

## Balancing Life and College Can Be Tough

By Rachel Neumeier

At four-year colleges, the majority of students are full-time traditional students who are right out of high school, don't have children, and, if they're working at all, are working part time. Community colleges like MAC are different. MAC pulls in a much higher proportion of students who have, for example, three little kids and a full-time job. The time crunch experienced by traditional students suddenly gets put into perspective, viewed against nontraditional students who have to balance college classes in the midst of an already super-crowded personal life. If that describes you, how can you manage a successful academic career on top of everything else?

First, don't get negative about your own abilities. Understand that few people coast effortlessly through Algebra or Chemistry. If you're in a  
See "Balancing Life" on page 4

## EXCEL Awards \$15,000 in Supplemental Grant Aid

By Matt Sopko

Congratulations are in order for 14 EXCEL students who were awarded Supplemental Grant Aid of \$1,071 each.

It was surprising to discover that only 15 students applied for their share of the \$15,000. The money is made available by the government to be directly awarded to EXCEL students, but you can't get it if you don't apply. The governmental regulations require that students must be receiving a Pell grant and have freshman or sophomore standing with remaining (financial) need of \$620 or more. The EXCEL program required students to have an updated SAP on file and recommend a minimum of 7 face-to-face tutoring or

See "Grant Aid" on page 5



## Coming Events



Feb. 26 Early Registration for Summer classes begins for eligible students



Mar. 9 - 13 SPRING BREAK!

Mar. 16 Fall 2020 course schedule available online

Mar. 22 - 24 Registration for Fall classes for eligible students

Mar. 25 Fall 2020 class registration for currently enrolled students

Mar. 30 Open registration for Fall 2020 semester

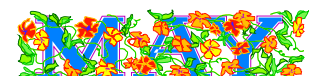


Apr. 9 Professional Development Day - No classes, Office Closed

Apr. 10 Spring Holiday - No Classes, Campus Closed

Apr. 15 Last Day to Drop a 16 week Class and Receive a "W"

Apr. 22 Spring Picnic 11:00 am - 2 pm



May 11 Finals Exams for Day and Evening Classes Begin

# Hagan and Myers Are “Bernie” Ratliff Scholarship Recipients

Mandy Hagan and Nicola Myers were each awarded a \$500 EXCEL Scholarship for the Spring 2020 semester. These scholarships are funded by Mineral Area College (MAC) specifically to recognize EXCEL students who are in their second year of college, persisting toward a degree, and an active participant 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 2020 scholarships will be posted on EXCEL’s web page and disseminated via email at the beginning of the Fall 2020 semester.

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

## EXCEL/SSS Web Page

From [www.MineralArea.edu](http://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](http://www.Cashcourse.org)
- First Generation Students
- Newsletter
- Supplemental Grant Aid Application
- Scholarship Memo & Application

### 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.



Meagan Hinson, Shannon Chasteen,  
Bailey Jackson, Jaydee Vick,  
Mariah Ayers



Chloe Vaughn, Breanna Stephan,  
Jessica Stahlman, Brianna Sikorski,  
Patrick Johnson, Samantha Branham,  
Christine Morgan



Chelsea Crafton, Brittany Beard,  
Shayla Raomero, Tabettha Harris-Risenhoover,  
Collin Jenkins, Julia Boyle, Tabitha Slaughter,  
Taylor Johnson, Rhonda Davidson,  
Gabrielle Gegg



Amber Francis, Hannah Hammon, Kimberly Luebbert,  
William Schwegler, Curtis Kohlieber,  
Sara Gravagna, Corinne Bridgeman

“I respect myself and insist upon it  
from everybody. And Because I do it,  
I then respect everybody, too.”

