

THE PATHFINDER

James Sprunt
Community College
student support services

march/april 2010

Program funded by
the U.S. Department of Education



Director's corner

At the time you receive this issue of the "Pathfinder" you will have persisted to mid-point of the 2010 Spring Semester. Best wishes on your continued efforts to persevere to the completion of this semester, graduation and/or transferring to another college.

Several workshops and activities have been planned for the months of March and April 2010, and provisions are made to offer you the program services necessary to enhance your academic needs. **Mid-Semester conferences will be scheduled during the month of March**, and as noted in previous announcements, it is imperative that you maintain your agreement to meet with the SSS Counselor and specialists for mid-semester conferences. The conferences are designed to monitor your academic progress, discuss other related issues, to receive updates from you, as well as the Program team to provide you with updates. In collaboration with the JSCC Faculty, the conferences also allow us to maintain the agreement to you to offer the program services designed for academic success.

Spring Semester is also the time that the Student Support Services Program administers a survey to allow student participants to evaluate the services rendered during the program year. Once you receive the survey, please take a moment to complete it, and return to the SSS office in the self-addressed, stamped envelope provided. Your suggestions and comments are vital in assisting us to enhance our services.

Please peruse this issue of *The Pathfinder* for upcoming workshops and activities, and important information from other JSCC departments. **Please highlight the date of March 17 on your calendar for the 2010 TRIO Day celebration.** This celebration is held annually to highlight the achievements of the SSS & UB participants, and to share information about the Federal TRIO programs. **Special activities have been planned, and your presence is expected!** We wish you continued success.
Shirley F. Price

D. Hill—transfer counselor

office hours: TUESDAY—Thursday—7:30am-6:00pm — STRICKLAND 133



"A Grab Bag of Exam Study Tips"

Be prepared. The most important factor in exam success is preparation.

Do your homework. Often an exam question will parallel a homework assignment.

Review regularly. If you spend a few minutes each week reviewing your notes, your final studying will be a review, not an attempt to learn the entire term's work.

Study your weakest subjects first.

Ask for help. If you're having trouble with a particular subject, don't be afraid to ask for help.

Understand vs memorize. You may pass your exam if you memorize the material, but you'll improve your grades considerably if you understand what it is you're memorizing.

Look at old exams. Some teachers file copies of past exam papers in the library.

Attend end-of-semester classes. A lot of valuable information is outlined in the last few classes of the semester.

Review in a group. Brainstorm possible test questions with classmates, compare notes, and test one another on the material.

Don't study too long. You'll learn more if your study periods are short, frequent, and include regular breaks.

Eat well and get a good night's sleep.

The excerpt above came from *Making Your Mark, 9th Edition* by Lisa Fraser

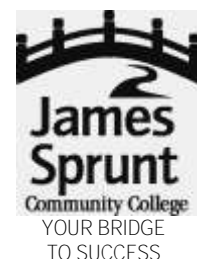
Mid-Semester Conferences

Week of March 22 – 25
Students will be mailed or e-mailed scheduled appointments.

Students are to meet with the SSS Staff regarding their academic progress.

dates to remember

- Mar 03-05.....Spring Break
- Mar 05.....Supplemental Grant Aid Application Deadline
- Mar 08.....Mid-Semester
- Mar 11.....Spring Fling
- Mar 14.....Daylight Saving Time ends
- Mar 17.....TRIO Day Celebration
- St. Patrick's Day
- Mar 30...Community Resource Workshop
- Apr 02.....Easter Holiday
- Apr 5-9.....Easter Break for Students/Faculty
- Apr 12.....Early registration for summer
- Apr 13.....Last day to withdraw
- Apr 26-27.....Early registration for fall





P. Morgan—academic skills specialist

office hours: MONDAY-THURSDAY 8:00-5:30 and FRIDAY 8:00-12:00—STRICKLAND 131

Upcoming SSS Events:

UNCW Representative on Campus

Wednesday, March 10, 2010
10:00 a.m. – 1:00 p.m.

Strickland Center Commons Area

2010 TRIO Day Celebration

Wednesday, March 17, 2010
11:00 a.m. – 1:00 p.m.

