

Spring Edition

Newsletter Date
February 2011

S.T.E.P to Success: Stories, Tips, Events, and Practices



Ozarka College

What Makes a Successful Student?

Academic skill is not the only factor in determining a person's success in school or in life. Quite often, it is an individual's attitude about the task at hand that influences the result. Skip Downing, author of *On Course: Strategies for Success in College and in Life*, identifies the following choices of successful and unsuccessful students.

SUCCESSFUL STUDENTS...	STRUGGLING STUDENTS...
1. ... ACCEPT SELF-RESPONSIBILITY , seeing themselves as the primary cause of their outcomes and experiences.	1. ...see themselves as Victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. DISCOVER SELF-MOTIVATION , finding purpose in their lives by discovering personally meaningful goals and dreams.	2. ...have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. ... MASTER SELF-MANAGEMENT , consistently planning and taking purposeful actions in pursuit of their goals and dreams	3. ...seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. ... EMPLOY INTERDEPENDENCE , building mutually supportive relationships that help them achieve their goals and dreams (while helping others to do the same).	4. ...are solitary, seldom requesting, even rejecting offers of assistance from those who could help.
5. ... GAIN SELF-AWARENESS , consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. ...make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. ... ADOPT LIFE-LONG LEARNING , finding valuable lessons and wisdom in nearly every experience they have.	6. ...resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. ... DEVELOP EMOTIONAL INTELLIGENCE , effectively managing their emotions in support of their goals and dreams.	7. ...live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. ... BELIEVE IN THEMSELVES , seeing themselves capable, lovable, and unconditionally worthy as human beings.	8. ...doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

Considering this list, success is affected by choices and not only a reflection of intelligence or skill. Have you thought about the choices that you are making and the effect they will have on future success, not only during your college career but throughout life?

Information taken from <http://www.oncourseworkshop.com/On%20Course%20Principles.htm>



The deadline to drop classes is April 28. Before deciding to drop classes, please meet with your advisor and seek tutoring from the Student Success Center.

**Student Success Center
Contact Information:**

Mickey Freeze: 368-2056
mfreeze@ozarka.edu (Melbourne)

Candace Jeffery: 994-7273
cjeffery@ozarka.edu (Ash Flat)

Kay Adkins: 269-5600
kadkins@ozarka.edu (Mtn. View)

Upcoming Student Success Events:

Allied Health Workshops:

Mountain View
Wednesday, March 9: Room 102, 2:00 p.m.

Melbourne
Tuesday, March 15: Miller Building Lecture Hall (C 104), 1:00 p.m.

Ash Flat
Wednesday, March 16: Lecture Hall, 3:00 p.m.

These workshops will be helpful for anyone wanting to know more about the Allied Health Programs offered at Ozarka. Students will also have an opportunity to ask questions about the Allied Health programs, such as CNA, EMT, Health Information Management, and Nursing.



Student Spotlight: Joseph Smith

Joseph (Joe) Smith is the focus of the Student Spotlight for this edition of the Student Success Newsletter. Joe started as a transfer student at Ozarka College during the Fall 2009 Semester. He is pursuing an Associate of Arts in Teaching and is set to graduate at the end of this semester. After finishing his degree at Ozarka, he plans to complete a Bachelor's Degree in Middle School Education with a Math and Science Emphasis. He is planning to take his courses through Arkansas State University in Jones-

boro at ASU-Mountain Home. Joe mentions that his Junior High Math Teacher helped inspire him to teach. He also mentions that he likes working with kids.

Joe has been very active during his time at Ozarka. He previously served as the Vice-President of the Student Government Association. He is currently serving as the SGA President. Joe is also a tutor for the Student Success Center at Melbourne. He is very helpful to students who need help in areas such as Math and MyOzarka.

Joe has been dedicated to service throughout his life. He served in the U.S. Navy for 20 years. He has also been a Scout Leader in the Boy Scouts of America in states such as Washington, Virginia, California, and Arkansas.

Joe's performance both inside and outside of the classroom at Ozarka College will serve him well going forward as he finishes his bachelor's degree and enters the teaching profession at the Middle School level.