

# Student Support Services Newsletter

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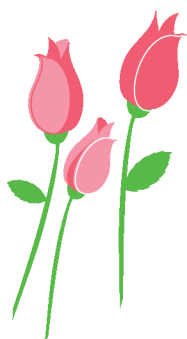
STUDENT SUPPORT SERVICES  
A Federally Funded Program

### Student Support Services Staff:

- Mary Shuman, MS.Ed., L.P.C., N.C.C.—  
Personal/Career Counselor
- Jill Straub, M.A.—Reading/  
Study Skills/ESL Specialist
- Beth Shelley, M.A.—  
Writing Skills Specialist
- Kathy Gromilovitz, M.E.A.—  
Mathematics Skills Specialist
- June Stevenson—  
Administrative Assistant

### SSS Office Hours:

Monday	7:30 am - 6:00 pm
Tuesday	7:30 am - 6:00 pm
Wednesday	7:30 am - 4:30 pm
Thursday	7:30 am - 6:00 pm
Friday	7:30 am - 4:00 pm



## FAFSA Due Date: March 1st

The Free Application for Federal Student Aid (FAFSA) for Michigan is due **March 1, 2009** for the 2009-10 academic year. According to Dave Steffee, Aquinas Financial Aid Director, "filing the FAFSA by March 1st insures you will receive the maximum (optimal) amount of aid you are entitled to."

You may file online at <http://www.fafsa.ed.gov/>. Printable worksheets are available on this site for use in gathering all the required information you will need for filing online.

Student Support Services will hold a FAFSA / Scholarship Information Session on Monday, February 23 at

12:00 in the Loutit Room of the Wege Student Center. Bring your lunch and get answers and ideas about funding your college education.



## Academic & Learning Services



Student Support Services has joined with the Academic Achievement Center to become Academic & Learning Services under Director Sarah Cox. This reorganization is designed to better meet the academic requirements of all students. Under this

new organization all students can come to Academic & Learning Services and be directed to the service or skills specialist that best meets their specific need. Services include one-on-one appointments with academic skills specialists for help with time management, reading, writing, various other study skills and personal and career counseling. Disability services,

peer mentoring, and peer tutoring are also available. Currently housed in two separate locations, SSS and AAC will be sharing the same office space in the near future. Please come visit us and let us help you with your academic needs!

Student Support Services participants will see no change in services you are currently using.

## AQ SSS Participant wins MI-MAEOPP Study Abroad Scholarship

Congratulations to AQ SSS participant, Hannah Herington, one of only two winners of the Michigan MAEOPP Study Abroad Scholarship!

Hannah is currently studying in Costa Rica with the Aquinas International Study Program.

An Awards Banquet was held on Saturday, February 21st honoring all the 2009 MI-MAEOPP scholarship winners.



## SSS Cultural Trips Planned



Student Support Services and the Diversity Initiatives Office will be co-hosting two cultural trips after Spring Break. The first trip will occur on **March 25th**, and we will be going to see the traveling exhibit, "**Them**" at Fountain Street Church. The exhibit displays

an inclusive collection of propaganda that has infiltrated our society against various minority groups.

The second cultural event is scheduled for **April 8th**, and we will be visiting the "**Jim Crow**" Museum at Ferris State University in Big Rapids, Michigan. This museum houses anti-racial propaganda that has been a

part of American history for more than 150 years.

For more information about either exhibit, please see <http://www.ferris.edu/jimcrow/>.

Please watch your e-mail for further information on these two trips.

## National Eating Disorder Awareness Week February 22-28

### Five Steps to Positive Body Image:

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
3. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
4. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
5. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.

From: [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

For more information and 5 more steps to Positive Body Image go to <http://www.nationaleatingdisorders.org/information-resources/general-information.php>

## Stress-Busters: What Works

"Living a stress-free life is not a reasonable goal. The goal is to deal with stress actively and effectively."

**One approach is to emulate people who are naturally resistant to stress. By studying them, researchers have discovered that they share distinctive habits of mind.**

Stress-resistant people also tend to share an optimistic "explanatory style."

They assume their troubles are temporary ("I'm tired today") rather than permanent ("I'm washed up") and specific ("I have a bad habit") rather than universal ("I'm a bad person")

They credit themselves when things go right, while externalizing their failures ("That was a tough audience," not "I gave a pitiful speech").

**At the University of Massachusetts' Center for Mindfulness in Medicine, Healthcare and Society, specialists teach people to manage stress through meditation and relaxation.**

Participants in the center's stress program concentrate on breathing to quell the mind's restless forays in the past and future.

Then they lie down and "scan" their bodies, relaxing one muscle at a time.

**Massage is another proven antidote to stress.**

**If massage and mediation are too tame for your tastes, exercise may be your medicine. Exercise is known to increase the body's production of morphine-like endorphins, while improving the brain's oxygen**

**supply and releasing tension from the muscles.**

There are many other options, from prayer to music therapy. Do what works for you. And whether you go to confession, join a support group, or start a diary, find a way to talk about your feelings.

How can such different exercises have such similar benefits? The key, experts agree, is that they combat feelings of helplessness.

From: © Academic Skills Center, Dartmouth College 2001

**Contact Student Support Services Specialists for further information.**