Boyette Building, Room 113

**Space is limited.*

Mid-Semester Conferences

Week of March 22 – 25, 2010

Students will be mailed or e-mailed scheduled appointments.
Students are to meet with the SSS Staff regarding their academic progress.

Distance Learning Workshop

Learn about taking ITV, online and hybrid courses – includes Blackboard and Moodle

Presenter: Mrs. Heather Lanier, JSCC Director of Distance Learning

Tues., March 23, 2010

2:00 – 3:00 p.m.

Boyette Building, Room 107

Gang Awareness Workshop

Presenters: Joshua Smith & Ben Parrish,
Duplin County Sheriff's Department Gang Unit

Wednesday, March 24, 2010

1:00 – 2:00 p.m.

Community Resources Workshop

Community & Business Leaders share their business & educational experiences

Presenters – Various community and business leaders

Tuesday, March 30, 2010

11:00 a.m. – 1:00 p.m.

Boyette Building, Teleconference Room 113

FSU Representative on Campus

Thursday, April 1, 2010

10:00 a.m. – 2:00 p.m.

Strickland Center Commons Area

MOC Representative on Campus

Tuesday, April 13, 2010

11:00 a.m. – 1:00 p.m.

Strickland Center Commons Area

Learning Styles Workshop

Presenter: Joe Tillman

Wednesday, April 14, 2010

2:00 – 3:00 p.m.

COMPUTER LAB AND STUDY
SKILLS LAB
HOURS OF OPERATION

MONDAY through THURSDAY—
8:00 am-6:00 pm
FRIDAY—available on an as-
need basis
(8:00 am-11:30 am)



Improve students' academic and personal skills to enhance student success.
Engage students in the first-year experience to enhance student success.
Develop training opportunities for faculty and staff to improve their ability to enhance student success in the first year.

FINANCIAL AID RENEWAL for 2010-2011

It is that time of year to re-apply for financial aid for Fall 2010 and Spring 2011. To complete the FAFSA, you need your 2009 Federal Income tax return (Form 1040, 1040-EX, 1040-A) untaxed income and your PIN number. Dependent students will also need one parent to obtain a PIN number.

Returning students received their PIN number from the Department of Education in prior year submission of their FAFSA. You will need this number when you are completing the FAFSA online. If you have lost your PIN number, the Department of Education will resend it to you by accessing www.PIN.ed.gov and the website to apply for financial aid is www.FAFSA.ed.gov. Your PIN number can be used as your signature for any processes (eg. Loans) for which you may apply electronically.

JSCC's document request letters will be mailed and sent by email by the end of April 2010. Requested documents will need to be submitted ASAP as July 15, 2010 is the deadline. **DOCUMENTS WILL NOT BE ACCEPTED ON REGISTRATION DAY. ANY INCOMPLETE FINANCIAL AID DATA ON REGISTRATION DAY WILL RESULT IN YOU PAYING YOUR TUITION, BOOKS AND FEES OUT OF POCKET.** Submission of documents will resume 5 business days after registration. Also, your financial aid cannot be processed until you are accepted in your major by the Admissions Office.



M. Felton - special needs advisor

office hours: MONDAY & TUESDAY-9:00-6:30 and WEDNESDAY-9:00-6:00—STRICKLAND 132

Greetings From the Special Needs Advisor

While you are pursuing your education, you will encounter problems and setbacks. This is one of the prices we have to pay to be humans on the planet. Gillian Butler and Tony Hope in their book, *Managing Your Mind* offers four guidelines for problem solving which are as follows:

1. Do not waste time on problems that cannot be solved: shift your focus.
2. Tackle one problem at a time.
3. Work on changing yourself, not on changing others.
4. Consider doing nothing, at least for the time being.

Problem management is the key to living an emotionally fulfilling life. I would encourage you to stop by the Student Support Services Program to utilize the resources made available to you to assist you in your effort to deal with the forever changing circumstances of life. You may also take advantage of the staff who are always willing to help you in your time of need. Thank you.

