

STUDENT RESOURCE CENTER

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The Student Resource Department includes:

- Career Services
- Educational Planning
- Accessibility Services
- Library Services
- Student Activities
- Student Success Center—Tutoring Services
- Transfer Advising

CHOOSING YOUR MAJOR AND YOUR CAREER

Are you having difficulties deciding your major and/or future career plans? If so, you're not alone!! Career Services works with hundreds of students who are choosing or changing programs and career plans. It is estimated that students change their program or major an average of 3-5 times during college. Because change is now the hallmark of our educational and career life, it is important to know how to manage that change. Learning the career search process is a skill that will be useful to you many times throughout your professional life.

Your career search is a personal journey, one which will take you on a path with exciting twists and turns. These twists and turns will be caused by discovering new

information about you and new information about jobs, a specific career, or a general career area. While performing all of the tasks necessary to make an appropriate career decision, you will be thinking about all of this new information. As you do this, focus on the process rather than on the choice. For it is in the process that you will find the assurance that the decision you finally reach is the one that is best for you.

It is also in the process that you will find your future security. It has been said that all of us will change careers at least three times in our working lifetimes. Some of us will change careers four or more times. If this is true, then it is important that we understand the process of career decision making so that we may, in the future, again use our skills

wisely. Don't let the prospect of changing careers in the future disturb you. Everyone is allowed to change their mind, and most career changes are positive, enabling a person to continue to better their career position.

One of the best places to begin your journey to a rewarding career is one of our *Career Choices Workshops* or a *Major Confusion Seminar*. Contact Career Services to start on your path to a rewarding and exciting career.



Natalie Brandon,
Career Coordinator

CAREER CHOICES WORKSHOPS

Career Choices Workshops are designed to help you make informed career choices based on your interests and your work values. So, if you know you want to start to do something different with your life, but are not sure what that is...than this is a great place to start! Maybe you think you know, but just want to be sure...then this is a great place to start! Each participant will complete an Interest Profiler and a Work Importance Locator.

Based on your responses to the inventories you will be matched to occupations that match your interests and work values.

To make reservations for the Workshop of your choice, go to: www.northweststate.edu, click on Quick Links, scroll down and click on Career Services (listed under Student Resources Center), then click on "Career Choices Workshop Registration" and click on the date of your choice.

Workshops are free and open to the public!

Registration Required

Friday	Feb. 13	9:00 am
Monday	Feb. 23	5:30 pm
Friday	March 6	9:00 am
Monday	March 16	5:30 pm
Friday	April 10	9:00 am
Monday	April 13	5:30 pm
Monday	May 11	5:30 pm
Friday	May 15	9:00 am

Do you have Major Confusion?

Still not sure what to major in? Or have you declared a major, but are not sure if it's right for YOU? Then this seminar is for YOU!!!!

This FREE SEMINAR is for:

- Currently enrolled students exploring options
- Students needing to choose a major
- Those wanting honest insights and the "real deal"

Make RESERVATION Today

Friday, Jan 30th Friday, Mar 13th
Friday, Feb 27th

9:00 a.m. to 2:00 p.m.
<http://northweststate.edu>
 Click on Major Confusion Seminar

student
RESOURCE
 center

“All our labs and individual tutoring services are free of charge.”

FREE TUTORING HELP AVAILABLE

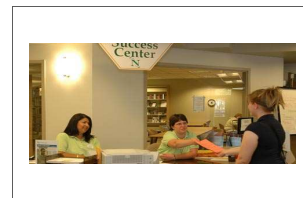
Do you need some extra help with your math, biology, or with a writing assignment you're working on? If so, stop by and visit our walk-in tutoring labs and receive **free** assistance from a faculty member.

MATH & WRITING LAB HOURS
 Monday through Thursday
 10:00 a.m. to 5:30 p.m.
 (Located just inside the east doors of the library)

BIOLOGY (LIFE SCIENCE) LAB HOURS
 Tuesday through Thursday
 (Stop by the Success Center desk for information on times & locations)

All our labs and individual tutoring services are free of charge. Stop by the Success Center desk, located at the east entrance of Building A, to

see how we can help **you**. OUR GOAL IS YOUR SUCCESS!!



Success Center desk, east entrance of Building A

SAY "YES" TO COLLEGE SUCCESS

Do you want to be a successful college student? Just about any student would answer "YES" to this question! Obviously, college success doesn't just happen. There is a lot of **hard work**, a great deal of **discipline**, and a **knowledge of how to learn**, that is vital in achieving academic success. Let's consider just a few of many steps that can help pave the way to a successful college experience.

Attend Every Class – If you want to get good grades in college, regular class attendance is essential.

Be Organized – Use an assignment notebook or planner; Use three-ring notebooks for class notes; Keep returned papers, quizzes, and tests; and maintain a neat and organized study space.

Manage Your Time Well –

With good time management, you have more free time, less stress, and a feeling that "you're in control."

Take Good Notes – Tests usually cover material that the instructor has presented in class. It is, therefore, important to have good classroom notes from which to study.

