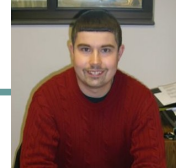


THE PATHFINDER

JANUARY/FEBRUARY 2012

PROGRAM FUNDED BY THE U. S. DEPARTMENT OF EDUCATION

**C. Brian Jones—Director
Strickland 135—**



Greetings!

I trust that everyone had a wonderful Christmas break and is excited about the New Year! The holidays are a time to celebrate with family and reflect on the past. It is also an opportunity to set goals and resolutions for 2012. As SSS students, I know that one of your major goals is a successful Spring semester. The SSS staff is here to help make that goal a reality. Student success workshops are scheduled all semester, tutoring is available, and technological services are just a few of the activities offered to all our participants. Students that take advantage of these services increase their opportunity for college achievement. We encourage you to visit the SSS offices on a daily basis, so we can empower you to be the successful student you desire to become. The SSS staff looks forward to an outstanding semester and helping 2012 become your best academic year ever!

A Suggestion Box is located at Lydia's desk, Strickland 135. We encourage you to give us your suggestions and ideas about how we can better assist you.

**Deboria Hill,
Program Counselor
Strickland133—**



Greetings From the Program Counselor

Here we are at the start of a new semester, which means it is time to polish up those study skills. Below are some tips to get going in the right direction.

Effective Habits for Effective Study

Take responsibility for yourself. Responsibility is recognition that in order to succeed you can make decisions about your priorities, your time, and your resources.

Center yourself around your values and principles. Don't let friends and acquaintances dictate what you consider important.

Put first things first. Follow-up on the priorities you have set for yourself, and don't let others, or other interests distract you from your goals.

Discover your key productivity periods and places. Morning, afternoon, evening; study spaces where you can be most focused and productive. Prioritize these for your most difficult study challenges.

Consider yourself in a win-win situation. You win by doing your best and contributing your best to a class, whether for yourself, your fellow students, and even for your teachers and instructors. If you are content with your performance, a grade becomes an external check on your performance, which may not coincide with your internally arrived at benefits.

First understand others, then attempt to be understood. When you have an issue with an instructor, for example a questionable grade, an assignment deadline extension, put yourself in the instructor's place. Now ask yourself how you can best make your argument give his/her situation.

Look for better solutions to problems. For example, if you don't understand the course materials, don't just re-read the material. Try something else! Consult with the professor, a tutor, an academic advisor, a classmate, a study group, or your school's study skills center.

Look to continually challenge yourself.

Partially adapted from the audio cassette by Steven Covey, *Seven Habits of Highly Effective People*.

DATES TO REMEMBER

JAN 02....NEW YEAR'S HOLIDAY

JAN 04.....NEW STUDENT ORIENTATION

JAN 05.....REGISTRATION DAY

JAN 09.....CLASSES BEGIN

JAN 16.....MLK, JR HOLIDAY

FEB 20.....LAST DAY TO W/D
Details will be available soon regarding our SSSP Spring Cultural Trip eligibility and dates.



Pamela Morgan,
Academic Skills Advisor—Strickland 131

Happy New Year and Welcome Back! We are looking forward to an exciting spring semester. The staff in SSS hopes to help you succeed in reaching your academic and career goals.

Tutoring: If you need a tutor for any of your classes this semester, please come by my office to complete the proper forms. Forms are located in the hanging file beside my office door (Strickland Building, Room 131). Tutoring is **FREE** for SSS participants.

LASSI: If you have not taken the LASSI – Learning and Study Strategies Inventory, **please come by to complete this assessment.** You must see a SSS staff to get instructions to take this assessment. Thank you for your cooperation.

Academic Updates/Services: Remember to see any of the SSS staff in order to do academic updates and review your class progress. Please make sure you have SSS services to show that you are an active participant. Attend workshops, use our Academic Technology Lab, meet with SSS staff, and request tutoring, special needs advising and transfer assistance as needed.

Workshops: We will schedule workshops for you to attend this spring semester. Please make every effort to attend as many workshops this semester as you can – which is what is stated on the Participant Contract that you signed upon entering the Student Support Services Program. Flyers will be mailed regarding upcoming workshops. Also, events will be posted on the SSS bulletin board located between Strickland 133 and 134.

HOPS (**H**elp **O**ur **P**articipants **S**ucceed) Something new to THE PATHFINDER: Tips for students from students. A place for SSSP students to share with other SSSP students ideas that have helped them prepare for tests, get started writing a paper, computer short cuts, local support services, helpful web sites, or simply words of wisdom.

If you would like to contribute to this, you may email your tip to lwoodard@jamesprunt.edu or place your tip in the Suggestion Box at Lydia's desk, Strickland 135.

HOPS checkout www.chegg.com for college text book rentals. There are many sites offering this service that some of you might find helpful.

