

STUDENT SUPPORT SERVICES

NOVEMBER 2009

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MEET THE SSS STAFF:

- **Reba Garth, Director**
- **Carol DiDomenico, Administrative Specialist**
- **Amberly Carter, Counselor**
- **Marcus Glover, Counselor**
- **Shawn Moore, Counselor**
- **LaTosha Thomas, Counselor**
- **Eduardo Feliz, Student Asst.**
- **Courtney Hadley, Student Asst.**
- **Myles Johnson, Student Asst.**
- **Khalli Sada, Student Asst.**
- **Jade Smith, Student Asst.**

SSS PROGRAM INFORMATION

The Student Support Services Program (SSS) is a federally funded program that provides effective academic and personal support for a diverse population. The program is intended for first-time-in-college students who have been identified either as first-generation college students, as having low-income family status, or both. SSS is designed to significantly increase the retention and gradu-

ation rates of its participants. The program is committed to providing proactive, comprehensive, and innovative services to enhance our students' success at USF. SSS provides a plethora of services, including:

- Excellent academic advising and monitoring
- Personalized individual and group counseling
- Laptop Loan program
- Computer lab

- Early course registration
- Residential summer program
- Tutorial services
- Financial aid assistance
- SSS Scholarship
- Social and cultural enrichment programs
- Seminars which broaden career perspectives, improve academic skills, and promote self-confidence.

SSS SUCCESS STORIES: STUDENT LEADERS AT USF

Congratulations to the following SSS students for being invited to become members of the **USF Vice President's Circle of Student Advisors**:

- **Kristi Degraw-Higgins**, Sophomore, Business
- **Eduardo Feliz**, Junior, Social Work
- **Kimi Stevenson**, Junior, Criminology

These students were chosen from an extensive nomination pool. They were chosen for their leadership, commitment to excellence, and all they have

accomplished throughout their college career. This inner circle of student advisors will be responsible for communicating thoughts, ideas, and concerns to the Vice President for Student Affairs, Dr. Meningall.

We also want to congratulate **Kanika Jack** (Freshman, Psychology) who is a SSS student selected to be an **Orientation Team Leader** at USF. She was selected by the Office of Orientation from numerous applicants because of her enthusiasm, maturity, and dedication to USF. She will serve

as a representative of the USF student body, group facilitator, and role model to new students and their families in their adjustment and transition to the university.

Congratulations to all of these SSS student leaders who are achieving success across the USF campus!



Some people dream of success... while others wake up and work hard at it.
~Author Unknown

CAMPUS QUOTES: HOW HAS SSS HELPED YOU SUCCEED AT USF?

Axel Angeles, Senior, Political Science & International Studies: "SSS at USF believed in me when no other school did. They saw my potential, not in my test scores, but in my real abilities. They allowed me to further my education beyond limits. Because of SSS I have been able to study abroad, join a fraternity, and intern. They are the reason why so many students are able to have a true college experience."

Gamar Remy, Sophomore, Criminology: "Coming in the summer gives us an advantage over other freshmen students. It feels like a family working together — Mrs. Garth as our mother and the counselors as our aunts and uncles."

Jade Smith, Sophomore, Communications & Speech Disorders: "The USF SSS program has impacted my college career immensely. The constant

information and help provided by SSS has assisted me in staying on the straight and narrow every step of the way. The program ensures that I am where I need to be educationally, and that I always have a social outlet of some kind. I am forever thankful."



Jade Smith

Breionka Miller, Freshman, Social Work: "SSS has given me the resources that I need to succeed. With dedicated counselors, I have been able to stay focused and on track with school work and my personal life."

Jadell Patricio, Freshmen, Social Work: "SSS gave me the hope for success that I didn't even know I had for myself!"

Jomar López, Freshman, Psychology & English: "SSS has motivated me to fulfill my academic requirements to the best of my abilities. Their ability to provide resources on campus and scholarship opportunities has helped my college experience so far to be easier academically and financially. Without SSS, I would probably have the Freshmen 15, crying in my bed, because of all the work!"



Jomar López

Bevannie Smith, Freshman, Psychology: "The SSS program has allowed me to interact with many different types of people. It has helped me financially as well as academically."

Curston Taylor, Freshman, Communication: "The SSS program has helped make my transition from high school to college practically seamless. With the help of my SSS counselors and fellow SSS peers, I feel that this program has helped me to understand the hard work and effort that I have to put forth in order to achieve optimal success as a USF student."



Curston Taylor

SSS HIGH ACHIEVERS: KEEP WORKING HARD FOR SUCCESS!

