



# TRIO

STUDENT SUPPORT SERVICES

## SSS GAZETTE



### SSS SPOTLIGHT

Meet Laurie, our new  
Senior Administrative  
Assistant

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### LEARN SOME TIME MANAGEMENT TIPS

Some great tips on  
how to manage your  
time better

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### CHRISTMAS TRIVIA

Find out some  
interesting facts about  
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# Upcoming Campus & Community Events

As fall semester is coming to an end, and Christmas is right around corner, there is so many assignments, exams, and Christmas shopping to do. You will definitely need some break from all of that, and SSS picked some on campus & community events so you can relax and finish the semester strong and enjoy holiday season!

**Friday,  
December 1**

## **-55th Annual Candlelight Concert**

*Event Time: 7:30 PM - 9:30 PM, Location: Wiedemann Recital Hall*

Join all four WSU Choirs as they ring in the holidays. Joined by strings, brass, woodwinds, organ and percussion, the concert is a celebration of both the holiday season and the breadth of talent at the WSU School of Music. Get in the spirit of the season with an incredible variety of music.

Doors open a half hour before show time. Wiedemann Box Office opens one hour prior to show time in the Wiedemann Lobby. Please plan to arrive early to avoid lines.

Tickets for this event are \$12 with discounts available. Purchase tickets at <http://www.wichita.edu/j/?5741>

**Thursday,  
December 7**

## **-Workshop: State Tax Workshop for Small Businesses**

*Event Time: 8:30 AM - 12:00 PM, Location: Hughes Metropolitan Complex, Entrance B*

Experts from the Kansas Department of Revenue will give you the basics in this free workshop. Topics include sales and compensating use taxes, withholding tax, estimated taxes and record keeping. For more information, call 316-978-3193 or email [marcia.stevens@wichita.edu](mailto:marcia.stevens@wichita.edu).

Open to the public. Sponsored by Kansas Small Business Development Center

**Sunday,  
December 10**

## **-Pet Photos With Santa**

*Event Time: 6:30 PM - 8:00 PM, Location: Towne East Mall*

Bring your favorite fur friend to pose with Santa from 6:30-8pm on Sunday, December 10th. You can find Santa on the lower level, Center Court.

**Tuesday,  
December 12**

## **-Community Christmas Meal**

*Event Time: 11:00 am - 1:00 pm, Location: Venture House, Address: 1010 N Main, Price: Free*

Open to the Public - Community Christmas meal hosted by Venture House. Served by the Albert Pike Masonic Temple members.

**Thursday,  
December 11**

## **-Miracle on the 34th Street**

*Event Time: 7:00 pm, Location: Orpheum Theatre, Address: 200 N. Broadway, Wichita, KS, 67202  
Price: \$5 general admission, Category: Film / Movie*

The Orpheum highlights a 70th Anniversary Screening of "Miracle on 34th Street" as the final installment of the 2017 Classic Film Series. Doors open at 6 p.m. and the screening begins at 7 p.m. Tickets are priced at \$5 and a \$1 discount will be given to students, seniors, military and groups of over 10.

**Sunday,  
December 31**

## **-Sobriety Pow Wow**

*Event Time: 5:00 pm - 10:00 pm, Location: Calvary United Methodist Church, Address: 2525 N. Rock Rd,  
Price: Free, Category: Festival*

Dance, Food and Vendors. Headman-Jerry Girod, Headlady-Sharunda Uqualla, Headsingee-Anthony Harvey, AD-Travis Baxter, Honored Elder-Deanie Eaton, MC-Creighton Moore

# Upcoming Important Events for SSS Participants

**Friday,  
December 1**

**-FAFSA Priority Deadline**

2018-19 Federal FAFSA Applications are available. Some grant awards are first come, first serve. Complete your application today to receive the fullest funding available to you!

**Thursday,  
December 7**

**-Last Day of Classes**

December 7th is the last day of classes in 2017 Fall semester.

**Saturday,  
December 9**

**-Final Exams Begin**

Saturday, December 9th is the first day of finals. Good luck to all SSS participants!

