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Horizons

SEPTEMBER 2011

Welcome Back Students!

Welcome back! We, at SSS, hope you have had a relaxing and productive summer and are ready for the Fall 2011 semester.

It is time to REACTIVATE for SSS services, which you can do by:

- Filling out the SSS Reactivation Form and SSS Student Self Assessment Form on our website:

www.potsdam.edu/support/sss

- **Or**, stopping by the SSS

office at 119 Sisson Hall to fill out an SSS Reactivation Form and SSS Student Needs Survey.

- You also need to set up an appointment to meet with a staff member to discuss your need for SSS services. Please call our office at 267-2347 to schedule an appointment.



Tips to Kick Off a Great Semester

Whether you are a first time college student, or a returning student, making smart study choices now can be the key to a successful semester. Keep these things in mind as you kick off the fall 2011 semester:

- Go to class! If you need to drop or add a course, see your professor to clarify and also check in with SSS staff for advice if necessary.
- Read your syllabus carefully for each course, and note all due dates on your semester calendar. Print your syllabus and keep it with your notebook for that course for easy referencing throughout the semester.
- Make sure you have all books/materials for your classes.
- Read the assigned material before attending a lecture, and review your notes after attending lecture (within 24 hours).
- Get to know your professors' names, contact information, and office hours!

**SUNY
Potsdam's
Add/Drop
period
lasts for
the first
week of
classes,
Monday
August
29th–
Friday
September
2nd. Stop
by to see
an SSS
Staff
member if
you need
some
advice!**

Check us out on
FACEBOOK!
Student Support
Services at SUNY
Potsdam.

Why Emotional Intelligence is Important to a College Student

When you graduate college and find a job you can not totally rely on your academics to bring you success. You may graduate in the top of your class and still lack the emotional skills needed to be successful in your career.

Simply put, emotional intelligence is the measure of ones ability to understand and deal with their own emotions, the emotions of others and how to properly act on those emotions.

For years the current generation has been criticized as being self-absorbed, emotionally lacking and narcissistic. They attached a label, “Generation Me” (good read) to signify the perception that with this generation the needs of the individual come first before anything else.

The problem is these traits do not fit into the workplace very well. When you look at the skills and traits desired by employers in the survey you see that most are not centered around the individual, but ones ability to work with a team and as an employee to meet the needs of the company.

Emotional Intelligence 101

Developing your emotional intelligence requires time. Most of all it requires a serious examination of your emotional behavior, how you interact with others and recognizing areas you need to improve in.

Some key areas to examine and develop include:

- **Emotional Self-Control** – Learn your emotional triggers and methods to control them.
- **Acceptance of Criticism** – It will come and can leave you emotionally charged.
- **Teamwork and Collaboration** – You must get along with and work well with others, even if you don't like them.
- **Communications** – Communicate clearly and be specific, without emotional interjection.
- **Empathy** – Understand and accept that the emotions of others are just as important as yours.
- **Resolve Conflict Positively** – Conflict will occur and an emotional response makes it worse.
- **Build Positive Relationships** – With your co-workers, your boss and the people in your life.
- **Learn Body Language** – You communicate with your body language and so do others. Learn what is important to do, not to do and how to read it.
- **Learn To Deal With Stress** – As a college student you already know about stress. Stress can take a physical and emotional toll. Learn ways to cope with it, overcome it and use it to your advantage.

Cognitive ability is the most important factor in determining your success in the workplace. Emotional intelligence is a very close second. Don't sabotage your career because you can not manage your emotions or the emotions of others.

(Read article in its entirety at: <http://uncc49er.com/995/why-you-need-emotional-intelligence/>)

SSS Peer Tutoring

What is Peer Tutoring? The purpose of tutoring is to help students help themselves, or to assist or guide them to the point at which they become an independent learner, and thus no longer need a tutor. Tutoring can offer a more individualized, systematic, structured learning experience and provide intensive practice for students who need it. SSS offers individual and small group tutoring to our participants in a wide variety of courses.

Please request tutors early. There are two ways to request a tutor:

Online form: www.potsdam.edu/support/sss

Paper form: 119 Sisson Hall

Spotlight on Financial Literacy: Budgeting

(from CashCourse.org/sunypotsdam)

Needing a Budget

Defining your personal budget can lend structure to your spending habits. It is a way of organizing your use of money by thinking in terms of spending categories and setting priorities. A budget establishes boundaries that you can observe to pace your spending—and it helps you recognize spending limits before you exceed them.

Budgeting as guidance

Thinking of finances in categories helps you discipline yourself in those moments when you are tempted to choose between something you need and something you merely want. Just as a blueprint guides the building of a house, a personal budget acts as a guidance system to steer you away from costly impulses and money-burning behaviors.

Creating a budget while in college can help you:

- ✦ Meet personal goals such as studying abroad
- ✦ Remain better prepared for emergencies
- ✦ Stay out of debt
- ✦ Keep accurate and up-to-date records
- ✦ Prepare to begin thinking about longer-term financial planning

Learn how to create a budget and then try the CashCourse Interactive Budget Wizard that you can access in the header of the website. After creating your budget in the Budget Wizard, you can logon to access and edit your budget any time.



**Student
Support
Services**

**@ SUNY Potsdam
119 Sisson Hall
315-267-2347**

SSS Staff

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Student Support Services (SSS) is a federally funded program which serves 200 eligible students throughout the year. The goal of the program is to provide the academic support necessary to help students remain in school and reach graduation.

Students are selected to participate in the SSS program based on the students' request for assistance and federal eligibility. Students may stop by 119 Sisson Hall to fill out a short application.

SSS participants must have a need for academic support. They must be U.S. citizens and accepted for college enrollment. Participants must also meet one or more of the following criteria:

- Be a first generation college student, i.e. neither parent has a four year college degree
- Fall within income limit set by the US Department of Education and verified by the SSS office
- Have a documented physical and/or learning disability

August/September Calendar of Events

Monday, August 29	First Day of Classes
Friday, September 2	Last Day to Add/Drop Classes
Saturday, September 3	First Saturday Village of Potsdam, 12—5pm
Wednesday, September 7	Student Organization & Involvement Fair Union Lobby, 11am—2pm
Friday, September 16— Saturday, September 17	Family Weekend
Monday, September 19	Graduate School Fair Union MPR, 4—7pm