Congratulations to the following freshmen and sophomore SSS students with an GPA of 3.0 or above

Jennifer Andre	Aubrey Hall	Dwayne McNaught	Jade Smith
Joanna Belizaire	Danielle Hall	Alexzandra McQuarter	Lee Smith
Jacobee Benoit	Ashley Hance	Aline Milfort	La’Kendra Snell
Shallyn Bensonhuber	Kierra Harden	Breionka Miller	Kristina Sparacino
Austin Bowen	Ciara Harris	Isiah Miller	Shelly St. Surin
Sheera Brandon	Jeffrey Hartle	Andrea Morales	Shantay Stagger
Darlesia Brown	Geoffrey Higgins	Jorgelina Moretta	Aneika Stephenson
Euan Burton	Erika Hinestroza	Courteney Morris	Jennifer Stevens
Stephanie Cardona	Tyechia Hobbs	Jessica Nguyen	Yvena St. Fort
Dale Carrington	Racquel Hylton	Karissa O’Neill	Marlena
Devon Chang	Kanika Jack	Jadell Patricio	Szczesniwicz
Luis Chavez	Jacob Jackson	Shanique Patterson	Cursten Taylor
Daphne Choute	Cintli Jauregui	Kyle Phillips	Zachary Thompson
Michaela Cunningham	Monica Jimenez	Sainfonie Placil	Alexis Toledo
Kayla Davis	Kanesha Johnson	Caroline Polanco	Samara Toussaint
Shantaya Dawes	Myles Johnson	Gamar Remy	Travis Tyson
Kristi Degraw-Higgins	Christelle Joseph	Kinneshia Richards	Carlos Valdes
Nushaye Elliott	Rochenarda Joseph	Alicia Roberts	Justin Velez
Kyela Faett	Shajira Joseph	Andrew Robinson	Zachary Vener
Shaleria Faison	Rachel Kaylor	Michael Rosado	Jose Ventura
Joshua Frazier	Robert Kazanowski	Odisleysis Rosell	Leonela Vides
Courtney Freeland	Jolene Larue	Deborah Saldana	Shanika White
Alyssa Gagne	Tamymara Leconte	Leandro Salvador	Destra Wiggins
Jonathan Geneus	Diana Londono	Kymoye Samuel	Williams Willis
Roberto Gomez	Jomar López	Tomas Santiago	Amber Young
Raymond Gonzalez	Britany Maghasamy	Sergio Santos	Michael Young
Alexandria Gullage	Matthew Mason	Morgan Schmitt	
Coralys Guzman	Daniel Mayes	Zachary Sheffield	
Courtney Hadley	Trey McMillon	Bevannie Smith	

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.
 ~Booker T. Washington

CONGRATULATIONS TO THE SSS SCHOLARSHIP WINNERS!

Justin Andrews	Racquel Hylton	Elizabeth McLeod
Darlesia Brown	Warren Insyxiengmay	Trey McMillon
Renee Campbell	Jacqueline Jackson	Aline Milfort
Don-Wesley Dew	Cintli Jauregui	Jennie Nwokoye
Simone Facey	Tracy Jean-Pierre	Evanie Poteau
Samantha Feminella	Kanesha Johnson	Ingrid Quinones
Jamale Franklin	Jessica Jones	Aruba Sami
Deborah Grana	Tamymara Leconte	Marissa Stewart
Danielle Hall	Sierra Lindsey	Daniel Taveras
Aubrey Hall	Sandy Macenat	Samara Toussaint
Ciara Harris	Daniel Mayes	



Happy to be a SSS student at USF!

SUCCESS TIP: MANAGING STRESS IN COLLEGE

Stress is defined as an emotional, intellectual, or physical reaction to any change or demand we face in life. Stress prepares the mind and body to react to situations that are new, exciting, or threatening. College students face many changes and challenges that can be very stressful. SSS encourages students to manage their stress effectively so that they can achieve their personal, academic, and professional

goals. Here are some tips for effectively managing stress while in college:

- Create a quiet and organized study space that is free from distractions.
- Create a daily schedule that includes time for class, studying, working, exercising, student organization meetings...and sleep!
- Exercise on a regular basis...walking, biking, yoga, weightlifting, and aerobic exercise are all good activities to add to your schedule.
- Engage in relaxation activities, such as deep breathing, progressive muscle relaxation, and positive affirmations.
- To develop an individualized stress management plan, visit the *USF Counseling Center in SVC 2124* or call (813) 974- 2831.



Stepping into Success:
Regular exercise is one effective way to cope with stress!

