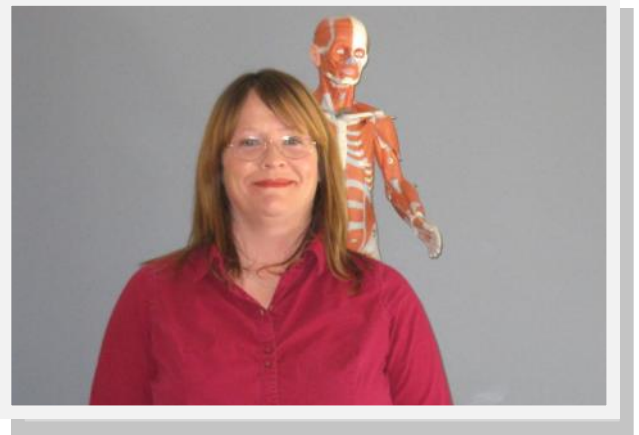


# S.T.E.P.S to Success

## Stories, Tips, Examples, Practices, and Successes

### Student Spotlight: Rosemary Geisser

Mountain View LPN student Rosemary Geisser's decision to become a nurse was influenced by an encounter she had during a church mission trip to Mexico in 2009.



Rosemary said, "An elderly lady, who had been waiting for hours for food, asked me something in Spanish. I didn't know what she was asking, and someone else interpreted what she had said. She was asking for a Band-Aid. The elderly lady proceeded to take off her shoe. She had an ulcer so deep on her heel that it was a wonder she was walking. I came back to the States wondering what I could do for people like this lady. Later that year, I was laid off of my job, so I decided what I should do. I would become a nurse, so the next time someone asked me for a Band-Aid, I could help heal their wounds."

Rosemary came to Mountain View at age 15 with her sister to live with their new foster family. Lacking self-esteem, she intentionally failed her 9th grade year of high school, planning to quit school. But her foster parents and DHS caseworkers cheered her on. She said, "I did graduate from Mountain View High School in 1986! I graduated the oldest in my class. I was nineteen when I graduated, and later that year turned twenty."

Shortly after her graduation, Rosemary moved to Dallas to further her education at Christ for the Nations Institute. She met and fell in love with Carl, whom she is married to still.

The Geissers returned to Arkansas in 1992. Rosemary homeschooled their 2 children, has worked as a Certified Nurse's Aide at a nursing home, and worked as an assembler at Advanced Integrated Technologies.

In January 2010, Rosemary enrolled as an Ozarka student. She said, "None of my classes from the Bible college transferred, and I didn't understand the Compass test rules, so I

had to take Practical Writing. Through that class I learned something very important and haven't stopped thinking of it ever since, especially when things get hard at school. My teacher was E.A. Murray from Florida. She said to me and the other students, 'Don't let anybody or anything keep you from your dream of graduating and getting your degree.'"

Rosemary said her most challenging class so far has been Math for Nurses. She understood how to do the calculations, but when taking tests she would begin to panic that she might someday calculate the dosages incorrectly and give too much or too little medicine. "I had to take the course twice," she said. With some help and encouragement from her husband, Rosemary overcame the panic, and passed the class the second go-round.

(cont. page 3)

#### Also in this issue:

- **SUPPLEMENTAL INSTRUCTION:** [khanacademy.org](http://khanacademy.org)
- **KEYS TO SUCCESS WITH ONLINE COURSES:** Things you should know and do
- **PROTECT YOURSELF FROM ANTI-LEARNING BUGS :** Guard against these sometimes fatal college student learning illnesses



# Ozarka College

## Provides Life-Changing Experiences Through Education

### Free supplemental instruction via video at [khanacademy.org](http://khanacademy.org)

By Mickey Freeze

*Need some extra help understanding quadratic equations?*

*Want someone to PLEASE explain the process of mitosis one more time before the test???*

While it is great to take advantage of the free tutoring in the Student Success Center and Trio Tutoring Labs at Ozarka College, there are also some important online instructional and tutoring websites. One helpful website is [www.khanacademy.org](http://www.khanacademy.org), with video tutorials in math, science, art, and history (among other subjects), arranged alphabetically by concept.



Khan Academy was founded by Salman Khan. Khan began tutoring his cousin, Nadia, online by using Yahoo's Doodle Notepad in 2004. Eventually, more friends and relatives sought his tutoring, leading him to put his tutorials on YouTube in 2006. The popularity of his tutorials led him to quit his job as a hedge fund analyst in order to focus more on his online Khan Academy. With financial support from Bill Gates and Google, Khan is able to dedicate his time to create and offer free tutorials to people online via [www.khanacademy.org](http://www.khanacademy.org) and [www.youtube.com](http://www.youtube.com)

Khan Academy has grown to include more than 2700 videos. One of the advantages to using these videos is being able to play the same video over and over in order to grasp the concepts needed. Often, we feel embarrassed to ask someone to keep explaining a concept over and over that we are having trouble comprehending. Sometimes, we need to both see and hear the information being presented multiple times in order to fully grasp it. Khan Academy allows us to see and hear the repeated information without having to keep asking someone for it.

Sources: [www.khanacademy.org](http://www.khanacademy.org), [www.wikipedia.org](http://www.wikipedia.org)

## 10 Keys for Success in Online Classes

By Candace Jeffery



Are you thinking about taking online classes? While online classes are designed to offer flexibility to students who work and have families, they are not for every student. Here are a few specific keys for mastering online classes successfully.

