



# S.T.E.P.S to Success

## Stories, Tips, Examples, Practices and Successes

### Part-Time Student or Full-Time Student?

Both before and during a student's college career, a student is faced with many choices. One of those choices involves whether to attend college as a part-time student or a full-time student. A part-time student is one who takes less than 12 semester hours. A full-time student is one who takes 12 or more semester hours. There are several things to consider when deciding on whether to attend college as a part-time or full-time student. Here are some questions to consider before making that decision.

1. Do the demands of my job and hours that I work during a week allow me to be a full time student?
2. Do I have a busy family life?
3. Has it been several years since I last attended high school or college?
4. Do I have to complete any developmental coursework based on my placement scores?
5. How long do I want to take to complete my degree?

Having a full-time job or even a demanding part-time job can affect one's performance in college courses. A busy family life also can affect one's classroom performance. If it has been several years since last attending school or if developmental courses are needed, then being a part-time

student could be the better option.

A misconception among college students is that a student has to be a full-time student during the fall and spring semesters in order to receive financial aid. This is not true. It is true that a student needs to be full-time to receive the full Pell Grant, but a student can receive student loans while taking 6 hours during a semester. A student can receive the Pell Grant while taking 3 hours.

A student will need to be a full-time student based on the following:

1. The student has a scholarship requiring a certain numbers of hours to be taken or completed each semester.
2. The student is covered by a parent's health insurance policy which requires being a full-time student.
3. The student is receiving a form of assistance other than the Pell Grant and regular student loans which requires being a full-time student.
4. The student is in a degree program, which requires them to be full-time.

It is understandable that students want to take as many hours per semester as possible in order to complete their degrees faster, but sometimes that leads to problems. A student can lose financial

aid based on poor grades and/or dropping too many courses. A student can also end up on academic suspension due to poor grades. A heavy course load can lead to those things. Students can lose confidence and build up too much stress due to having too heavy of a course load.

If you have any questions about whether it is best for you to attend part-time or full-time in the future, meet with your advisor to discuss the matter. Also, feel free to stop by the Student Success Center at any of our three locations, and we will be happy to discuss with you whether it is best to be a part-time or full-time student.

Mickey Freeze  
Advising Coordinator



### Exercise and College Success

The Third President of the United States, Thomas Jefferson, once wrote "give about two of them [hours] every day, to exercise; for health must not be sacrificed to learning. A strong body makes the mind strong." (kidshealth.org)

Researchers at Tufts University found that students who exercise three or more times a week were more likely to report a better state of health and happiness in their life. (kidshealth.org) Enroll in one of the Fitness Center courses here at Ozarka College. This will allow you to use our fitness center, located in the John E. Miller Complex. Exercise is good for relieving stress and helping us feel better.

[http://kidshealth.org/teen/school\\_jobs/college/exercise.html](http://kidshealth.org/teen/school_jobs/college/exercise.html)

## Study Tips

Do you ever feel that the way you study is not as effective as you desire? Maybe you wait until the last minute and try cramming for your tests. You might try some of the following study tips.

1. Study a few items or topics each day This can help you learn each item gradually and avoid any last minute cramming. You could also go home and focus on the items that were covered in class that particular day.
2. Learn 2-3 main points about each item or topic first. It can be helpful to learn a few key points before moving on to learn a fourth key point or fifth key point about a topic.
3. Prepare an essay to study with ahead of time. If you know what essay questions will be on the test, prepare one for study purposes and practice writing it without looking at your textbook or notes. You could do this for any topic that requires to write what you know and remember about the topic.

4. Study certain parts of the essay at different times. One day you could study one part of the question and then another day study another part of the question.
5. Practice by saying aloud the information you have learned about the test items. You could have someone ask you about the different items that you are studying. You could even pretend as if you were planning to teach someone about the information as a way to study.

These tips can be helpful especially for History classes which involve writing over various topics and essay questions. However, these tips can also be helpful regardless of the subject matter or types of questions asked on a test. If you need assistance regarding how to take better notes and study for tests, please visit any of our Student Success Centers for assistance.



Mickey Freeze  
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## Student Success Center Important Information

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Services We Offer:

Academic Advising

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Academic Tutoring

Resume Assistance

And More!

Practical Workshops

Success Closet

Ozarka College provides life-changing experiences through education.