SUCCESS TIP: OVERCOMING PROCRASTINATION

Procrastination is the avoidance of doing a task, which needs to be accomplished. This can lead to feelings of guilt, inadequacy, depression and self-doubt among students. Procrastination has a high potential for painful consequences. It interferes with the academic and personal success of students.

William Knaus, a psychologist, estimated that 90% of college students procrastinate. Of these students, 25% are chronic procrastinators and they are usually the ones who end up dropping out of college.

Procrastination begins with some kind of negative feeling that distracts us. However negative is often just a label put on top of neutral energy. If you can recognize and reframe some of these feelings of anxiety and self-doubt, you can make a plan for organizing your time

and yourself.

Problem: *Unrealistic Expectations and Perfectionism.* You may believe that you MUST read everything ever written on a subject before you can begin to write your paper. You may think that you haven't done the best you possibly could do, so its not good enough to hand in.

Solution: Let go of those beliefs. Start early, do the best you can at the moment. Review and revise later.

Problem: *Fear of Failure.* You may think that if you don't get an A, you are a failure. Or that if you fail an exam, you, as a person, are a failure, rather than that you are a perfectly ok person who has failed an exam.

Solution: Reframe failure and use it to learn; move on to the next event. Compete only with yourself! Visit the professor - how can I do better on the next exam?

Problem: *Finding the task boring.*

Solution: Focus on your priorities and goals. Apply material to yourself.

Problem: *Fear and Anxiety.* You may be overwhelmed with the task and afraid of getting a failing grade. As a result, you spend a great deal of time worrying about your upcoming exams, papers and projects, rather than completing them.

Solution: Break the large task into small parts. Set specific goals. Bite it off, one small bite at a time.

Problem: *Difficulty Concentrating.* When you sit at your desk you find yourself day-dreaming, staring into space, looking at pictures of your boyfriend/girlfriend, etc., instead of doing the homework assignment.

Success is a
journey, not a
destination!
~Author
Unknown

Solution: Getting started: organize environment; 5 minute rule; pre-read text; review lecture notes; use a worry pad (to write down your distracting thoughts).

Problem: *Personal Problems.* For example, financial difficulties, problems with your boyfriend/girlfriend, etc.

Solution: Seek counseling.

*Copied from http://www.cla.purdue.edu/students/asc/documents/ercoming_procrastination.pdf

College students need to remember that there are usually several majors that can lead to a certain career. At the same time, there are usually several careers that are possible with a certain major. Therefore, students should be aware that there are many possibilities when it comes to college majors and related careers. The following examples show that there is more than one way to find a successful career related to your college major – *stay open to all the possibilities!*

College Major: Mass Communications; Communication

Career: Radio & TV Broadcasting; Advertising & Public Relations; Publishing; Sales; Film & Video Editors; Public Advocate; Health Communication

Key Facts: College graduates with a high level of skill in written communication are highly sought after by employers. Therefore, a major in Communication provides students with a wide range of options for future careers.

College Major: Environmental Science & Policy; Environmental Engineering; Environmental Geology; Geography

Career: Environmental Scientist; Environmental Engineer; Geologist

Key Facts: Many labor experts predict that there will be many available jobs in the environmental sciences career field in the coming years. There are also many scholarship and internship opportunities available in this field.

College Major: Accounting; Finance; General Business Administration

Career: Accountant; Auditor; Budget Analyst; Financial Account Manager

Key Facts: Jobs in the Accounting and Finance arena offer stimulating and challenging work in the business field. Accounting and Finance jobs are plentiful and the pay is usually quite good for those with strong communication skills and a high level of ethics.

College Major: Math Education; Science Education

Career: High School Teacher

Key Facts: Students who have a love for math and science can pass on their pas-

sion to the next generation of learners. Teaching is an important and honorable profession that needs the best and brightest college graduates, particularly in the areas of math and science.

College Major: Public Health

Career: Health Policy Advisor; Behavioral Scientist; Health Educator; Health Services Administrator; Nutritionist; Dietician

Key Facts: Public Health professionals work to protect and improve the health of communities through education, promotion of healthy lifestyles, and disease prevention research. Issues such as environmental problems, maternal and child health care, disaster management, new emerging diseases, behavioral challenges, health care management and cost containment all fall under Public Health. USF offers undergraduate and master's degrees in an accelerated format for Public Health.

Visit the USF Career Center in SVC 2088 or at www.career.usf.edu to learn more about majors and careers. Also see the USF Undergraduate Catalog for more information on available majors at <http://www.ugs.usf.edu/catalogs/catdl.htm>.

SEMINARS FOR SUCCESS!