**Thursday,  
December 14**

**-Final Exams End**

Thursday, December 14th is the last day of finals, and a tentative date for Fall grades to be available.

**Friday,  
December 15**

**-SSS Textbooks Return**

All Textbooks are due back to SSS office. Penalty for late return is \$25 per day!

**Thursday,  
December 21**

**-SSS Office closed**

SSS Office will be closed beginning December 21st to January 2nd.

**HAPPY HOLIDAYS!!!**

**TRiO**

**STUDENT SUPPORT SERVICES**



# SSS SPOTLIGHT



**Name:** Laurie Solberg

**Hometown:** Deming, New Mexico

**Major:** BA in Marketing

**1) Any favorite line from a movie or favorite movie?**

The Shawshank Redemption - great movie!

**2) Any random facts you could share with us?**

Bananas are curved because they grow towards the Sun.

**3) Do you have a favorite quote?**

“Continuous effort, not strength or intelligence, is the key to unlocking our potential.”

-Winston Churchill

**3) If you could interview one person (dead or alive) who would it be?**

Amelia Earhart

**4) Favorite food?**

Chocolate

**5) What did you want to be when growing up?**

A teacher

**6) What do you always want to try and never did?**

To take a helicopter ride

**7) What do you like to do in your spare time?**

Spend time with family, read, work out...

**8) Do you like to read and what is the best book you have ever read?**

Yes! Lord of the Flies

**9) What is your favorite sport?**

Soccer

**10) What is your hidden talent?**

Enjoy and appreciate the little things in life

**11) What kinds of hobbies and interests do you have outside of work?**

Country dance, concerts, read, work-out, and enjoy time with my family.

**12) What music do you listen to?**

Country, pop..

**13) Where would you like to travel to?**

Ireland

# SSS Tips:

## Time Management

With exams approaching, you should be thinking about how to get better at time management and organize your days so you can strike the right balance between home, work and university life. You should also try and eat some brain food - and no, we don't mean crisps and energy drinks! By taking the time to arrange your priorities, you can give yourself the best chance of staying on track and organized during the exam period, which in turn can help reduce stress levels, something that can be the difference between success and failure at university.

### **Complete most important tasks first**

This is the golden rule of time management. Each day, identify the two or three tasks that are the most crucial to complete, and do those first. Once you're done, the day has already been a success. You can move on to other things, or you can let them wait until tomorrow. You've finished the essential.

### **Devote your entire focus to the task at**

Close out all other browser windows. Put your phone away, out of sight and on silent. Find a quiet place to work, or listen to some music if that helps you (I enjoy listening to classical or ambient music while writing sometimes). Concentrate on this one task. Nothing else should exist. Immerse yourself in it.

### **Be conscientious of amount of TV/Internet/gaming**

Time spent browsing Twitter or gaming or watching TV and movies can be one of the biggest drains on productivity. I suggest becoming more aware of how much time you spend on these activities. Simply by noticing how they're sucking up your time you'll begin to do them less.

### **Leave a buffer-time between tasks**

When we rush from task to task, it's difficult to appreciate what we're doing and to stay focused and motivated. Allowing ourselves down-time between tasks can be a breath of fresh air for our brains. While taking a break, go for a short walk, meditate, or perform some other mind-clearing exercise.

### **Do something during waiting time**

We tend to have a lot of down-time where we don't try to do much. Waiting rooms, lines at the store, time on the subway, on the elliptical at the gym, etc. Find things to do during this time. Bring a book or class notes to read through during this time.

# SSS Christmas Trivia

## 1) It wasn't always on December 25th

Though Christmas celebrates the birth of Jesus Christ, there is no mention of December 25 in the Bible. (Most historians believe he was actually born in the spring.) It wasn't chosen as the official holiday until the 3rd Century. Some argue that the date was picked because it coincided with the pagan festival of Saturnalia, celebrating agricultural god Saturn with partying and gift-giving.

