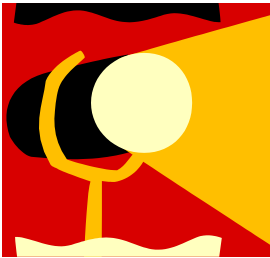




S.T.E.P.S to Success

Stories, Tips, Examples, Practices, and Successes

Student Spotlight: Robert and Crystal Burns



Mountain View students Robert and Crystal Burns have fun in everything they do, and they do a lot! While going to school full time, Crystal and Robert are raising 7 children- two are his, one is hers, one is theirs, and three belong to

others but “they are just like our own,” Crystal said.

Crystal came to Ozarka because of the encouragement of her teenage son Marc, who asked her one day why she never went to college. She explained to Marc that when she had him at the age of 19, being his mom was more important at the time. She said, “Marc told me that I needed to go to school. He said now that he and the rest of the kids are older, I had the time, and it would make him proud that his Mom was tough enough to go back to school.”



Crystal and Robert in Folk Festival parade costumes



Crystal originally thought she would try to become a teacher, but taking art classes awakened her artistic desires. She has become an avid photographer and creative image artist (see left and back page for samples of her work!) Now, one of her goals is to publish a photo journal depicting the joy of small town life. She is very hopeful that

Ozarka will be able to provide an Associate of Fine Arts program before she completes her studies here.

Robert worked at Conestoga Wood, making good money with good benefits, but not really satisfied in his job. When the business closed, Robert and many others lost their jobs, and he decided to take the opportunity to return to school. Looking back on his early desires to become a doctor, Robert first focused his studies on becoming an EMT. Then when Crystal's father had a near-death experience and the family had to spend a lot of time at the hospital with him, Robert realized that he could do more, and become more. At that point, he decided to become a nurse. He started Ozarka's LPN program this fall.

Both Crystal and Robert involve themselves in school related activities. Crystal served as a student government vice president in 2010-2011 and is currently the student government president. Robert serves as a student government liaison. Crystal said, “It has been a joy working with the SGA and working with the college to be a voice for the student body. The Exec-

utive Board really listens to what students say and they try to make our life here better.”

One thing Crystal is most proud of is the SGA's promotions to raise money for the Angel Tree projects. In 2011 the Mountain View student government raised money for the project by selling chances to throw a pie in the faces of the “10 MOST WANTED” Mountain View faculty and staff members. “Seeing Mr. Nicholson getting a pie in the face is always worth it!” she said. Crystal encourages other students to get involved in student government because they can help the community as well as helping the school become better.

Crystal and Robert have also volunteered at local festivals like the Ozarka College Bean Fest contest booth and participating in the Ozarka College float in the Folk Festival parade. During blood drives on campus, Crystal works hard to recruit donors, wearing a badge that says, “I want your blood!”

(Cont'd on back)

Also in this issue:

- Are you in a “Student Frame of Mind?” Take this quick assessment and see.
- Man without limbs lives life without limits!
- Having trouble? Want to AVOID trouble? Tutoring is for ‘SMARTIES’!



Ozarka College

Provides Life-Changing Experiences Through Education

“Without Limbs”: Vujicic’s Example Proves YOU Can Do It!



We all face various challenges throughout life. These challenges may involve finances, transportation, family issues, and health issues among many others. Imagine, though, being born without legs or arms. Imagine all of the challenges that you would have to face in life without arms and legs. Nick Vujicic, President and CEO of a non-profit organization, "Life Without Limbs," was born without arms and legs. Despite the physical challenges, Nick has learned how to do many things and is dedicated to motivating and encouraging others.

While he was growing up in Australia, he dealt with being bullied and struggled with depression, loneliness, and self-esteem. He even tried to drown himself while taking a bath at age 10. However, Nick found the encouragement, strength, and passion for life through family, friends, and his Christian faith.

By the age of 19, Nick started fulfilling his goal of sharing his faith and encouraging other people through motivational speaking. Nick would go on to earn a double Bachelor's Degree with a major in Accounting and Financial Planning from Griffith University in Logan, Australia. Despite not having arms or legs, he cleans his teeth, brushes his hair, types on a computer, swims, surfs, and plays sports. He has a small left foot with two toes which allows him to write, type, and pick up things.

Nick moved from Australia to California in 2007. He got married recently, having married in February 2012. He continues to travel throughout the world encouraging and motivating people. To close with some quotes from Nick, he says, "I tell people to keep on getting up when they fall and to always love themselves" (www.dailymail.co.uk) He also states, "If I can encourage just one person then my job in this life is done." (www.dailymail.co.uk)

If you need some inspiration to keep working toward your goals, check out some YouTube videos of Nick: <http://www.youtube.com/watch?v=v4uG2kSdd-4>
http://www.youtube.com/watch?v=GrV_ZvwZRvw&feature=related

Sources: <http://www.dailymail.co.uk/>
<http://www.attitudeisaltitude.com/aboutus-nick.php>
<http://www.crons.com/our-story/nickvujicic.aspx>
<http://www.lifewithoutlimbs.org/about-nick/>



TROUBLE???

TUTORING.

All students experience moments when the course material seems mind-blowing, or when the assignment calls for a student skill they haven't quite mastered. When you catch yourself thinking any of the following thoughts (or ones kind of similar), recognize them for what they are—

WARNING SIGNS of academic trouble:



1. "I should never have taken this class. I'll probably drop it."
2. "So I failed the first test. I'll probably do better on the next one."
3. "How does the instructor expect me to prepare for the test without a study guide???"
4. "I probably didn't do this assignment right, but maybe my instructor will give me some credit for it."
5. "I don't 'get' what my instructor wants me to do on this assignment."
6. "That isn't fair! I turned that assignment in! Why did my online instructor give me a zero???"
7. "I understand the material when my instructor explains it in class, but as soon as I get out of class, it's gone!"
8. "I wish I had someone who could give me some feedback on this research paper before I have to turn it in."
9. "I hate citing sources. Citing sources is EVIL!"
10. "I am **NEVER** going to understand this!"