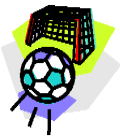
Know How To Read A Textbook – SCAN by reading subtitles, words in bold and italic print, summaries, charts, and review questions. READ with a purpose. REVIEW by scanning the material to check your comprehension.

Study Smart – Find a good place to study free of distraction, Get Started, Organize your study time, Know how to study for tests, and Find out how you best learn. As a general rule, the more senses you involve and the wider variety

of methods you use while studying, the more you remember. William Glasser, an expert in the field of education, stated: "*Students learn 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what they see and hear, 70% of what is discussed with others, 80% of what they experience personally, and 95% of what they teach to someone else.*"

Reduce Test Anxiety – While a little anxiety before a test improves concentration, excessive worry, or test anxiety, can lower one's test scores. Study enough to feel confident that you know the material, and then try and replace worry and negative thinking with thoughts that are positive and relaxing. Information from "*How To Get Good Grades In College*" by Linda O'Brien.

"There is a lot of hard work, a great deal of discipline, and a knowledge of how to learn that is vital in achieving academic success."



Co-Ed Indoor Soccer

Games: Sundays @ Defiance YMCA (5:30pm)
Games Begin: February 1st through March 1st
Captain's Meeting: January 29th – 6:00pm @ Defiance YMCA

All participants must be a registered NSCC student and sign a waiver form. Contact... kvanhorn@northweststate.edu



STUDENT BODY ORGANIZATION THURSDAY MEETINGS

SPRING SEMESTER 2009

January	22 - 29
February	05 - 19
March	05 - 19
April	02 - 16

12:15 pm – McDougle Room (A101C - Library)



5-on-5 BASKETBALL

Games: Saturdays @ Defiance YMCA (5:00pm)
Games Begin: January 31st through February 28th
Captain's Meeting: Jan. 27th - 6:00pm @ YMCA

All team members must be a registered NSCC student and sign a Waiver Form. Contact... kvanhorn@northweststate.edu

Northwest State

Student Resources Division,
Suite A101D
22600 State Rte. 34

Phone: 419-267-5511
Fax: 419-267-5745
E-mail:
studentresources@northweststate.edu

Look for our pages on NSCC's website!

www.northweststate.edu



College visits to Northwest State Community College: Representatives from these colleges will be meeting with students in the atrium. For more information, talk to Jason Rickenberg, Transfer Coordinator, jrickenberg@northweststate.edu or (419) 267-1353.

<u>Defiance College</u>	<u>The University of Toledo</u>	<u>Heidelberg College</u>	<u>Spring Arbor University</u>	<u>Ohio Army National Guard</u>	<u>Walden University</u>
2-10-09		2-02-09			
2-25-09	2-25-09	2-24-09	2-23-09	2-10-09	2-11-09
3-19-09	3-24-09		3-24-09	4-14-09	
4-6-09			4-27-09	2-11-09	
4-22-09					
4-23-09					

The Library: A Place to Be

If you're like many students, early in your academic career you discovered that the library is essential for success. You can go to the library to find books or other resources that contain the information you need, and with the help of a librarian you can find more and better information. You also might use the library to enhance your personal life by checking out books to read for fun or chatting with friends on the internet.

But there is one key resource that the library provides that people frequently miss out on. The library provides a place to be.

Why Study in the Library?

There is information of all types pouring into our lives every day, but we often lack the opportunity to process that information. Students are exposed to a lot of knowledge, but most of it will vanish if it is not digested, understood, and applied.

Setting aside a specific place to work on homework can drastically improve how much you learn. Making a habit of studying in a focused environment will eliminate distractions, improve the quality of your work, and reduce your stress level.

When you are familiar with your environment, you spend less brainpower processing your location. This improves

the quality of your work, enhances your creativity, and leaves you more energy to think about what you are learning. It also makes you less stressed because you get assignments done before their due dates and feel more prepared for exams.



Northwest State Library

But I Don't Have Time to Study!

You may feel that if you had a full day free of responsibilities, you would gladly set aside a block of time to study in the library, but most of our lives don't work that way. It helps to look for windows of time between the responsibilities you already have. Once you find time, set it aside to work on schoolwork.

You might not be able to come all the way to the college when you do have time to study. But it is still important to find a place where you can focus on homework. Local libraries are great for this.

Cafés can be fine, but they are often filled with distractions. If you are studying at home, try to find a place in your house where other obligations will not interrupt you. You might also come across unexpected pockets of time. It could be that a meeting or club was cancelled, you have to wait for an appointment, or a class lets out early. When these opportunities arise, see them as a way to get ahead. All you need to do is bring one assignment with you and wait for chances to work on it. This is particularly effective when studying new vocabulary terms.

Oftentimes the most realistic option that presents itself is to examine your schedule and study in the library before, after, or between your classes. You may discover that you accomplish in an hour of focused study what would have taken two or three hours in an unfocused environment.

Most importantly, when you have set aside a place to study and enough time to accomplish what's needed, you don't have to worry about those things when you are going about the rest of your life. Therefore, you can focus on the people and things that matter to you without worrying about work that needs to be done.

Written by Ben Armstrong