## 2) Thank Prince Albert for your tree

Another Christmas tradition stemming from Saturnalia was the Christmas tree: During the winter solstice, branches served as a reminder of spring – and became the root of our Christmas tree. The Germans are credited with first bringing evergreens into their homes and decorating them, a tradition which made it's way to the United States in the 1830s. But it wasn't until Germany's Prince Albert introduced the tree to his new wife, England's Queen Victoria, that the tradition took off. The couple were sketched in front of a Christmas tree in 1848 – and royal fever did its work.

## 3) Coca-Cola came up with the red suit

Well, Santa wore a variety of colorful suits through the years – including red, blue, white, and green but legend has it that the popular image of his red coat came from a 1930s ad by Coca Cola.

## 4) St. Nick was more generous than jolly

Sure, you probably knew that Santa Claus came from St. Nicholas, a Christian bishop living in the fourth century AD. St. Nicholas gave away his abundant inheritance to help the needy. He also was known for good deeds like rescuing sisters from prostitution. As his legend spread, he was eventually known by names like as Sinter Klaas in Dutch – which morphed into Santa Claus. He's not just the protector of children, either: St. Nicholas is also the patron saint of unmarried women, prisoners, thieves and pawnbrokers. How's that for a naughty list?

## 5) Stockings have a funny root

Gift-giving also came from Holland. There, St. Nicholas' feast day is celebrated December 6 by children leaving out shoes overnight and finding little gifts from St. Nicolas in the morning. According to legend, hanging stockings came from the take of a poor man who couldn't afford his three daughters dowries: St. Nick dropped a bag of gold down their chimney one night so that the eldest could wed – but it fell into a stocking that was drying by the fire!

Source: [www.goodhousekeeping.com](http://www.goodhousekeeping.com)



# SSS BIRTHDAYS

## December

Student Support Services would like to recognize those students whose birthdays are in December, and we wish all of them to celebrate it with a lot of joy. The list of names and dates are provided below and we encourage you to look at it and wish happy birthday to your fellow SSS participants.

<b>Abdelfatah Rana</b>	<b>12/12</b>
<b>Dameron Viki</b>	<b>12/14</b>
<b>Sandoval Suzette</b>	<b>12/14</b>
<b>Zachry Tylecia</b>	<b>12/16</b>
<b>Monroe Danielle</b>	<b>12/20</b>
<b>Sanchez-Equihua Maribel</b>	<b>12/23</b>
<b>VonFeldt Kaylee</b>	<b>12/24</b>
<b>White Aunjnae</b>	<b>12/24</b>
<b>Nguyen Christina</b>	<b>12/25</b>
<b>Steffen Zackery</b>	<b>12/27</b>
<b>Burch Andie</b>	<b>12/30</b>
<b>Silva Janira</b>	<b>12/31</b>



### Visit the SSS Technology Learning Lab

#### **Services include:**

Free internet access for email and Blackboard, **free printing, copying and reference materials - up to 30 pages per day**; help from the lab assistants, walk-in tutoring, academic & life smart skills development, and financial literacy activities

For more information, contact a lab assistant at  
**(316) 978-3354.**



Student Support Services is a Federal TRIO Program, funded 100% through a grant from the United States Department of Education. Student Support Services receives EOF funding from

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**SSS Professional Staff:**

Kennedy Musamali - Director

Charity Lowe - Assistant Director & Academic Advisor

Pooja Sharma - Student Database Specialist & Academic Advisor

Nelson Ross - LSTC Coordinator & Academic Advisor

Laurie Solberg - Senior Administrative Assistant

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**Don't forget**

**Meet with your  
advisor once a month!**

Advisors help students with their educational and career goals by helping them develop a realistic academic plan of study for their major. They can also help maximize your educational and personal potential with utilizing SSS and university resources.

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This Newsletter is produced twelve times a year providing Student Support Services students information on program services and activities, university policies and procedures and additional resources. It is one of a multiplicity of services to assist participants in the successful completion of their degree program.



WICHITA STATE  
UNIVERSITY

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