TRiO STUDENT SUPPORT SERVICES

EXCEL

Volume 22, Issue 4 Student Support Services at Mineral Area College Apr. - May 2019

Seventeen EXCEL Students Accepted Into MAC's 2019-2020 Nursing Programs

The Allied Health Department at Mineral Area College has recently released the names of students who were accepted for the Fall 2019 semester. Seventeen EXCEL students will be among those participating: Six were accepted into the Practical Nursing (PN) program (Kayla Avalos, Carol Blackwell, McKenzie McGee, Heather Watson, Jayla Wilson, and Jessica Wurst); three were accepted in the freshman ADN class (Nathan Geisner,

See "Nursing Programs 2019 - 20" on page 4

Bernadine "Bernie" Ratliff Scholarship Winners!

Fall 2018: Grace Bachler and Makenzie Borchers

Spring 2019: Patrica Jones and Jayla Wilson

These scholarships are funded by Mineral Area College specifically to recognize EXCEL students who are persisting toward a degree and are active participants in EXCEL activities and services.

MAC awards four $500 scholarships to EXCEL students annually, two each fall and two each spring. The scholarship application and information for the Fall 2019 scholarships will be posted on EXCEL's web page and disseminated via email at the beginning of the Fall 2019 semester. The scholarship application and information for the Spring 2020 scholarships will be posted on EXCEL's web page and disseminated via email at the beginning of the Spring 2020 semester.

Be on the lookout for this information and be sure to apply, provided you meet the requirements.

Coming Events

May 2-3 Open House 11:00 am, EXCEL Study Lab, AS C2

May 11 Commencement 10:30 am, Field House

May 23 Spring '19 Final Grades available in MyMAC

May 27 Memorial Day Holiday - No classes, offices closed

May 28 Summer textbook sales begin in bookstore

Jun. 3 Summer Semester Begins

Jun. 7 Graduation Applications due

Jul. 4-6 Independence Day - no classes/campus closed

Jul. 8 Last day to drop 6 wk class and receive "W"

Jul. 9 Mid-term grades available on the Web

Jul. 16 Last day to drop 8 wk class and receive "W"

Jul. 29 8-week term ends

Aug. 1 Summer semester grades available on the web

Aug. 19 Fall Semester Begins

Test Anxiety

By Rachel Neumeier

We hear all the time about test anxiety and math anxiety. “I’m fine with the class,” says Everystudent. “Except for those tests! I see a test and I just go blank! I have test anxiety.”

And maybe you do. That could be true. Every now and then we see a student who definitely suffers from Real Test Anxiety.

On the other hand, a lot of students have False Test Anxiety.

This is the kind of problem that occurs when you feel, in the back of your mind, that you are not prepared for the test. You may tell yourself you’re fine, but really you know that you haven’t actually learned the material. Of course this makes you anxious! Any rational person would be anxious about that! But that is not real test anxiety. With REAL Test Anxiety, you do know the material. But even so, you go blank on the tests.

There’s even a problem that’s halfway in between Real Test Anxiety and False Test Anxiety. Let’s call it Just Fooling Yourself Test Anxiety.

With Just Fooling Yourself Test Anxiety, you have some reasons to think that you know the material, but you are wrong.

When the teacher did the math problems on the board, you had no trouble following along and understanding. Or when you see key terms from your history or psychology class, they look familiar to you – you remember having seen those terms before and you remember understanding them when the instructor explained them.

But you mistake that *feeling of familiarity* for an ability to *recall information from your own head.* When you were doing problems in My Math Lab, you used “similar problem” and guessing to get through the homework. For other classes, you don’t actually remember what most of the terms mean; you couldn’t define or explain them to yourself or to anyone else, not unless you looked at your notes.

In either case, when you tell yourself you are ready for the test, you are actually just fooling yourself.

Here is how to tell which kind of Test Anxiety you are actually experiencing:

1) Are you in a math class? Open up My Math Lab. On a blank sheet of paper, write down question five from each section of the chapter. Better yet, get a “similar question” for each question five for each section and write those down.

Close My Math Lab. Put away your notes. Put away your calculator. Wait an hour or two. Then sit down and solve all the problems without help of any kind.

2) Are you in (almost) any class other than a math class? Flip open your book. On a blank sheet of paper write down every fifth bold-faced term or key word from the chapter. Leave space to write explanations and definitions.

