

Avoid Motivation Bankruptcy

Have you found yourself making a promise to study harder, exercise more, eat healthier, make better use of time, earn good grades, etc? What happens to these promises we make ourselves? For most of us it seems that our old habits quickly take over. The motivation bank runs out of tokens before the promises turn into reality. So, how do we keep from bankrupting our motivation reservoir?

- Begin with the realization that it takes at about 30 days to turn a new behavior into a habit.
One day at a time, practice the behavior until it becomes routine.
- Start the semester with the right attitude and come ready to learn.
Rest, attitude, and commitment can make the difference.
- Write down your plan and post it.
Class schedules, notes, and written goals on the refrigerator or bathroom mirror are good reminders.
- Make school the priority.
Negotiate a manageable work schedule with your employer before school begins.
- Create a safety net.
Know how to get to school by public transportation and/or have a back up ride in case of car troubles. Find reliable (and back up) child care that starts before the semester begins so "any bugs" can be worked out. Talk with a classmate who is willing to take notes in the event you are absent from the class.
- Set just one achievable goal for the semester.
Identify a specific plan how to achieve your goal. For example, if your goal is to study harder; what's harder? Here's an example of a measurable, achievable goal, "I'll spend at least 1 hour in the Success Center each day working on school related activities." When you put your head down on the pillow that night, you'll know if you've done it or not. If not, identify and commit to a way to make up the time.
- Communicate your goal with supportive family and friends.
Caring people can help you achieve your goals.
- Put yourself with people and in the place where you are likely to find success.
If studying on your bed has not been effective in the past, then try staying on campus in an environment conducive to learning such as the library or Success Center.
- Reward yourself.
The "When.../Then..." technique can be an effective way to stick with the goal when motivation wanes.
- Just begin!
If you need a break right after school, that's ok; just set a timer and begin school work when the timer rings!

Physical Science Specialist Hired

Increased demands for chemistry, physics, and earth sciences tutoring have resulted in the recent hire of Physical Science Specialist Dean Schwarz who joins the Success Center staff this month. He will be available a mix of day, evening, and weekend hours to tutor students on a walk-in basis. Dean has taught physical science courses at SWIC since 1985 and has been working as a tutor in the Success Center through the Learning Assistance Center for Excellence (LACE) for the last several years. He brings a wealth of knowledge and experience. Along with Dean, there are several peer tutors available for physical and life sciences tutoring.



Science Models

The Success Center houses molecular models for chemistry and 25 biology models/guides for student use. Microscopes and slides for biology 101, 102, 105, 151, 155 and 156 courses are also available for use in the Success Center. Biology and study skills tutors can assist students with memorization strategies for life science courses as well.



What's New?

In the fall 2006, Leslie Wolter was hired as the English Specialist at the E. St. Louis Campus Success Center. She has taught at Southwestern, McKendree, and SIUE for several years. Her prior writing experience and work in a learning center have proven quite valuable for our students. Welcome Leslie!

Focus on Accounting

Tutoring: We've shored up our accounting tutoring coverage! Thanks to several faculty members for their student referrals, we've increased the number of hours available for students needing accounting assistance especially with ACCT 105, 110, and 111.

Workshops: This year, the Success Center will continue to offer hands-on, practical workshops for students in Basic Accounting and Financial Accounting classes. The workshop includes help with various topics as well as using Excel for accounting courses.

Handouts: Practice sheets and handouts provide extra explanation and practice problems.

Isn't Revising, Proofreading, and Editing All the Same?

Thanks to Cheryl Blake for this submission

"Revise, proofread, edit . . . so many terms and so little time. After all, the paper is due in a couple of hours. Just show me the grammar mistakes." If you have heard something like that or even said it yourself, you are not alone.

Somewhere along the line, many of us got the idea that a good essay is one that is error free. Maybe it was that history teacher in 10th grade who bled red ink all over a pretty good paper on the Civil War and marked it a discouraging 'C' based on great content and deficient grammar. Maybe text messaging and slang filled conversations have made you wonder why you should worry about how you express yourself on paper. Your friends understand you and there are Spell-check, Grammar-check, and places like the Success Center to polish those final (actually first, but who's counting) drafts. So why doesn't the tutor just mark the mistakes?

That would be editing, and that is not what the Success Center does. That is what a newspaper editor does when she draws circles and squiggles all over some reporter's article so the copy will be clean for publication. Proofreading might suggest a more in depth procedure in which elements like sentence structure and transitions are considered. What we do here at the Success Center, however, falls into that revision column, if it has to be categorized at all.

First of all, the essay has to say something meaningful to the intended audience. So if paragraph three doesn't fit in with what the rest of the essay is proposing, a tutor will point out the inconsistency and want to discuss how the paragraph could be changed or even eliminated. That is another good reason to work on assignments a little ahead of the due dates. There may be some major revision (change) needed.

Secondarily, if the ideas and content are looking good, then things like grammar can be important for the reader to understand and enjoy your writing. So the tutor could, for instance, emphasize a couple of comma splices while explaining what they are and how to find fix them. Then he may ask you to find another comma splice in the essay and show how you would fix it. Now there's the bad news and the good news. We expect writers to try to recognize their own patterns of errors, their own run-ons, fragment, and confusing of effect and affect. So the tutors do not correct every error. But student writers begin to understand some of the mistakes and can self correct, maybe even eliminate some from their writing.

The goal is to help you help yourself. We work with you to help you become an independent writer.

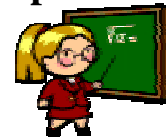
The Success Center Mission

The mission of the Success Centers 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.

New Study Groups and Workshops

Review of Arithmetic (MATH093)

study groups springing up this semester! Every Monday, Tuesday, and Friday at 2 p.m. in Success Center II (1145 IS Building) math specialists will facilitate study groups for math 093 students wanting extra assistance with course content or homework. No registration is required. This is an excellent opportunity for students to connect with fellow math students and work on math in a supportive and helpful environment. Whatever topics the students are working on in the classroom will be the focus of the study groups.



Similarly, every Wednesday at 11 a.m. beginning on Jan. 31, an English specialist will facilitate a **"Writing and Sharing Workshop."**

Students are requested to bring their assignments along to gain helpful strategies for improving their writing skills and help with their writing portfolios. These workshops are primarily geared for writing students in English005 and 006 courses.



Four **"Reading and Sharing Workshops"** intended primarily for Intermediate Reading students (ENG002) and four **"Researching and Writing Workshops"** tailored for any student with a research paper assignment will also be offered in the spring. For complete details, please see a Success Center Workshop Schedule available in the Belleville Campus Success Centers and on our website at www.swic.edu/successcenter.



How to Study Website Updated

The recently updated "How to Study" website hosted by Chemeketa Community College in Florida is nothing short of spectacular! In addition to the traditional links offering help with college survival skills such as organization, listening, motivation, goal setting, study environment, concentration, etc., this site is unique in that it offers help on how to study for specific courses such as, "How to study...How to Write" for accounting, chemistry, business, geography, earth science, etc. There are 28 courses highlighted with specific study and writing strategies for each discipline! It's comprehensive and free. Check it out at www.HowToStudy.org.