

Welcome to the Fall 2007 Semester



Beginning a new term provides students the opportunity to have a fresh academic start.

Regardless if this is your first semester or your “nth” semester at Southwestern, consider allowing the Success Center to be a part of your renewed commitment to school. Students who perform well in college often do so because of their commitment to school and the choices they make. At the Success Center, our mission is to supplement and enhance classroom instruction by assisting students in developing the skills and strategies they need to become confident, independent, and active learners. Free tutoring, workshops, access to computers and computer programs, the Online Writing Lab (OWL), and help with study skills are all just a part of what the Success Centers do to assist students. Let us be a part of your Success!

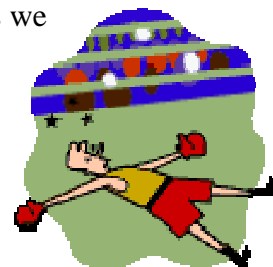
Did You Know...

The definition of Science is “knowledge as distinguished from ignorance or misunderstanding.” This is a very diverse definition usually associated with the disciplines of biology, chemistry, mathematics, etc. Sciences are a significant part of the college’s curriculum and the Success Centers have many resources available to enhance a student’s understanding of these disciplines. One-on-one tutoring is available from peer tutors (students who excel in the particular science discipline and have been referred by their instructors), adjunct faculty members, two math specialists and a physical science specialist. A large CD collection for nursing, math, chemistry, biology, and physics is available for use on sixteen computers. Enhanced learning in science is also supplemented with models of a full size skeleton and numerous body parts, and chemistry kits. There are several microscopes with slides that correlate with most of the Southwestern biology courses. New chemistry workshops will begin in the fall semester. Additionally, two quiet rooms that are conducive to small study groups are available. Please come and check out Success Center II, Room 1145, in the IS building to experience learning science first hand. Thanks to Physical Science Specialist Dean Schwarz for submitting this article.



What Are Self-Defeating Behaviors and How Do They Affect Us?

Most people engage in self-defeating behaviors at some or many points in life. Forms of self-defeating behaviors might include the things we tell ourselves, such as, “I’m no good at math” or “I’m a terrible test-taker.” Other self-defeating behaviors are seen in our actions, such as waiting until the last minute to begin important assignments, missing class, quitting



on goals or dreams, and not asking for help. A third type of self-defeating behavior comes in the form of emotions. These would include patterns such as being constantly angry, worrying excessively about doing things perfectly, criticizing ourselves and others, and feeling extreme guilt about mistakes we’ve made. Once we become aware of our self-defeating behaviors, we can often see how they limit our success; then, we have the choice to do something about them. The information in this article was adapted from Skip Downing’s book, On Course. Understanding self-defeating behaviors is just one aspect of his work. In his writing, Skip challenges each of us to identify how we can achieve greater life success. His hands-on and practical strategies are targeted at helping students find college success. A free online “self-assessment” tool is available through the On Course website and is intended to help students raise self-awareness in eight areas of student success: accepting personal responsibility, discovering self-motivation, mastering self-management, employing interdependence, gaining self-awareness, adopting lifelong learning, developing emotional intelligence, and believing in oneself. Follow the link to access the self-assessment tool: http://college.hmco.com/downing_assessment/jsp/sessionCheck.jsp?customizer=pre This self-assessment is a wonderful tool to use at the beginning of the semester to gain awareness of college-readiness and to gain strategies for success. It can also be used as a post-semester evaluation resource. The college’s Freshman Seminar Course utilizes the On Course text. The website is chock-full of practical activities utilized by faculty and learning professionals across the country to increase student engagement.

Tips for Avoiding Plagiarism and Citing Sources

Documenting sources is an important feature of academic writing. Including outside sources in a paper provides support for the points you create and makes your writing believable.

Furthermore, people who read your paper may be interested in reading the original information you cited; therefore, duty necessitates acknowledging the source material correctly. People own the ideas they create, so you will want to differentiate the voice of the experts from your own voice in the paper to avoid plagiarism, the failure to cite or document sources correctly.

Try one of these research writing strategies to avoid plagiarism:

- Choose a topic that you have some knowledge about to reduce struggling with unfamiliar terminology.
- Put aside the outside sources. Record your ideas first and add quotes later.
- While taking notes on a potential source, carefully record all publishing information. Next, divide the paper in half. On one side, record the summaries, quotations, and paraphrases. On the other, write your comments and reactions to the information.

The Success Center can help with citation questions, and handouts are available by following the Success Center links at www.swic.edu/successcenter. Thanks to English Specialist Cathi Teel for submitting this article.

Congratulations to 18 Peer Tutors Who Earned National Tutor Certification!

Success Center Director Debbie Alford had the honor of awarding 18 peer tutors College Reading and Learning Association (CRLA) Tutor Certification at the annual Student Awards breakfast in May. The award acknowledges those tutors who have met all criteria to earn the national certification, including 10 hours or more of training, a minimum of 50 tutoring hours, and evaluation. The Success Centers are fortunate to have several of these tutors returning this year to share their expertise with students. Returning CRLA certified tutors are: Sheree Burchell, Drew Clement, Katie Curtis, Mike Fitzgerald, Belinda High, Nick Knepper, Aaron Papp, Jennifer Surgeon and Emmie Wolters. Congratulations to the tutors on their accomplishments! We are grateful for the expertise they bring the Success Centers!



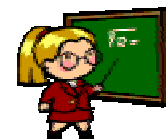
Learning Specialist Hired at the E. St. Louis Success Center

During the spring 2007 semester, Juliet Krahulec joined the professional staff at the E. St. Louis Community College Center as the Learning Specialist. Juliet worked previously in the Success Center providing math tutoring and has taught math courses at the college since early 1990. She is available a mix of day and evening hours to tutor students on a walk-in basis. Juliet can assist students with study strategies, such as how to take class notes, make note cards, study for tests, and read textbooks, as well as provide help with time management. Additionally, Juliet has revived the Early Alert System, now called Project Success, at the E. St. Louis Center. Any faculty member wanting extra assistance with a student can contact Juliet at 874-6492 or in the E. St. Louis Success Center.



Highlight on Fall Workshops

The Success Centers at the Belleville Campus offers many free workshops every semester. One of the most popular is the **Basic Algebra** (Math 094) series. Each Thursday at 2 p.m., a math specialist facilitates these workshops where topics being addressed in the classroom are highlighted during the small group gatherings. As with all of our workshops, **no registration is required**.



Similarly, **Review of Arithmetic** (Math 093) study groups are offered every Monday, Tuesday, and Friday at 2 p.m. for Math 093 students wanting extra assistance with course content or homework. These study groups provide an excellent opportunity for students to connect with fellow students and work on math in a supportive and nurturing environment.

Workshops for **Basic Accounting Procedures** and **Financial Accounting** are offered several times during the semester. At the beginning of the semester, "Jumpstart..." workshops are offered for those students wanting a quick refresher. Accounting with Excel is another popular workshop offering.

The Success Center is pleased to announce new **Chemistry Workshops**. For the fall, Physical Science Specialist, Dean Schwarz will present workshops on Chemical Nomenclature and Gas Laws.

Get a free 2007-2008 Student Planner and learn time management skills by attending the **Making the Most of Your Student Planner Workshop** offered twice during mid-September.

Pick up a workshop flyer at the Success Center or download one from www.swic.edu/successcenter.