However, we don't always know what you might need help with. Please reach out to one of us and let us know how we can help. Now is not the time to be shy, embarrassed, or putting things off. We want to help you and we will continue to be here for you, as always. We are all feeling pulled in more directions than a person should experience, but we will keep doing our best. We are all only humans. There will be good and bad days, and we will get through these unique challenges. My saying...one day, one class, one assignment at a time. Remember, take care of yourself and ask for help if you need it. We are all working toward the same goal. Stay safe and healthy. Stay Scottie strong.

Lisa

# 6 EFFECTIVE STUDY TIPS FOR COLLEGE STUDENTS

WRITTEN BY JUSTINE SALGADO

- 1. Take good notes.** Taking good notes involves dating each entry and keeping notes for different classes separate from each other. In addition, write down anything your instructor writes on the board. If the instructor took the time to write it out, he or she considers it important.
- 2. Review your notes every day.** Spend 30 minutes each evening going over notes from each class. Research shows that reviewing new material within 24 hours after hearing it increases your retention of that material significantly.
- 3. Get enough sleep.** Sleep is essential when it comes to effective study habits. When you're tired, you think more slowly and tend not to retain as much information. If you want to get the most out of your study sessions, make sure you get enough sleep.
- 4. Use flash cards.** Writing notes and definitions more than once will help imprint information in your memory. Write down important facts for a test and quiz yourself each day until you have mastered the material. Flash cards are convenient because they allow you to condense material and eliminate irrelevant information, allowing you to focus on only the most important details.
- 5. Join a study group.** When working through a difficult problem set or assignment, a study group can prove very valuable. Dividing the work amongst your peers is also an effective method for reducing your workload and ensuring that you understand the material.
- 6. Don't wait until the night before an exam to study.** Waiting until the night before an exam to study can lead to cramming which is not an effective studying technique. Cramming before an exam will increase the feeling of desperation which can lead to test anxiety. Instead, jot down a few ideas or facts that you want to have fresh in your mind when you begin the exam. Read through your list a few times when you get up in the morning and just before you take the exam, then put it away. This kind of memory reinforcement not only improves your performance on the test, it also improves your long-term memory of the material.

**SSS has tutors to help you!**

**SSS has a Math and English Specialist to help you!**

**Email [jsalgado@highlandcc.edu](mailto:jsalgado@highlandcc.edu) if you need a tutor!**

Adapted from <https://fremont.edu/8-effective-study-tips-for-college-students/>

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# SURVIVING WRITING AT HOME

WRITTEN BY JOY MEYER

Hey, Students! Hopefully you are all experiencing a smooth transition to online learning. One area that can be a bit confusing, and even intimidating, is the field of writing. Because you are asked to write many different types of assignments under various sets of circumstances, it is important to know how to find helpful information that may assist you with the Writing process. We encourage you to take advantage of the online tutoring via Zoom that is being offered through HCC. Hopefully we can provide answers for your questions. Also, I want to suggest a few helpful websites that might be used as references for writing essays or any papers you are assigned. It is important to utilize all resources that are available to you, especially now that we are experiencing a rather uncharted learning environment. One excellent, reputable, online resource is the Online Writing lab (OWL) at Purdue University. <https://owl.purdue.edu/> It offers free information to assist with writing projects. Looking for how to cite a source? Citation Machine <https://www.citationmachine.net/> is a helpful tool. Grammarly is a free program that automatically detects grammar, spelling, punctuation, word choice, and style mistakes in your writing. It can also flag plagiarism. I believe this website requires an account. Combining our efforts and flexibility for learning, I am confident that we will pull through this together by taking advantage of all the resources we have at our disposal. Happy Writing!