SSS seminars are designed to give students important information and announcements to help them be successful at USF and in life beyond. These seminars cover topics such as:

- How to register for classes using OASIS
- How to read a SASS report and calculate a college GPA
- Tips for college success, including time management, stress management, study skills, and test-taking skills
 - Financial aid information, including how and when to complete a FAFSA
 - Scholarship information, including renewal criteria for Bright Futures
 - The benefits of living on-campus and joining campus organizations
 - Welcoming diverse perspectives

During the Spring 2010 semester the seminars will be held in BEH 104 from 4-5pm on the following dates (all Thursdays):

Freshmen: January 28 – February 11, 25 – March 18 – April 1, 15

Sophomores: March 4

INTRODUCING NEW SSS STAFF

Welcome to **Carol DiDomenico** who is the newest member of the SSS staff! **Ms. DiDomenico** is the Administrative Specialist and she is responsible for providing support to the SSS Director, supervising the Federal Work Study students, and managing the laptop loan program and computer lab. She has a total 40 years of office managerial experience, with 3 of those years at USF. Be sure to give **Ms. DiDomenico** a friendly hello the next time you come by the SSS office – *she is working hard to help SSS students succeed at USF!*

CONGRATULATIONS TO THE 2009 SSS GRADUATES OF USF!

Mia Bates, B.S.W., Social Work	Krystal Jones, B.A., Sociology	Jennifer Shum, B.S., Elementary Education
Bruzenskey Bois, B.A., Communication	Joanna Jones, B.A., Mass Communications	Natashia Surgbally, B.S., Biomedical Sciences
Shanice Chance, B.S., Marketing	Lawrence Joseph, B.A., Communication	LaNard Taylor, B.A., Political Science
Marvin Chatman, B.A., Sociology	Gaetane Joseph, B.A., Africana Studies	Kathleen Thomas, B.A., Psychology
Alysia Flowers, B.A., Communication Sciences & Disorders	Antoine Martin, B.A., Psychology	Long Truong, B.A., Political Science
Ludy Fontaine, B.A., Interdisciplinary Social Sciences	Brandice McCrimmon, B.A., Gerontology	Steven Ulloa, B.A., Political Science
Ashley Harris, B.A., Interdisciplinary Social Sciences	Shardae Neal, B.A., Criminology	Tommy Warmack II, B.S., Accounting
Johnathan Hollingshed, M.P.H., Public Health (Global Health Practice)	Derrick Nelson, B.S., Management	Earnest Washington, B.S., Management Information Systems
Sandy Hyacinthe, B.S., Biomedical Sciences	Alexis Nesbitt, B.S., Biomedical Sciences	Robert Washington, B.A., International Studies
Sandya Hyacinthe, B.A., Sociology	Kim Nguyen, B.S., Finance	Shamol Williams, B.S., Biomedical Sciences
Dwayne Isaacs, M.E.D., Student Affairs	Paulomi Parmar, B.S., Biomedical Sciences	Kerry-Ann Wright, M.P.H., Public Health (Global Communicable Diseases)
Tamika Jeanty, B.A., Interdisciplinary Social Sciences	Wendy Parraga, B.S., Business Administration	
Jessica Jenkins, B.A., Communication	Harold Paul, B.S., Biomedical Sciences	
Angela Jones, B.A., Criminology	Maria Rodriguez, B.S., Elementary Education	
	Jennifer Rojas, B.S., Business Administration	
	Yolaika Rosario, B.A., Communication Sciences & Disorders	
	Yenni Saurin, B.S., Nursing	
	Shareeka Screen, B.A., Criminology	



NOTABLE SSS ALUMNI: REPRESENTING USF WELL!

- Hanif Andrews, Asst. Vice President, Bank of America, Temple Terrace, FL
- Patricia Boiteux, M.A., Speech Pathology, Columbia University
- Alex Castro, M.A., Electrical Engineering, Southern Methodist University
- Rufus Floyd, M.A., Educational Leadership, Nova Southern University
- Loudior Francois, J.D., University of Miami
- Shedrick Gavin, M.A. in American Studies, Dartmouth College
- Andria Parker Hill, Certified Public Accountant, Tampa, FL
- Johnathan Hollingshed, M.P.H., AmeriCorp, Brazil
- Suzanne LeMignot, TV News Broadcaster, Chicago, IL
- Christina Platt, J.D., Stetson University; M.A. in African Studies, Ohio State University
- Ovet Wilson, Asst. Principal for Student Affairs, Chamberlain High School, Tampa, FL

STUDENT SUPPORT SERVICES

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Website: <http://www.ugs.usf.edu/sss/sss.htm>

SSS Award: 5yr. Federal \$1,464,354 (63%); State \$541,811 (37%).