

CHRIS CRAWFORD – STUDENT ACHIEVER FOR SEPTEMBER

Chris S. Crawford is our Academic Achiever of the Month for September. Chris is originally from Knoxville, Alabama, where he graduated from Greene County High School. Currently, he is a sophomore majoring in computer science. Along with earning a 3.7 grade point average here at the Capstone, Chris has also devoted much of his time to mentoring and tutoring students at local public schools. Through his work with the Center for Community Based Partnerships (CCBP), Chris has been able to go back home to Greene County, Alabama and serve as a mentor/tutor. Anyone who knows Chris can attest that he loves to speak in front of crowds. Along with speaking at his middle school's graduation, Chris has had the opportunity to speak at multiple scholarship receptions back home. Here at the University, Chris has spoken before the National Steering Committee and at a program featuring U.S. Representative Artur Davis. In addition to these activities, Chris is a member of the National Society of Black Engineers (NSBE) and the Student Advisory Board. Being from the Black Belt, Chris is extremely aware of the challenges that come with transitioning from life in a struggling region to life at a major university. Knowing the troubles that come with this transition, he is trying to find other ways to assist Black Belt students that are currently attending the University.

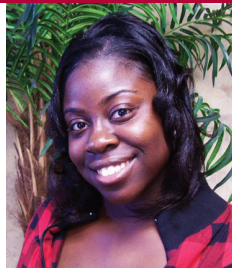


JASMINE BUSH – STUDENT ACHIEVER FOR OCTOBER

We are proud to announce Jasmin Bush, a junior from Montgomery, Alabama, as our October achiever of the month! Jasmin is majoring in Biology with a minor in Psychology, and has the career goal of becoming a doctor. Jasmine started college determined to utilize every opportunity and resource that was offered to her by the University of Alabama. She feels one of UA's greatest resources is Student Support Services. She had heard about SSS before coming here but never knew much about the program until she did some research and decided to fill out an application. Once she was accepted into SSS she said she was "welcomed with open arms from the other members as well as the faculty." SSS has provided her with free tutoring and has also given her the opportunity to help incoming SSS participants by serving as a Peer Mentor. Being a Peer Mentor enables her to share her knowledge and experiences with others, something Jasmine feels is very important.

Jasmine has also taken the initiative to get involved with many different on and off campus organizations. She is currently a Residential Advisor, Peer Mentor, Parent Ambassador, and volunteer for several local elementary schools. She credits her involvement in these various programs for giving her strong leadership skills and introducing her to new people and resources, all of which have proved to be most helpful.

The biggest piece of advice that Jasmine would like to give incoming student is to "seize every opportunity and utilize all the resources that are afforded them. Take advantage of the career guidance at the Career Center or the free tutorials that are offered by the Center for Teaching and Learning. Not only does the Capstone cater to the social growth of its students but it also enables students to succeed in whatever career path they choose to embark upon."



ROBIN'S RHETORIC – WORDS OF WISDOM

After having worked in SSS for just about a year I have noticed some troubling trends with some students that I have encountered. I shared these patterns as messages to the new SSS participants at the Incoming Scholar Seminar and I wanted to convey these with all of SSS.



Beware of unrealistic expectations

Do not try to do too much. This can include taking too many credits, getting over involved in extracurricular activities, partying too much, and just generally trying to do everything. College is normally four years (sometimes more), plenty of time to try different things, just not all at once.

Know when to let go. It's okay to let something go. Everything is not for everybody. I am sure you have heard those phrases before and they are true. Try as you might sometimes you may find yourself in the wrong major, wrong class, dealing with the wrong person, etc. The faster that you realize this, the sooner you will recover and the better off you will be for it.

Listening to advice. A major aspect of being a Counselor in SSS is being an advisor. We have experienced, heard, and seen plenty, therefore the suggestions, recommendations, and advice we have to give is valuable.

Be honest with yourself and be honest with me

I can only go use information that is shared with me during meetings and what I may see on your academic record which leaves a lot of information unknown unless you choose to share it with me. When you fail to mention crucial information or obscure the truth that affects the services that can be provided. By knowing what is vital we can provide optimal support to you.