Whenever you come to a chapter heading like Duties of the Executive Branch or Piaget’s Four Stages of Cognitive Development or Characteristics of Sedimentary Rocks, write down a question like this: What are the duties of the Executive Branch? What are Piaget’s four stages of cognitive development? What are five characteristics of sedimentary rocks?

You want at least 20 terms, but more is fine.

Close your book or notes. Put everything away. Wait an hour or two. Then sit down and write down explanations or definitions for all the terms. Everything you write down should be in your own words, in plain English and complete. For example, you would name the four stages of cognitive development, but then you would also describe each

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EXCEL/SSS Web Page

From www.MineralArea.edu, click on ***Current Students***, then ***TRiO Programs***, then ***TRIO Student Support Services***. We have information about EXCEL advisory and tutoring services and links including:

- Economic Literacy www.Cashcourse.org
- First Generation Students
- Newsletter
- Supplemental Grant Aid Application
- Scholarship Memo & Application

The Tutor's Corner

By Rachel Neumeier

TWO WEEKS TILL FINALS!

And how are you doing in your classes?

If you don't actually know, then this your last chance to find out! Ask your teachers what your current grade is in each class, ask a tutor to help you figure this out, or calculate your grades yourself. If you add up all the points you've gotten for all assignments and all tests and then divide by the total number of all points possible, you will find out how you are really doing.

Sometimes we have students come to EXCEL with a general impression that they're doing fine in a class even when it isn't true. What if you have As on all the homework, As and Bs on the quizzes, and perfect attendance – but an F on your first test and a low C on the second? You probably are not "doing fine" in this class, even if there have been a lot of quizzes. Quizzes and homework rarely count for that much, and attendance by itself will almost never allow you to pass a course. Given the above scenario, you are quite possibly earning a D.

If you're in a math class, then your homework counts for 20% of your grade. That means the tests count for 80% – so test grades are much more important than homework grades. If you are earning Fs and Ds on the tests, probably your overall grade is a D even if you are getting 100s on all the MML homework.

If you're in ANY doubt at all whether you're doing okay, this is the time to figure out where you stand. It's much better to find out for sure how you're doing right now than to wait and see.

Maybe you'll find out, or maybe you already know, that you're not doing as well in your classes as you'd hoped. At this point in the semester, this is probably the last chance you'll have to effectively help yourself do better. Waiting until finals week probably won't do. Instead, you might want to think about trying some intensive tutoring between now and the end of the semester.

An EXCEL tutor can't wave a magic wand and create a better grade for you. But a tutor may be able to review your study habits and suggest different methods if what you're doing now isn't working, or clear up points of confusion if you don't understand some of the material, or help you with the rough drafts of your papers or speeches.

But to take full advantage of EXCEL services, it's important to come in while there's still time for tutoring to make a difference! So find out this week exactly where you stand in all your classes, and then if you aren't comfortable with how you're doing in one or more of them – make an appointment promptly. Then you'll be giving yourself the best possible chance to succeed!

Taking Math in Fall 2019?

By Rachel Neumeier

If you're planning to take a math class during the Fall 2019 semester, you probably already know about the complete re-design of the math curriculum.

The most important thing to know about these new classes is: **You must talk to an advisor before signing up for math classes.**

I mean, you don't HAVE to. It is *possible* to just sign up for whatever you want on your own. The computerized registration system will probably allow you to do that. But I'm here to tell you, that is a *terrible* idea for these classes. The class names don't tell you what's in the class, and certainly don't offer any hints about which one is required for your particular degree and career path. You do NOT want to take the wrong class and then have to take a different math class the next semester! You definitely DO want to make sure you take the right math class the first time.

I'm going to provide a brief summary of the new math classes here, but PLEASE do not take this as the only guide you need to sign up for a math class. Drop by

See "Taking Math" on page 4

Nursing Programs 2019-20

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Hannah Hammon, and Kayla Heifner) and eight EXCEL students will be continuing in their second year of the Associates Degree in Nursing (ADN) program (Amy Courtney, Chelsea Crafton, Kerra Dreher, Tabetha Harris-Risenhoover, Azora Hulsey, Shayla Romero, Paula Simmers, and Shay Starz).

Admission to the MAC Nursing Program is always a very competitive process. According to Allied Health Administrative Assistant, Amy Matz, this year was no exception. For the 2019-20 nursing selection, there were a total of 172 eligible applications including 81 applications to the Associate Degree in Nursing Program and 38 applications to the Advanced Placement (LPN to RN) Program. Of those applicants, 37 were accepted into the ADN Freshman class; 33 applicants were accepted into the Practical Nursing Program; and 18 Advanced Placement applicants will be joining the 31 current ADN Freshmen articulating into the ADN Sophomore class.

