

STUDENT SUPPORT SERVICES



October 2019

▶ Aladdin

▶ Course Selection ▶ Upcoming Events

▶ NaNoWriMo

and more . . .

Fall Cultural Trip: Broadway's "Aladdin"

On Friday, September 20th, SSS students and staff traveled to Charlotte, North Carolina to see the official Broadway tour of "Aladdin" at the Belk Theatre.

The show was visually stunning, with bold, bright, and glitzy costumes and set pieces. This eye-candy was only surpassed by the dazzling talent of the cast. It was a fun night for everyone, filled with music, laughter and the joy of a shared experience.

One evaluation said: "The show was amazing!!!! Seeing the life of Charlotte such as the music on the streets was also a great experience!"



WORKSHOP

**Wednesday,
October 16th**
“Midterm Recovery”
(Marsh Hall - Room 320, 2pm - 3pm)

Reminder:

It is mandatory for SSS students to attend at least two workshops during the academic year.

Dates to Remember

Saturday, October 19
Homecoming

Monday, October 21
Advising for course selection begins

October 28 - November 1
Course Selection
Remember: SSS students can register on the same day as Seniors, so schedule to meet with your advisor as soon as possible.

Friday, November 8
Last day to drop courses with a “W”

November 25 - 29
Thanksgiving Break

Kristen



Darrick



Beth



Andrea



SSS Staff Members & Contact Information

Main Office Number 304.384.6088

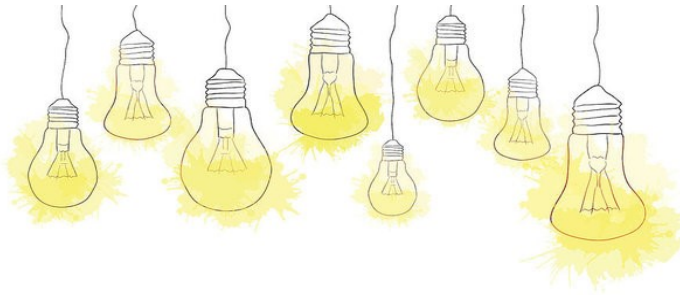
Kristen O'Sullivan
Director
kosullivan@concord.edu

Darrick Scott,
Educational Counselor
scott@concord.edu

Beth Sampson,
Academic Coordinator
bsampson@concord.edu

Andrea Rollins,
Administrative Associate
arollins@concord.edu





Director's Corner

It is an exciting time to become the new Director of Student Support Services (SSS)! Joining the amazing team you have gotten to know so well over the years is like becoming part of an energetic family of professionals wanting to walk with you, from orientation until you cross the stage with diploma in hand. Much gratitude to Darrick Scott, Beth Sampson, and Andrea Rollins for their dedication to Concord and to YOU, the students.

A little about myself, I am a native of Athens and received my BSW from Concord in 1990. As may be true for many of you, my college years were filled with great opportunity coupled with great challenges. An auto accident in '86 left many health issues to contend with while also determinedly pursuing my degree. With persistence, and the help of my Concord Community, I walked across the graduation stage and went on to pursue my MSW at WVU (then the only MSW program in the state). I will forever be grateful for those who stood beside me...and WE in SSS will always be here to stand by you as you persist towards your goal of becoming Concord University Alumni!

Over the past month I have heard often from the team that our SSS office wants to be your one stop shop as you navigate the semester.

Have questions about scheduling...stop by the office.

Need help with your FAFSA...come see us.

Stressed about a test...stop in and talk over anxiety coping strategies.

Have some good news to share...we want to hear all about it.

Struggling in a class...we've got tutors for you.

Anxious about your speech...come try it out on us.

Want to talk with another student...our A.I.M. Mentors are here for you.

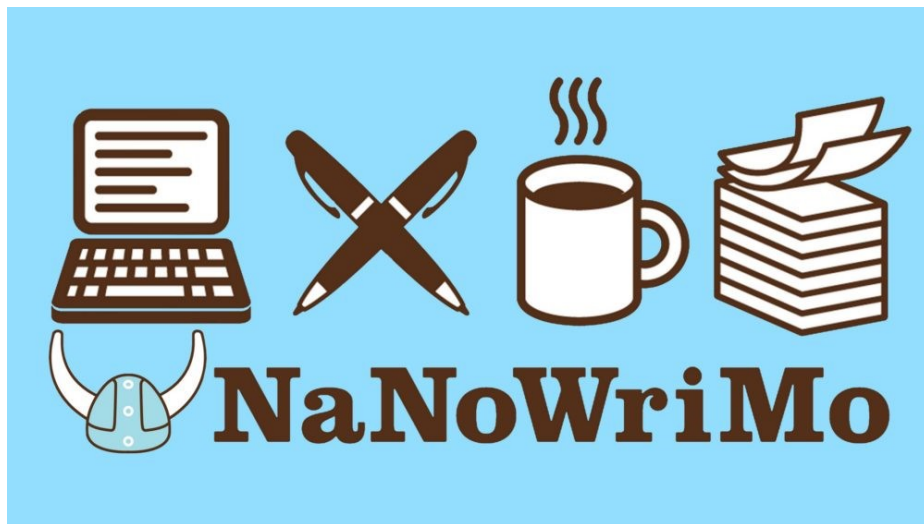
Interested in expanding your horizons...come on a cultural trip with us.