Be sure to utilize the services at SSS if you feel anything I stated here hits close to home. These are things we have experience with and can be of assistance to resolve.

THE WORLD ACCORDING TO WILSON

CONNECTING THROUGH COMMON COURTESIES

Fall is a busy and exciting time with lots of special events and parties. Most recently Student Support Services kicked off the semester with a very successful and well-attended Incoming Scholars Seminar. During the planning of this important occasion, I realized many in the college age group seem to be unaware of a certain rule of etiquette which involves the term **R.S.V.P.** Because Student Support Services provides and invites their student to many different functions, I thought I'd take this opportunity to explain what R.S.V.P. means. R.S.V.P. is derived from the French expression "Répondez s'il vous plait," which simply means "please respond." Most event invitations will have R.S.V.P. printed somewhere on the invitation. This means you should respond by telling the host **whether or not you plan to attend the event.** Some people mistakenly believe it means to respond only if you're coming, which is incorrect. Likewise, the phrase "**regrets only**" means to respond only if you are not coming. If R.S.V.P. is on an invitation it is usually because the host will need a head count before the event so they will know how much food to prepare, materials to have on hand, etc. Planning an event is very complicated and when you are trying to serve food, or perhaps you just need to know how many seats to have on hand, a precise head count is very important. It can be easy to ignore invitations but I've learned over the years to respond as soon as I receive them. That way I can toss them in the trash if I'm unable to attend or I will put them on my fridge as a reminder if I plan to go. Student Support Services always appreciates our students giving timely replies to any invitations we may extend!



The Student Supporter



A unit of the Center for
Teaching and Learning

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Upcoming Dates to Remember

- September 8 SAB Meeting
- September 14 SAB Meeting
- September 17 Graduate School Preview Day, Ferguson Theatre, 3pm
- September 22 *Compañeras*- Cultural Event, Ferguson Theatre, 4pm
- September 23 General Interest Career Fair, Bryant Conference Center
- September 25 Strategy Session Deadline
- September 28 SAB Meeting
- October 8, 9 Mid-Semester Study Break (Classes Dismissed)
- October 12 SAB Meeting
- October 13 Dance Alabama! Morgan Auditorium, 7:30 p.m.
- October 15 Unhealthy Relationships Workshop, 230 Osband, 12:00pm
- October 26 SAB Meeting
- October 28 Last day to drop a course with a grade of "W"

2009 INCOMING SCHOLARS SEMINAR

On August 18, 2009, Student Support Services hosted the Incoming Scholars Seminar for all new participants in the program. An outstanding group of new students joined our program, and we are proud to announce the highest attendance record in recent years!

Our very own Vice President of Student Affairs, Dr. Mark Nelson, started off the event with an inspiring speech about what it means to be a scholar. He encouraged the new class to be proud to call themselves scholars and to begin their first year at the University of Alabama living up to that name.

Wendy Cogburn, SSS Manager, gave an overview of the SSS programs and detailed our numerous services that make the transition less difficult—free counseling and tutoring, courses in College Success, College Writing, and Intermediate Algebra at no charge, and that's only the beginning. Each of the new SSS students then stood to introduce themselves to all the people around them who will be their support system for the next four years.

Among the participants in the Seminar were those students in the fourth cohort of Coca Cola First-Generation Scholars. We are pleased to announce that Student Support Services continues to be the primary infrastructure on the UA campus for providing academic support to the Coca Cola Scholars—those students who are recipients of the Coca Cola Foundation's First Generation Scholarship Program at the Capstone.

The Seminar concluded with barbeque and desserts and a tour of the Center for Teaching and Learning and the SSS offices in Osband Hall.