Nursing students have been well represented among the EXCEL participants since EXCEL's inception in 1997. Since that time EXCEL has served over 2900 first generation and/or low income students as well as students with disabilities. EXCEL provides tutoring, advising, and social support for its eligible students.

EXCEL/SSS MISSION

To provide the support necessary for each EXCEL/SSS student to reach his/her own level of academic excellence and succeed in achieving a postsecondary education.

Taking Math

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and talk to Matt or Rodney in the EXCEL Office, or see your individual advisor, but definitely make sure you run your plans for math by *someone*.

Now, here are the math classes and a very basic description of each:

Fundamentals of Mathematics – basic arithmetic, some algebra, some geometry, and some statistics.

Statistics – the course covers introductory statistics and is required for students going into specific fields, including Social Work but also half a dozen other fields. (This is why you need to talk to an advisor!)

Applications of College Math – this course covers set theory, formal logic, proportions and conversions, a little algebra, and personal finance. It is required for students headed for the Nursing Program or other programs that require Introductory Chemistry.

Quantitative Reasoning – this course covers set theory, formal logic, permutations and combinations, probability, and personal finance. If you're not going into Nursing or specific other fields, you take this class – *Talk To An Advisor* to find out for sure.

You may be able to choose one of the two above classes – *they are not the same*. Talk to Rachel.

CO-REQ CLASSES – if your placement scores are below a certain level, you MUST sign up for a CoReq section ALONG WITH your Statistics, Applications, or Quantitative Reasoning class. This is another reason you need to talk to an advisor as you sign up for classes! The CoReq classes will review the basic mathematics you will need for each upcoming week in your real math class, which should be very helpful, but you can't make your final schedule without knowing whether you need to sign up for a CoReq section along with your other math class.

Math for Elementary Teachers I and II – at last, an easy one! If you are going into Elementary Education or Early Childhood Education, these are the classes for you.

Fundamentals of Algebra – basically equivalent to both Elementary and Intermediate Algebra; this class

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Test Anxiety

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stage and note the age at which Piaget expected a child to be in each stage.

How did you do?

In a math test, if you solved all the problems, without feeling stressed out, without help of any kind, and without asking yourself "Where do I start?" or "What do I do next?" then you definitely know the material. You should do fine on the test. If you don't do well on the test, you probably have Real Math Anxiety.

For subjects that aren't math, if you can write down correct definitions and explanations for nine out of ten terms and questions, you are prepared for the test. There is no reason you should go blank when you see it. If you do go blank, again, this is probably Real Test Anxiety.

There are ways to deal with Real Test Anxiety, and once you do, your test scores should come right up to match your actual ability.

But if you *couldn't* solve the math problems or explain the terms yourself, without help and without looking at your notes, then you *do not know the material.* If you thought you did, you were Just Fooling Yourself.

The way to deal with Just Fooling Yourself Anxiety or False Test Anxiety is to *learn the material for real.* You do this by creating several more practice tests and doing as much as possible without looking at your notes, until you know the material well enough to do a complete practice test with your notes and other materials completely put away. It's easy to create math practice tests; just pull similar problems off My Math Lab or out of the book. It's also easy to create practice tests for other subjects: turn chapter headings into short-answer questions and answer the questions. There may also be questions at the end of each chapter that you can use.

If you have been dealing with Just Fooling Yourself test anxiety or False Test Anxiety, your test scores can come up ***if and only if*** *you learn the material before the tests. Anything you do to deal with anxiety will be pointless unless you also put in the time and effort it takes to* ***learn the material.***

But what if you do have Real Test Anxiety? What if you have proven to yourself that you can do the problems or answer the questions, on your own and without help, but not on a test?

In that case, you may want to talk to a counselor. Real test anxiety is not all that common, but it isn't rare either. Counselors at colleges should know how to help with the real thing, as long as you have already ruled out False Test Anxiety and Just Fooling Yourself Test Anxiety.

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Click on the MyMAC login page at the link below.

https://my.mineralarea.edu/ICS/

- On the right in the **Quick Links** section
- Select the "**Final Exam Schedule"**

Chelsea Crafton,
Tabitha Harris-Risenhoover, Julia Boyle,
Jessica Hayes, Jessica Frazier
Marie Bryson-Gomez

Hannah Hammon, Kimberly Luebbert,
William Schwegler, Carolyn Coleman,
Jennifer Crites, Corinne Bridgeman

Test Anxiety

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But you can try several methods to help yourself as well.