Want to attend an event on campus but not by yourself...meet up at the office and we'll go together!

In other words, if you have a challenge bring it to us. We will work with you to find the answers you need to move forward.

Your years at Concord will be challenging, accelerating, and rewarding. Your SSS team is proud to be with you every step of the way!!!

Kristen O'Sullivan, MSW
Director of Student Support Services
Concord University



SSS is working with our students to celebrate National Novel Writing Month (NaNoWriMo) this November. NaNoWriMo is more than a month, it is a website, competition, and community. Participants all over the country sign up on the website (nanowrimo.org) and strive to reach 50,000 words (the length of a novel) in one month. There are prizes (some including free or discounted publishing or editing), pep talks by famous authors, and a community to work with other participants

For SSS's part, we have one of our staff members participating, writing alongside others to reach the elusive fifty thousand word goal, as well as assisting students with their works. Anything from world building to character development – we will help in any way we can. We will also be hosting a Creative Writing Workshop on November 6th from 12-1 in Admin 320 and a write-in on the 12th of November at 4pm in Student Center 202. We would love to have you join us as we challenge ourselves to reach a lofty, yet rewarding goal!

If you're interested in participating, you can make an account on nanowrimo.org and announce your project there! If you'd like to participate with your fellow SSS participants, just make an account and then email arollins@concord.edu with your username. We will be participating all throughout November so feel free to join in at any time!

Halloween Party



SSS will be hosting a Halloween party on Thursday, October 31st from 10am until 2pm in Student Center 202.

Drop by and enjoy some treats. We will have Halloween themed snacks as well as activities fit for the occasion such as office trick-or-treating, pumpkin painting, and scratch boards. We hope you'll join us for our celebration of the spookiest day of the year.

Creating Your Schedule: Keep It Classy

Advising for course selection starts on Monday, October 21st. Keep the following ideas in mind while creating your schedule for next semester.

Start by updating your progression sheet. This is a great way to see what requirements you have fulfilled and what remains to be completed. Cross reference this information with the course schedule for next Spring.

Ask your fellow students about professors. Your advisor, especially if he/she has been recently hired, may not know the professors in other departments well enough to determine which one will best suit you.

Make your progression the priority. For example, don't limit yourself by trying to cram all of your classes into two days a week or trying to arrange it so that you can have Fridays off. While it can be tempting to build in free days, you are better off in the long run to make sure that you fulfill your requirements in a timely fashion. Pick the class that best suits you—not the time!

Building in free days can also affect your out-of-class work. Students may be tempted to take the night off before a free day, which leaves a week's worth of work to be crammed into only two or three nights.

Try to balance the types of classes you take in one semester. Consider things like the potential level of difficulty or the nature of the work you will be doing. For example, you may want to avoid filling a single semester with classes which all require lengthy research papers. Tackle some challenging courses each semester along with some that you will enjoy.

Register as soon as you can because seats will fill up quickly once registration begins. Even if you are unsure about attending next semester, you should register anyway. It will be easier to withdraw later than it will be to schedule classes a week before the semester starts. It's counterproductive to meet the 12-hour full-time requirement if your schedule is filled by square-dancing, yoga, and "Zombies in Popular Media, II."

Remember, you are not alone. SSS staff members will be glad to go over your progression sheet with you and help you create a trial schedule.

Course Selection Details:

Honor Students - October 28th

Seniors, SSS Students, Veterans, and Athletes - Oct 29th

Juniors - October 30th

Sophomores - October 31st

Freshman - November 1st

Note: You will use the pin number given to you by your advisor to register for classes.

FAFSA SUNDAY

On Sunday, October 27, 2019 we will have our annual FAFSA Sunday in the Concord University Library from 1:00pm-4:00pm with Financial Aid professionals on hand to assist you with your FAFSA completion. Should you have any questions or issues before that time, please feel free to visit our office or email us. Any special circumstances, changes or adjustments concerning your FAFSA should be directed to the Financial Aid office. Below is a list of items you will need to complete your FAFSA:

Documents needed to complete your FAFSA application

For the 2020-2021 school year, you will need the following financial information:

Your Social Security Number (can be found on Social Security card)

Your driver's license or state ID card

Your 2018 W-2 Forms and other records of money earned

Your (and your spouse's, if you are married) 2018 Federal Income Tax Return – IRS Form 1040, 1040A, 1040EZ.

Your parents' 2018 Federal Income Tax Return (if you are a dependent student -most High school students)

Your 2018 untaxed income records (Social Security, Temporary Assistance to Families in need, welfare, or veterans benefits records)

Your FSA ID and Parent's FSA ID (for dependent students)

Craving a hot and healthy start to your day?

Try

Cookie Mug (microwave recipe)

Ingredients:

- ½ medium banana
- 1 ½ tablespoons peanut butter
- ½ tablespoon honey (or agave)
- 1 tablespoon milk
- 4 tablespoons oats (rolled or quick oats)
- 1 tablespoon raisins

Instructions:

1. In a large, microwavable mug mash the banana well with a fork.
2. Stir in the peanut butter, milk, and honey and mix well together.
3. Add in the oats and raisins and stir until combined.
4. Microwave for 45 seconds - 1 minute or until firm to the touch on top.
(Cook time is based on a 1200 watt microwave so your timing may vary)
5. Enjoy

<http://www.biggerbolderbaking.com/breakfast-cookie-mug/>