Summer 2009 SSS Graduates

Student Support Services proudly announces the following students as degree recipients at the August 2009 graduation:



Sarah Halliday
Sabrina Jones
Zenobia Marshall
Tiffany Spencer
Ashley Terrell
Antionette Williams

ACADEMIC STARS FOR SUMMER 2009

We are proud to announce the outstanding academic achievements of the following students for the 2009 summer semester:

Cumulative UA GPA of 4.0

XueZhi Chen
Candice Mock
Jacquelynn Parks
Zachari Swiecki



Cumulative UA GPA of 3.0 or Above

Karis Browder	Kristy Dubose	Charles Myers
Elizabeth Brown	Brian Johnson	Nilam Patel
Christina Bryant	Sabrina Jones	Latrisa Pugh
Jasmin Bush	Joshua Clay Maddox	Tiffany Spencer
Alesha Cannon	Cory Michael	Corey Whaley
Matthew Clem	Amber Miles	Belinda White
Chris Crawford	Jamia Moore	Calvin Williams

RANDY BEAVERS - A CAPITAL INTERN

I am in the Joint Program in Survey Methodology (JPSM) Junior Fellow Program that allows me to intern at a federal statistical agency and participate in other sponsored activities. My paid internship is with the Department of Justice Bureau of Justice Statistics (BJS) near Chinatown in Washington, D.C. I am a statistical clerk in the corrections unit. As part of my job, I get to participate in field visits with JPSM and the Office of Justice Programs (OJP).



Within the corrections unit I have worked on various tasks, which include reviewing surveys, validating data, creating trend tables, entering data, developing a contact list for non-response items, and calling respondents for clarification. I have worked on various surveys, including Deaths in Custody of National Prisoner Statistics. One of the projects I completed involved gathering data for trend tables for the race and gender of prisoners from 1977 to present. These tables should be made available to the public on the BJS website in the fall. I was also given responsibility to co-author a rough draft for the HIV in Prisons report that will be published online in the fall.

D.C. is a wonderful place to stay during the summer. Since this is my first time to ever visit the nation's capital, I have been going on various tourist attractions during the weekends. I have been to several Smithsonian Museums, Arlington Cemetery, the Lincoln Memorial, the Washington Monument, and the National Barbecue Festival. There are plenty of churches to choose from too. Most of the attractions here are free, and those that are not are relatively cheap.

Although I discovered that this is not the career path for me, I have learned through this experience that the federal government is a wonderful place to work. The benefits are great, and the work is truly rewarding to the general welfare of the public. It has provided me with contacts that will be instrumental in helping me achieve further success in my career.

A co-op or an internship is absolutely crucial during your time in college. It has benefits that will reap rewards later on during your career. I suggest searching online for internships and getting assistance from the career center. I am more than willing to answer any questions for those who are interested in this internship program or have further questions. I can be contacted by e-mail at rebeavers@bama.ua.edu.

WELCOME TO OUR NEW ACADEMIC COORDINATOR!

Student Support Services is very excited to welcome Stacy Panitch to the SSS family as the new Academic Coordinator. Stacy first came to Tuscaloosa as a graduate student in 2003 and began her work in Student Affairs as the Education Coordinator of the Women's Resource Center shortly after receiving her masters. Stacy says she is thrilled about this new opportunity as her passion is to teaching and helping students achieve their ultimate goals. "I'm so excited to meet all the SSS students and help see them through toward a successful graduation and beyond!"



Stacy has also been known to pick up her acting shoes and head to the theatre once or twice a year. She has been seen in many UA and Theatre Tuscaloosa shows and has even yelled "Roll Tide!" after taking a bow on an Off-Broadway stage in New York City.

Stacy wants to encourage all SSS students to swing by her office. "Please don't ever hesitate to come to me with questions, a tutoring form, or just to chat."

SCHEDULE YOUR STRATEGY SESSION!

The deadline to complete all Strategy Sessions is September 25!

Contact your counselor **NOW** to book your Strategy Session. Meeting early with your counselor will help you make the best plans possible for academic success in the fall. Call Kathy Wilson at 205 348-6099, e-mail kwilson@ctl.ua.edu or Robin Griffin at 205 348-5376, e-mail ragriffin1@ctl.ua.edu.

Failure to meet this strict deadline of September 25 will result in an "administrative hold" being placed on your record and will disable your registration capability for the upcoming semester. Your ability to have official transcripts sent to other schools or potential employers will also be denied.