Maya Angelou

Source: <http://www.brainyquote.com/quotes/authors>

# The Tutor's Corner

By Rodney Wilson



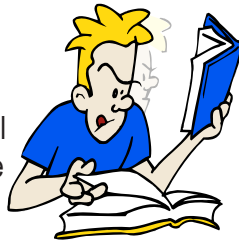
## The 10 (Not So) Secrets of Success

Doing well in one's classes comes down to many factors, including these (not so) secret ten:



1. **Showing up.** Missing a class is serious business. It puts the student at risk. Miss a class only when you must. Get to class on time, too.
2. **Reading assignments.** Sure, sometimes a reading assignment is a bit on the dry side. Do it anyway. Instructors assign readings for a reason.
3. **Completing homework.** Don't neglect it. Don't wait until the last minute to complete it.
4. **Writing early.** When you have a writing assignment, tackle it early. Don't wait until the night before it's due. Getting started early is always the way to go.

5. **Studying for exams.** Review notes. Review readings. But don't study in an attempt to cram so much stuff into your brain that it all flies out your ears the moment the exam is over. Instead, study for life. To learn. To grow. It'll show in your grades.



6. **Reviewing exams.** Before turning in an exam, review it one more time. It's easy to miss a question due to reading it incorrectly. Errors are better caught before the exam is turned in.
7. **Sleeping appropriately.** Don't study all night for an exam. Get a good night's sleep instead. On exam night and every night.
8. **Checking email.** The only way instructors will communicate with you (out of class) is via email. Same

with the college. Check your email at least once a day. Twice a day is even better.

9. **Contacting instructors.** If you have a question or concern, bring it up with the instructor. Teachers love to help those who are taking an initiative. Be the student who stands out by working hard and taking all of your classes seriously.

10. **Scheduling tutoring.** If you have a problem / assignment / exam that seems insurmountable, make an appointment with an EXCEL tutor. We are here for you!

*"Whenever the people are well-informed, they can be trusted with their own government."*

Thomas Jefferson

*"There is nothing new in the world except the history you do not know."*

Harry S. Truman

Source: <http://www.brainyquote.com/quotes/authors>

## Brushing Up On Study Skills

By Rachel Neumeier

Every semester, EXCEL has workshops over topics like "Understanding What You Read" or "Time Management." But what if you can't make it to a workshop you need, or what if a particular workshop isn't offered the semester you need it?

Well, first, you can always make an appointment with an EXCEL tutor to talk about study skills or time management or whatever topic you think you would find useful. I really encourage you to do this the second you discover that the study skills you used in high school aren't sufficient for college classes, or the

See "Study Skills" on page 5

# Balancing Life

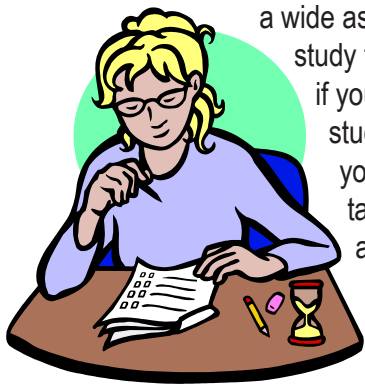
Continued from page 1

tough class and you feel like everybody else gets it and you don't – you don't need to feel that way at all. Probably at least a third of the class feels just as insecure as you! Don't let yourself mutter, "I can't do this," under your breath. Hundreds – thousands – of students have made it through this class. As long as you're prepared to work hard, there's every reason to expect yourself to make it, too. The trick is to be prepared to work hard, and if necessary also figure out how to work effectively.



Second, many students, especially those who have been out of school for some time, feel that there's something wrong with them if they don't just automatically understand and remember the material in their Chemistry or American History courses. In fact, learning and remembering information takes serious effort for virtually everybody. So rather than wasting your time studying ineffectively, *be sure you learn and use study techniques that work.* Since effective study methods often take less time than ineffective methods, this might mean you not only do better in your classes, you have more time for work or family.

EXCEL tutors would be glad to go over a wide assortment of effective study techniques with you, so if your current methods of study are not working for you, please drop by and talk to an EXCEL tutor about this.



Third, don't study more for a class you love if it means you study less for a class you hate. You want to pass ALL your classes – not just your favorite ones. *It's often best to study for the class you most dislike first* to be sure you study for it at all. After all, if you hate a class, you don't want to take it twice! It's worth putting more time into it now in order

to make sure you can move on with the other classes you need.