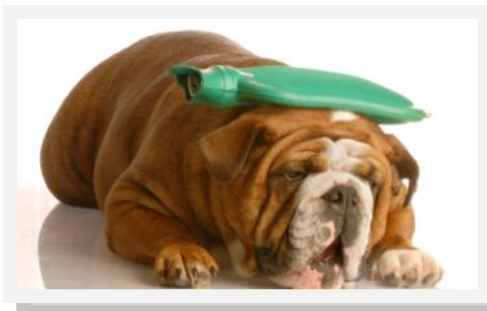
- ⇒ **Self-motivation and discipline:** You must discipline and motivate yourself to do your assignments and turn them in on time.
- ⇒ **Time management skills:** Setting aside ample time each week for each online class is also important. The time that you would use to attend a class on campus plus a little added time should be set aside for you to use for each online class.
- ⇒ **Avoid procrastination:** Never wait until the last day to start an assignment. All assignments should be started early to allow plenty of time for completing them on time. This is very important in case you have Internet problems.
- ⇒ **Log into the class often:** The more you log into your class the more "connected" and comfortable you feel. Log in daily if possible.
- ⇒ **Ask questions:** Do not be afraid to ask questions. If instructions or assignments are unclear be sure to ask your instructor for clarification. There is no such thing as a "dumb question."
- ⇒ **Adequate Internet connection and software:** Before your online class begins make sure you have proper Internet connection/speed and software required for the class. This will help to avoid getting a delayed start in the course work.
- ⇒ **Student/Instructor relationship:** Stay in contact with your instructor. Using email and the discussion board will help to build a strong relationship. Be familiar with the contact methods your instructor provides in the syllabus and use them often.
- ⇒ **Check announcements/email daily:** Check daily for announcements and emails from your instructor. If any changes are made in the course work, they will most likely be sent via announcement or email.
- ⇒ **Read assignment instructions carefully.** Complete them thoroughly per your instructor's guidelines.
- ⇒ **GET HELP EARLY.** Sometimes the hardest part is just finding all of your online assignments. Attend the Online Orientation on your campus on January 18th. For additional help, come by the Student Success Center. Tutors are available to help you succeed!





## Protect yourself from these anti-learning bugs. . .

By Kay Adkins



### It's Flu Season- Be sure to vaccinate against these viral-strains that prey relentlessly on college students!

- *Chronic absentia*- feelings of extreme lethargy that prevent one from being present each class period, manifested in two varieties:
  - ⇒ *Physical chronic absentia*: one lacks the strength to overcome any slight pressure to miss a class
  - ⇒ *Mental chronic absentia*: one might be present in body, but absent in attention; cannot focus on learning; one's mind continually runs mental errands. Often accompanied by *obsessive compulsive texting* (OCT) .
- *Goal-emia*- Deficiency of goals resulting in weak motivation.
- *Sociallitis*- Chronic swelling of the 'friend and fun' priority which reduces one's study time and/or causes periods of narcolepsy during class time or study sessions. Highly contagious.
- *Ignorenza*- Feverish delusional state that if one simply registers for classes and receives a Pell grant one will become educated; often accompanied by a state of *Denial* and/or *chronic absentia* of one or both varieties.
- *Manic Interruptus*-Manifests in an uncontrollable urge to throw one's instructor off track and slow the delivery of test-able information. Often results in *mal-know-trition*, as one still is tested on information that he or she effectively refused to ingest during class.
- *Victimitosis*- Blindness to one's ability to be in charge of, and take personal responsibility for, one's life. Symptoms include excessive finger pointing accompanied by frequent use of phrases like "The wind blew my paper out the car window," or, "My kids were so loud, I couldn't study for the test," or, "You didn't remind us that was due today."
- *Acute Digital Fatigue*- The inability to pick up one's pen in order to take adequate lecture notes.
- *Quit-ache*-The tendency to quit if effort is being required.
- *Delayed Quit-ache*- The tendency to quit immediately prior to the successful completion of a task, a course, or a degree.



Protect yourself against anti-learning illnesses by including these vitamins in a healthy college student diet: *Vitamin A* (a positive *Attitude*), *Vitamin D* (*Determination*), *Vitamin C* (*making wise Choices*), and *Vitamin H* (*get Help as soon as trouble appears*). Have a healthy, successful semester!

## Cont. Student Spotlight: Rosemary Geisser



Rosemary said, "I am now going into my second semester of the Licensed Practical Nursing Program. I will graduate in June and be an LPN. My teachers, all of them at Ozarka, have inspired me to be the best I can be."

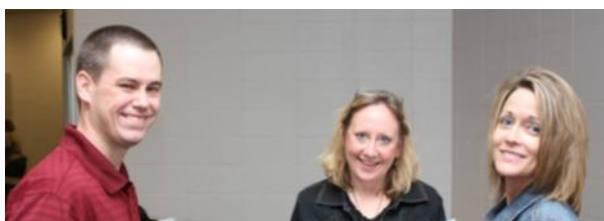
"When I graduate in June and get pinned by my mother-in-law Jerri Geisser (an LPN in Arkansas), I will be sad that I am leaving such an awesome establishment as Ozarka. The teachers are tough, but fair. I would like to encourage anyone who is looking to further their education to attend Ozarka. If a person puts their heart and soul into their studies, then they can, and will, graduate. Remember the words of E.A. Murray, 'Don't let anyone or anything keep you from achieving your goal! Determine to stick with it, and graduate with a degree!'"



Ozarka College

Provides Life-Changing Experiences Through Education

*“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”*  
*Thomas Jefferson*



**Student Success Center:**  
Our Goal is to help you  
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*And More!*

Visit the [Student Success blog](#).

On [Ozarka.edu](#) under the Students tab, click on Student Success for a list of helpful resources.