# TRANSFER INFORMATION

WRITTEN BY KIM BECHTOLD

Transferring can be an overwhelming process but it doesn't have to be! Even though things are a bit complicated right now it doesn't mean we have to stop ourselves from completing the transfer process. Since all schools have online applications and transcript requests can be filled out electronically, this can still be done from the comfort of your home. Please contact me at [kbechtold@highlandcc.edu](mailto:kbechtold@highlandcc.edu) to let me know where you'd like to apply and I will see if we can get the application fee waived. I am also more than happy to set up a zoom meeting with you if you'd like help working through an application. I look forward to hearing from you!

# DIGITAL LEARNING TIPS FOR MATHEMATICS

WRITTEN BY MICHELLE HURN

As we transition to remote electronic learning, we must all do different things to be successful. Here are a few ideas for you:

- Communication is important and takes time. It is now even more important to start early on assignments. Do not wait until the due date to get started. If you have questions, you may not have time to get them answered effectively in time. (Keep in mind when your instructor is available to answer questions and when tutors are available to help.)
- Make a plan for when and where to study as well as how to avoid distractions.
- Give yourself breaks. Study breaks do not need to be long. Five minutes can make a difference.
- Take notes in your own handwriting from videos or textbook examples. Even if you haven't taken notes in the past, start now! With videos you cannot say that the teacher is going too fast. Use the pause button! If something isn't making sense, ask your teacher!
- Ask your instructor specific questions! "I don't get it" is not a specific question.
- Use online resources besides what is provided by your teacher if you are starting to struggle.

You are not alone. Communicate with your teachers and tutors, plan your study time, and use the resources available to you!

# RESOURCES!

## Counselor

Contact Sheila Adams by email:  
sadams@highlandcc.edu  
or by text:  
785-288-6269

## IT (Help Desk)

<https://highlandcc.edu/pages/help-desk>

## Advising

Contact by email:  
advising@highlandcc.edu

## Financial Aid

Contact by email:  
financialaid@highlandcc.edu

## HCC Online

Contact by email:  
hcconline@highlandcc.edu

## Zoom Tutoring

<https://highlandcc.edu/pages/student-support-services>  
or email Justine at  
jsalgado@highlandcc.edu

## Housing

Contact by email:  
housing@highlandcc.edu

## SSS Staff Information

Lisa Parsons, Director: lparsons@highlandcc.edu

Kim Bechtold, Transfer Advisor: kbechtold@highlandcc.edu

Justine Salgado, Tutor/Retention Coordinator: jsalgado@highlandcc.edu

Kristen Allen, Admin. Assistant: kallen@highlandcc.edu

Michelle Hurn, Math Specialist: mhurn@highlandcc.edu

Joy Meyer, English Specialist: jmeyer2@highlandcc.edu

**Please do not hesitate to reach out if you need any help!**

# Happy Birthday

## February

Terry Purifoy-2/02  
 Rebecca Craig-2/07  
 Kelvin Ford-2/09  
 Holly Mitchell-2/10  
 Saryah Harris-2/16  
 Jasmine Elder-2/17

## March

Myla Turner-3/06  
 Madison Marriott-3/22  
 Ayesha Nelson-3/23  
 Destiny Cartwright-3/24

## April

Denzel Knight-4/08  
 Masey Lafferty-4/08  
 Jacquez Gadsden-4/19  
 Brendan Graves-4/22  
 Otha Leverette-4/29



## May

Amykah Hoskin-5/01  
 Haley Kelley-5/02  
 Javon Watkins-5/03  
 Sara Armstrong-5/09  
 Tyler McCaskill-5/09  
 Naikipyeeha Horned Eagle-5/12  
 Cameron McKinney-5/14  
 Makayla Neibling-5/20  
 Devante Gilbert-5/23  
 Richard Flores-5/30  
 Naledi Withers-5/31

## February

05

Gratitude  
Workshop

13

Valentine's Day  
Card Making  
Workshop

14

Valentine's Day  
Card Making  
Workshop

18

Transfer Workshop

26

Nacho Average  
Students-TRiO Day  
Celebration

## PAST EVENTS

## March

03

Calendar &  
Organization  
Workshop

## UPCOMING EVENTS

Upcoming events  
will be posted  
through email.

Please check daily.



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