Fourth, organize your home and your life! This is a big topic and can easily make a full article, but surely it's clear that if you spend half an hour every morning searching for your child's shoes or your car keys, that is not the best possible use of your time? Set aside a specific chunk of time that you can use to study, study actively and effectively during that period, and turn down all invitations and nagging to do anything else during that time. If you're really pressed for time, record your instructor's lectures and listen to them in the car or while you wash dishes.

What if the class is really hard, really time-consuming, and just in general really annoying? Unfortunately, you can't choose how easy or hard a class will be. If you are taking a class that's hard for you, and the amount of time and energy you're putting into it aren't enough, you really only have three choices: put in however much time and effort it takes to get the grade you need, drop the class, or fail the class. Wishful thinking means you are opting for the last of those options. As a tactic, that is much worse than either dropping the class or putting in the effort it takes to succeed in the class.



If you have any class that isn't going as well as you need it to go, then as we approach midterms, consider which of those choices you're making for that class. If you have to earn a better grade than you are currently getting, then swing by EXCEL and get help now – don't wait to see what will happen if you just let things slide till midterms.

*“People who work together will win, whether it be against complex football defenses, or the problems of modern society.”*

Vince Lombardi

Source: <http://www.brainyquote.com/quotes/authors>

# Grant Aid

Continued from page 1

advisement contacts. Only one of the students who applied did not meet these requirements. EXCEL will again be awarding \$15,000 in grant aid funds in the spring of '21. The same requirements will be in place. You must:

1. Submit an application
2. Be a Pell grant recipient for the 2020-2021 academic year
3. Have a remaining need equal to the minimum award amount or more
4. Have freshman or sophomore standing
5. Have your SAP updated during the summer or fall of 2020.



**Make sure that you are eligible for SSS Supplemental Grant Aid in 2021!**

*“When someone does something good, applaud! You will make two people happy.”*

Samuel Goldwyn

Source: <http://www.brainyquote.com/quotes/authors>

# Study Skills

Continued from page 3

moment you realize that you never really learned how to study in the first place.

But if you want to explore a particular topic related to study skills, here are some good websites that go into depth on particular types of study skills:

<http://studytips.admsrv.ohio.edu/studytips/>

This site, from Ohio University, has excellent topics about memory (How does information get into your memory? Why do you forget? How can you improve your memory?). It also offers articles about reading (How can you make sure you pay attention when

you're reading? How can you identify and remember important information when reading?), how to take lecture notes, how to concentrate, how to prepare for exams, time management, and more. These are good, brief articles which might really make a difference in how you approach studying.

Virginia Tech offers a site with a good many study skills suggestions and topics, located at [https://www.ucc.vt.edu/academic\\_support/study\\_skills\\_information/study\\_skills\\_checklist.html](https://www.ucc.vt.edu/academic_support/study_skills_information/study_skills_checklist.html).

California Polytechnic State University has a particularly complete set of articles about studying and notetaking and many related topics at <https://asc.calpoly.edu/ssl>. Want to find a note-taking method that works for you? This site describes five different note-taking systems, including discussions about advantages and disadvantages of each system. If you're serious about wanting to improve your note-taking skills, this site will help!

SLU offers math-oriented tips at <https://mathstat.slu.edu/resources/success-in-mathematics>. The brief article discusses math study skills and how studying math is different from studying other subjects (so true!), how to study for and take a math test, and how to best help yourself if you seek tutoring help for a math class (everyone taking math should read this part!).

If you really want to understand course material and get good grades, but have never really been satisfied with your performance, then I hope you'll take a moment to go through the above sites and try out some to their tips and suggestions. Knowing how to study *effectively* can make all the difference between running yourself ragged while never quite succeeding, and sailing smoothly through tough classes with an impressive GPA.

**From the MyMAC login page, use Quick Links to access the following:**

- Class Cancellations
- Course Search
- Final Exam Schedule
- MAC Email
- MAC website
- Tuition and fees
- Syllabus Attachment-Spring 2020

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