Most of all, you owe it to yourself to take advantage of all the services we offer you in SSS, so get in touch with your counselor and begin making plans for the 2009/2010 academic year NOW!

SSS FERGUSON OFFICE

In order to provide you with alternatives to meeting with your counselor in Osband Hall, SSS has a branch office in the Ferguson Center. We are located between the entrance to the Supe Store and the Post Office, right at the bottom of the stairs in Room 114.

We have Internet access at this location, so it can be the ideal spot for your strategy session, discussing progress reports, submitting the FAFSA, and virtually any of the other services we provide in Osband Hall.

Ferguson Office Hours:
Monday, 1-4:45 (Kathy Wilson)
Wednesday, 1:00pm- 4:45pm (Robin Griffin)

Stop by our Ferguson Office and visit!

FALL WORKSHOPS SCHEDULED

Healthy Relationships Workshop—Come join guest panelists Kathy Echols and Jennifer Turner in a lively discussion on what makes a relationship healthy vs. unhealthy and what you can do to make sure you're in a good one!



Study Abroad Workshop—Come find out about opportunities to study in England, China or many other amazing destinations. Don't miss this exciting chance to learn about different programs and how you can get involved with Study Abroad!



During the first week of December, the FAFSA Preparation Workshop will be held—watch for announcement on time and place.

October 15th, 230 Osband Hall, 12:00-1:00 p.m.
— Healthy Relationships Panel Discussion

October 29th, 230 Osband Hall, 1:00-2:00 p.m. — Study Abroad Workshop

December — Financial Aid Workshop (FAFSA preparation)—time and place TBA.



ARE YOU PLANNING TO GRADUATE IN DECEMBER 2009?

IF SO, CONTACT YOUR DIVISIONAL DEAN'S OFFICE (A&S, CBA, NURSING, ETC.) IMMEDIATELY TO OBTAIN THE APPLICATION FOR DEGREE.

YOU MUST COMPLETE AND FILE THE DEGREE APPLICATION NOW FOR DECEMBER GRADUATION.



THINGS TO REMEMBER ABOUT YOUR STUDENT LOAN

1. Federal student loans are real loans, just like car loans or mortgage loans.

2. Your student loans belong to you, you HAVE to pay them back.

3. You must repay the loans even if you don't like the education you received or can't find employment after graduation.

4. Your student loan balance and status will be reported to national credit bureaus on a regular basis. Responsible loan repayment leads to good credit ratings, just as failing to repay responsibly damages your rating.

5. There are repayment options available to assist you if you're having trouble making payments.

For more information on student loans, visit the National Student Loan Data System at <http://www.nslds.ed.gov>. At this site you can make inquiries about your Title IV loans and/or Pell grants, find your loan and/or grant amounts, outstanding balances, loan statuses, and disbursements.



Upcoming Arts and Entertainment Events



September 22nd
— *Compañeras*
(movie), 4:00 p.m.
Ferguson Theatre

October 13th —
Dance Alabama!
(dance performance),
7:30 p.m. Morgan
Auditorium



November 6th — Fall
Spectrum Showcase
Concert (music performance), 7:30 p.m.
Moody Music

THE SAB KICKS OFF A NEW YEAR!

The Student Advisory Board is excited about the new school year and is full of energy and new ideas. Members gathered the day before classes began for a leadership retreat. The retreat was extremely productive with team building and leadership activities, selection of the executive board, and brainstorming of plans for the year. The new SAB officers for the 2009 fall semester are as follows:

President: Diana Moorner
Vice President: Latrisa Pugh
Secretary: Meisha Oliver
Assistant Secretary: Randy Beavers
Treasurer: Corey Whaley

You will definitely see more of SAB and many ideas that they will put in to action, which include community service opportunities, planning a welcome mixer and a UA vs. Virginia Tech game watch, and organizing a matching program for freshmen with upperclassmen.

Meetings began on Monday, August 31 at 11 am and 6 pm and will be held biweekly on Mondays at those times in 230 Osband Hall. If you have any questions/suggestions or would like more information about SAB please contact Robin A. Griffin, SAB Advisor, at (205) 348-5376 or ragriffin@ctl.ua.edu