Don't accept thoughts like these as either true or final. Get help. Tutoring is NOT for dummies, but for 'smarties'. BE A SMARTIE. COME TO THE SUCCESS CENTER FOR TUTORING!



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Get in A 'Student Frame of Mind' For Greater Success

Rank yourself from 0 to 4 on how accurately the following statements describe your thinking to see if you are in "A Student Frame of Mind." See where you could make some adjustments to be the best student you can be this semester! (**HONESTLY base your ranking on how you ARE right now, —NOT on how you think you should be).**)

0= "Never like me" 1="Rarely like me" 2="Sometimes like me" 3="Often like me" 4="Totally me!"

- _____ 1. Understanding the material in my classes this semester is my #1 priority.
- _____ 2. It is pointless to work hard to learn a subject I know I'll never use again.
- _____ 3. Unless I am highly contagious or Providentially hindered, I will find a way to attend all of my classes.
- _____ 4. I mainly do the minimum amount of work required to get a passing grade.
- _____ 5. I take homework assignments seriously because I know they will help me master the subject.
- _____ 6. It is an instructor's responsibility to make the subject interesting enough for me for me to learn.
- _____ 7. I make sure that I thoroughly understand and follow the instructions for all my assignments.
- _____ 8. I am taking college courses mostly because of pressure from others, not because I want to.
- _____ 9. If I do not understand something, I will ask questions and keep trying to understand until I do.
- _____ 10. My social and/or personal life frequently keep me distracted from my studies.
- _____ 11. If I do not succeed in my classes, there is no one to blame but myself.
- _____ 12. I procrastinate a lot.
- _____ 13. I have some clear goals for my life, and I know what I need to do to achieve them.
- _____ 14. When I take notes, I jot down a few key words and hope I remember the rest later.
- _____ 15. I know where my weaknesses are as a student, and I actively try to make improvements.
- _____ 16. If I act like I am trying really hard, my instructor surely won't fail me, regardless of my grades.
- _____ 17. Even if it is not my favorite subject, or the most entertaining instructor, I can find ways to understand, and make meaningful connections with, learning material.
- _____ 18. Cheating is no big deal—EVERYBODY does it, and it saves time.

The **ODD questions** are **positive, helpful attitudes** to have as a student. The **EVEN questions** are **harmful beliefs and attitudes** that block your ability to achieve academic success.

- A. ADD UP YOUR ANSWERS TO THE ODD QUESTIONS: _____
- B. ADD UP YOUR ANSWERS TO THE EVEN QUESTIONS: - _____
- C. Subtract B from A (A minus B) to get your **NET SCORE**: = _____

If your **NET** score is:

- BETWEEN 18 and 36, overall you are in a fairly solid to very solid STUDENT FRAME OF MIND.
- BETWEEN 0 and 18, it is likely you have several unrealistic beliefs that will sabotage your progress.
- BELOW 0, WARNING: Take some immediate actions to get into a more realistic mindset as you begin your semester to better your likelihood of success.

No matter what your **NET** score is, **there is always room for growth**. In the boxes below, note one **POSITIVE ATTITUDE** you could strengthen, and one **HARMFUL BELIEF/ATTITUDE** that you need to change, to improve your **STUDENT FRAME OF MIND** for greater success!

POSITIVE BELIEF/Attitude to STRENGTHEN:

NEGATIVE BELIEF/Attitude to CHANGE:

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Crystal and Robert Cont'd . . .

Robert and Crystal noted their differences in how they approach their school work. Robert said that note-taking does not work well for him most of the time. "I like to really listen," he said, "listen and see." He explained that he misses a lot of an instructor's presentation if he tries to take notes because Robert's attention goes to what he is writing instead of what is being said.

Conversely, Crystal is an avid note-taker. Robert said, "Last semester she filled up 4 or 5 notebooks and I hadn't finished one. In fact, I think she stole my notebook!"

Robert qualified that in Rodney Williams' class he learned that he HAS to take notes. "Mr. Williams is a different ballgame. He starts telling stories that you think are just stories, but then they show up on the test! You HAVE to take notes in his class!"



They both agreed that they have learned to really pay attention when a teacher points anything out as "important." "Mark it in your text book, or mark it on your notes, then you know what you should go back to," Robert said. Other strategies they think are important to help students succeed in all their classes include time management, spreading out your study time in smaller chunks every day (rather than several hours of cramming), and dividing your study sessions between the classes that are more stressful and the ones you enjoy most.

Crystal added, "Just breathe. You can do anything you set your mind to. And never give up because when it gets rough there are people here at Ozarka who will help you out—faculty or students. And most of all, have fun!"

Photo art created by Crystal Burns

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.
The greatest thing in life is to keep your mind young.

Henry Ford



Student Success Center:
Our goal Our Goal is to help you
achieve achieve YOUR goal!

Melbourne-C 114

Mickey Freeze

(870) 368-2056

mfreeze@ozarka.edu

Mountain View

Kay Adkins

(870) 269-5600

kadkins@ozarka.edu

Ash Flat

Candace Jeffery

(870) 994-7273

cjeffery@ozarka.edu

Mammoth Spring

Candace Jeffery

(870)-994-7273

cjeffery@ozarka.edu

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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.