- Before the day of the test, visualize yourself taking the test, freezing up, feeling the physical symptoms kick in. Then (very important) visualize yourself setting all that aside and moving forward. Recognize that stress is a simple physical phenomenon. Step back from it. It's just your body responding to adrenalin. Everyone experiences an adrenalin rush before a test. Those feelings are normal and meaningless. Train yourself to recognize the physical signs and set them aside.
- If possible, practice with unimportant quizzes before you have to deal with actual tests.
- The morning of the exam, be sure to eat a good breakfast. Caffeine can worsen anxiety, so don't overdo the coffee or other caffeinated drinks the day of the test. You won't need to cram because you know you have genuinely learned the material, so get a decent night's sleep.
- Avoid hanging out with other students while waiting for the test to start. If they say they aren't worried, they can make you feel insecure. If they are openly nervous, they can reinforce your anxiety and kick you into panic mode. Stay away from your classmates before the test. Listen to music instead.
- Anxiety can make you breathe quickly and shallowly. Deliberately slow and deepen your breathing.
- Remind yourself again that you are fine, that you have prepared for the test, that you understand and remember how to do the math problems, that you can recall the terms and definitions you need to recall. Close your eyes and visualize your flashcards or notes.

- When you start the test, don't let yourself think "I'm going to go blank." Think "Adrenalin is normal and I'll be fine." Some students find it helpful to flip through the test and answer the easiest questions first. You can do that, but if you have studied appropriately and know the material, most of the questions should be easy. Just start at the beginning and move forward.
- If it's a math test and you *have* gone blank, start a problem anyway – usually writing down anything wrong will serve as a reminder about what you should be doing. If there are any essay questions, start writing down answers to those. The act of writing should move you forward and remind you of the answer.
- When other students start handing in their papers, *ignore them*. As many of those students are flunking the tests as are getting As. Only if you become a teacher will you see for yourself how impossible it is to guess from speed whether a student is doing well. Believe me, it is totally meaningless. *Aim to earn one of the top grades in the class,* not to finish first.

The bottom line: if you are dealing with False Test Anxiety, you must learn the material. It does no good to wish your classes were easy and that you didn't have to learn anything much to pass them. If you have to learn a lot of material, then learn it. Then use practice tests to prove to yourself you *have in fact* learned what you need to know. Then you will be fine.

If you are dealing with Just Fooling Yourself Test Anxiety, you simply have to stop fooling yourself and use *effective* methods to *actually* learn the material and prove you have learned it, exactly as above.

Over the years, either False Test Anxiety or Fooling Yourself Test Anxiety may change into the real thing because you are constantly stressed and constantly do worse on tests than you think you ought to. Maybe you will find that you were fooling yourself before, but now that you have fixed that problem, you also have to deal with Real Test Anxiety.

In that case, you really do need to address the anxiety itself. Try the methods above, talk to a counselor if necessary, do whatever you need to in order to enable yourself to calm down during tests. Then you can move on with your life, where hopefully you will find the skills you have learned to deal with anxiety transfer to job interviews and other high-stress situations as well.

Taking Math

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is meant only for students who eventually plan to take Calculus. If you don't plan to take Calculus, you probably should not sign up for this class.

Pre-Calculus – basically equivalent to College Algebra; meant only for students who plan to take Calculus.

Now, did you read through those descriptions? Are you wondering what set theory is, not to mention what exactly is covered in formal logic, probability, combinations and permutations, and personal finance? Would you like to know what kinds of things you'd be looking at if you took Statistics instead?

EXCEL has all the relevant books and complete lists of all the relevant topics for each class. If you would like a preview of this material, drop by and I will show you all the materials for the various math classes. Then, if you have a choice of which class to take, you should be able to make an *informed* decision about which one would suit you best.

You may well have some very specific questions; for example, what should you do if you've already taken Intermediate Algebra, do you still have to take Applications of Mathematics? Or if you've flunked Intermediate in the past, which class should you take to get that F removed from your cumulative GPA? *See an advisor about all these sorts of questions in order to avoid taking classes you don't need or failing to take a class you do need.*

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

- Thomas A. Edison

"Even if you fall on your face, you're still moving forward."

- Victor Kiam

Source: https://www.brainyquote.com/

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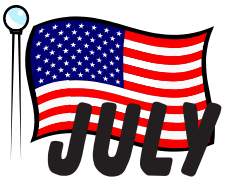

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