Find Student Support Services online at www.jamesprunt.edu



Melvin Felton, Jr.
Special Needs Advisors—Strickland 132

Greetings From the Special Needs Advisor

In this edition of the Newsletter, I would like to talk briefly about something all humans have to do in order to exist--Work!!! The main reason you should be in college is to get an Education so that you may eventually acquire a good job. I am deeply aware that some of you may have a different reason for being in college; however, your major motivation should be to prepare yourself for gainful employment. We hear so much these days about the difficulty college educated people are having in finding a good job. My advice to you is to be an independent thinker and chart your own course in life by taking advantage of the services provided by the Student Support Services Program. Be willing to take the time to educate yourself on positive living and wise decision making. One decision you should

make is finding a part time job while you pursue your education. Working and attending college at the same time will provide you with funds to assist in financing your education and you will be able to practice effective time management skills. It may appear challenging; however, my research has emphasized that busy people are the most productive people. Michael Korda in his book, **Power!** stated that there are primarily four reasons for working: **1. Habit 2. Pleasure 3. Money 4. Power.** As college students, you may want to assess all of these reasons, and observe their usefulness as they apply to your own life. Do keep in mind that the key motivation for all of these reasons starts with **Work!!**. If you would like further information on the power of work, please feel free to stop by the SSSP office, and take advantage of the knowledge that you may acquire by visiting our program. Thank you.



Nfassory Kake,
Math Skills Advisor—Strickland 145

Patients will be given a drug, 5-amino-levulinic acid (5-ALA), which causes a build-up of fluorescent chemicals in the tumour. The theory is that the pink glow will clearly mark the edges of the tumour, making it easier to ensure all of it is removed.

More than 60 patients with glioblastoma will take part in the trial. They have cancerous glial cells, which normally hold the brain's nerves cells in place. On average patients survive 15 months after being diagnosed. In some cancers, such as those of the colon, some of the surrounding tissue can be removed as well as the tumour. Removing a brain tumour needs to be more precise. Dr Colin Watts, who is leading the trial at the University of Cambridge, told the BBC that surgeons "don't want to take too much functional tissue away". The trial will then test whether applying drugs directly to the tumour improves survival rates.

After the tumour has been removed under UV light, a thin drug-soaked wafer will be placed in the space left behind. This should slowly release chemotherapy drugs over four to six weeks to kill any remaining cancerous cells. This could overcome one of the challenges with chemotherapy for brain tumours.

Dr Watts said: "One of the problems with chemotherapy is we don't actually know the extent a drug penetrates a tumour because of the blood brain barrier." By applying the drug directly to the tumour it should be at a higher dose.

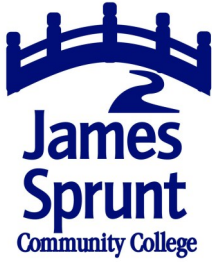
Welcome New and Returning Spring Students –

The Student Services staff would like to welcome you to JSCC. Please remember to check your JSCC student e-mail often, as all official notices will be sent to this account. You should also activate your WebAdvisor account to view your student information. It is important that you active your e-mail account first. Instructions for activating both e-mail and WebAdvisor can be found on the James Sprunt Community College website at www.jamessprunt.edu under the 'HOW TO...' section. We wish you great success in your educational pursuit and let us know if we can help you!!

Patricia Norris

Registrar

View The Pathfinder online at www.jamessprunt.edu



...your bridge to success

P. O. Box 398

Kenansville NC 28349

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910 296-2445

Lydia Woodard, Administrative Assistant
910 296-2446

Deboria Hill, Program Counselor
910 296-1058

Pamela Morgan, Academic Skills Advisor
910 296-2427

Melvin Felton, Jr., Special Needs Advisor
910 296-2447

Nfassory Kake, Math Skills Advisor
910 296-1256

Garrett Owens, Technology Assistant
910 296-1714

OFFICE HOURS

MONDAY 7:30-7:00

TUESDAY 7:30-7:00

WEDNESDAY 7:30-6:30

THURSDAY 7:30-6:30

FRIDAY 8:00-12:00

BIRTHDAY WISHES TO OUR SSSP PARTICIPANTS AND STAFF(*)

JANUARY

GLORIA JAMES
LYNAL BLACKMORE
NFASSORY KAKE
CINDY CASTANON
KAYLA BODZINSKI
CHRISTOPHER CLIBBONS
KATARIYA TANN
THERETHA MCNEIL
MICHELE HENSON
BETTY SLOAN
LENORA MILLER
VICTORIA HILL
RICHARD MCCLAMB
KANEKA NICKELSON
PRECIOUS ATKINSON
KRYSTAL POLK
BENITA SNOW
VALERIE FREEMAN
WILLIAM ROUSE
LEANDRIA JAMES
ARGIE TYLER

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TAMEKA SCOTT
AMANDA MOORE
LAHAYSHA HAYES
DONNA COLEMAN
LATONIA SUTTON
SHARON FUTRELL
WANDA BRYANT
DEAGAN TEACHEY
SHIQUITA INGRAM
MARY INGRAM
NAKEYA MURPHY
BLAKE SHOLAR
DONALD BANKS, JR.
MARY BRYANT
KRYSTAL LEE
MARRIA MCGOWAN
SOMALIA BRINSON
YOLANDA GEORGE
SARAH HOYTE
CLEO FRANCES

FEBRUARY

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