



SSP NEWS

A newsletter of the TRiO Student Success Program

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December 2006



WESTERN MICHIGAN UNIVERSITY

CONGRATULATIONS FALL 2006 GRADUATES!

Panther Duot
Brandy Hare
Andrea Herron
Josalyn Kiplinger
Nicole Nardone
Nicholas Oudsema

Danielle Richard
Heather Santos
Chelsea Standish
Samantha Todd
Joseph White
Latoyia Russell



"Go confidently in the direction of your dreams. Live the life you have imagined."
~Henry David Thoreau

**Spring
Classes
start
Monday,
January 8
at 8 am.**

**See you
then!**



WANTED: UPDATED ADDRESSES!

Please remember to update your local address so we can get important information to you. Make updates on GOWMU and email Carol at carolreid@wmich.edu to let us know your current local address.



Inside this issue:

SSP Honor Roll	2
Adjusting to life at home	2
Current events	3
Need help?	3
Spring 2007 dates	3
Contact information	4

Congratulations!

SSP HONOR ROLL

*These students earned
a 3.5 or above
semester GPA*

Marguerite Arthur	Megan Gillette	Tasha Martin	Joe Van
Eric Attard	Elizabeth Grady	Kelly Monteleone	Holly Vinson
Meghan Bankhead	Emily Harrigan	Nicole Nardone	Ashlee Waier
Stefanie Bogden	Keith Herman	Minh-Tam Nguyen	Trista Wallace
Maranda Byrd	Andrea Herron	Rebecca Paxson	Melissa Warner
Rachel Carlson	Alica Isom	Rochelle Pernak	Tamara Warren
Patrick Chouinard	Alexandra Kaiser	Danielle Richard	Danyell Warrens
Latrese Coleman	Tiffany Keomanikhoth	Benjamin Saint Louis	Jennifer Weenum
William Crookston	Jacquelyn Kerby	Jessica Sebright	Melody Welton
Katie Crookston	Josalyn Kiplinger	Cameron Shields	Armando West
Nicole Czenkus	Shara Kostinko	Victoria Silveus	Brent White
Sara Dejong	Derek Krause	Jennifer Smith	Steven Wilson
Heather Dolan	Linda Lambarth	Chelsea Standish	Nichole Wisinski
Kim Ewell	David Ludeke	Michelle Szakal	Shannon Wright
Casey Frueh	Meghan Macdonald	Tyler Tafelsky	
Luz Gaytan	Andrew Marshall	Samantha Todd	



Making The Transition Back Home

Coming home for break may take some adjustment, especially after students have been on their own for a while.

Here are some tips that will make the holidays a time for relaxation and fun!

Source: Letting Go: A Parent's Guide to Understanding the College Years by Karen Levin Coburn

PARENTS

1. **Discuss what the house rules** have been in the past and how they could be changed now that the student has been living away from home for a number of months.
2. **Refrain from doing everything for your student.** It's easy to fall back on old habits when your student returns home. Intentions, of course, are to provide help, but doing so can sometimes inhibit the your student's independence.
3. **Remember,** your student did not have to check in with anyone at school, so they may need some helpful reminders that they will have to do so at home.
4. **Conversations between parents and students are essential and can be extremely rewarding.** Break is an opportunity for students to reflect on the semester— on ways they have changed, on what they have learned and on how their goals are evolving.
5. **Plan ahead.** Parents, think about the needs of your students as they seek a break from a stressful semester of academic work.

STUDENTS

1. **Let your parents know what your holiday plans** are before you arrive at home.
2. **Have some empathy for the needs of your parents,** Especially that they want to spend time with you. Make sure your plans include your family in some way.
3. **Respect** your parents' rules; realize you are living under their roof and need to adjust accordingly.
4. **Clean up!** You are not living in your own place anymore. Try to keep your parent's house looking as it did before you moved back.
5. **Help out!** "Would you like some help?" It goes a long way... trust me! Especially around the holidays when parents seem to have the most to do. They will really appreciate your efforts.
6. **Talk to them.** They want to know what you did while you were at school as much as you want to know what you missed while away. They will see you as an adult if you talk to them as one.

"Freshman year may be their first glimpse of freedom. They wonder if it is possible to go home and still maintain their newfound independence. They are proud of that independence and aren't used to being asked where they are going and when they plan on returning." Karen Coburn



Upcoming Events

Martin Luther King Day, Jan 15, no classes

MLK Celebration, Jan 14-24, visit www.wmich.edu/mlk/events.html for more information

Practice Interview day, Jan 26, Ellsworth Hall

The Temptations, Jan 27, 8 PM, Miller Auditorium

Career Fair, Feb 1, Bernhard Center

Hairspray, Feb 13-16, Miller Auditorium

Special Olympics, March 24, SSP volunteers needed

SSP Etiquette Dinner*

International Festival with SSP*

Relay for Life with SSP*

* Watch for confirmed dates and times



Not happy with your grades this fall?

We'll be available after Thursday, January 4th
to help you plan for a better spring semester.

Please call or email Laura, Rich or Charlotte to schedule an appointment.

SPRING 2007 DATES

Jan 8, Spring 07 classes begin at 8 am

Jan 12, last day to add a class for Spring 2007

Jan 15, MLK Day, no classes

Jan 17, late add fee begins

Jan 18, last day to receive 90% tuition refund for a complete withdrawal



For more information, visit www.wmich.edu/registrar

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UNIV 1020

Students who have a clear idea of why they are in college and how their curriculum will connect to future careers tend to get better grades and graduate more quickly. The *UNIV 1020: Career Exploration and Development* class, offered by SSP in Spring 2007, will help students make that connection.

The course starts by introducing students to the Career Guidance Inventory, a tool that considers an individual's personality, interests, and values in the context of career and major exploration.



Students will have the opportunity to utilize internet resources, informational interviewing and/or job shadowing to explore career possibilities, to develop an electronic portfolio, and to research a career related summer job, internship, or volunteer experience.

Students will also develop effective career focused resources with Writing Center Consultants and TRiO SSP Peer Mentors who work to create a truly unique and meaningful experience.

To enroll for Spring 2007, contact charlotte.giscombe@wmich.edu