*****"You Can Always Win With an Education"*****

REMEMBER—check your JSCC email for upcoming SSS events, deadlines and announcements. If you need assistance call 910 296-6134 or e-mail admin@mail.jamessprunt.edu.

N. Kake—math skills specialist

office hours: MONDAY—THURSDAY 8:00-6:30—STRICKLAND 145



Scientists found key ingredients of the green and knobby bitter melon fruit interfered with chemical pathways involved in cancer growth.

It turned off signals telling the breast cancer cells to divide and switched on signals encouraging them to commit suicide.

Experts told *Cancer Research journal* more trials were needed.

Although promising as an anti-cancer agent, trials in animals and then humans are still needed, study co-author Dr Rajesh Agarwal from the University of Colorado, US, said.

And there is no proof that eating lots of bitter melon would offer any cancer protection, he said. Bitter melon, sometimes called bitter gourd or wild cucumber, is grown in Asia, Africa and South America.

Its extract has been used for many years in folk medicines as a remedy for diabetes and infections.

UNCW Elementary Education courses on line for JSCC area students

When students have completed their associates in arts at JSCC, they have the opportunity to transfer easily and rapidly to UNCW. Once students are admitted to UNCW and take 3 or 4 UNCW they are able to apply for admission to the Watson School of Education and are in the path of finishing their degree in no more than 2 years.

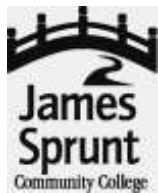
This year there have been at least 11 students living in the Duplin and Sampson counties taking UNCW online courses to complete their BA in Elementary Education. Also, our extension program at Jacksonville keeps on growing.

The admission process is very easy for those students that have an associate in Arts and a GPA of at least 3.00. If a student would like to start taking UNCW courses in the fall of 2010, it would be possible if he/she applied by March 1st and were admitted by the UNCW admissions department.

If you haven't contacted the UNCW Watson School of Education recruiting/advising office at James Sprunt, feel free to do so at your earliest convenience for reviewing of transcript(s) and advising.

Jorge E. Trujillo, UNCW Watson School of Education Advisor/Recruiter

910 296-1520 trujilloj@uncw.edu



PO Box 398
Kenansville NC 28349

Staff

Shirley Price, Director
910 296-2445
Lydia Woodard, Administrative Assistant
910 296-2446
Deboria Hill, Transfer Counselor
910 296-1058
Pamela Morgan, Academic Skills Specialist
910 296-2427
Melvin Felton, Special Needs Advisor
910 296-2447
Nfassory Kake, Math Skills Specialist
910 296-1256
Garrett Owens, Technology Assistant
910 296-1714

OFFICE HOURS

MONDAY 7:30—6:30
TUESDAY 7:30-6:30
WEDNESDAY 7:30-6:30
THURSDAY 7:30-6:30
FRIDAY 7:30-12:00



View THE PATHFINDER on
the WEB

HAPPY BIRTHDAY TO OUR SSSP PARTICIPANTS AND STAFF(*)

MARCH		APRIL	
Sharon Henderson	3/01	Stephanie McKinney	4/02
James Grady	3/03	Pheobe Highsmith	4/07
Stephanie Brice	3/07	Alice Faison	4/08
Judy Carroll	3/12	Lacaecia Smith	4/09
Leola Mozee	3/16	Angel Segovia	4/09
Jessica Keith	3/17	Eboni Fort	4/10
Deboria Hill	3/17(*)	Shakira Canady	4/12
Loretta Howard	3/19	Sonia Robinson	4/15
Josephus West	3/20	Natasha Sutton	4/16
Letha Johnson	3/22	Essie Williams	4/18
Helen Stachell	3/23	Alex Echols	4/20
Renada Hewitt	3/23	Demetrius Farrior	4/21
Fantashia Graham	3/29	Sylvia Leibas	4/22
Chavon Sutton	3/29	Theresa House	4/22
Hope McCormack	3/30	Margaret Carney	4/27
Tiffany Hall-McKoy	3/31	Makesha Carr	4/29
		Mareshah Cannon	4/29