

Congratulations to our own Orlando Scales for winning the Heavyweight title at the NAIA Nationals this year.

It marks the fifth tournament title that Orlando has won this year and he finished the season with a 29-2 record.

The Wrestling Falcons are NAIA champions again. Notre Dame successfully defended its 2010 crown with another decisive victory at the NAIA National Championships.

In addition to repeating as national champs, Notre Dame has now also pulled off a “four-peat” of sorts -- NDC also won the last two NAIA National Duals titles. The Wrestling Falcons are the first NAIA team to claim victories in both the National Championships and the National Duals in consecutive years. The NAIA has been part of the National Duals since 2006.

The Falcons also accomplished something not seen before in the annals of Ohio collegiate wrestling -- winning a second national title. John Carroll won the NCAA Division III title in 1975, and Findlay won the NAIA crown in 1995; those were the only two championships by Ohio programs before Notre Dame’s back-to-back performance the last two seasons.

For Frank Romano and his charges, as well as Falcon and wrestling fans in Northeast Ohio, the best part of winning that second title is that the wait was a short one.

“Winning two in a row is unbelievable,” said Romano. “It’s an amazing feeling of accomplishment and gratitude.”

By Skip Snow, director of sports information at Notre Dame College



*Breathe deeply.
Think freely.
Love fully.
Live openly.*

*Embark on adventure.
Embrace challenge.
Partake of life’s pleasures.*

*Find truth.
Seek peace.
Share love.
Sparkle with enthusiasm.*

*Treasure quiet moments.
Share a kindness.
Kindle a friendship.
Glory in being.*

Celebrate Life!

*Create beautiful things.
Be generous with praise.
Compliment yourself.
Collect memories.
Pursue dreams.
Behold simple beauty.
Love each day.
Live each moment.*

STEP FOR DEVELOPING GOALS

Keep it simple. Define the goal as clearly as possible. If you are not sure of exactly what you want, the course to get there will be bumpy, and it will take more time and energy than necessary.

Break it into small steps. Once you have clearly defined the goal, break it down into small steps that you take to reach your goal. Small steps are helpful because they are manageable, require the least amount of stress, and allow you to see the progress that you are making toward your goal.

Choose a starting point. Once you have broken your goal down into steps, the next thing to do is to choose a starting point. When will you begin working on your goal? This is a questions which clarifies how much of a priority it is to you. Life is about choices, and everyone is responsible for the quality of their own life.

Redefine the goal. Sometimes it becomes necessary to redefine a goal that you have set. Maybe it was an unrealistic goal because you lacked the resources to reach it, it is not as important to you as it once was, or maybe as time has gone on you have learned some new information which

changes the way that you are looking at things. In redefining the goal, you go through the same steps as setting the original goal. Redefining goals is often related to personal growth.

Act on your plan. By the time you actually initiate a formal starting point of your goal, you will already have completed several of the steps towards it. You will have thought it through and actually planned it out. Accomplishing steps toward your goal will reinforce positive self-esteem, and following through on other important changes in your life if that is your choice.

Improving STUDY SKILLS

With nine weeks left to go in the second semester and mid-term exams looming, here are some suggestions for how to study effectively and make it through the last stretch as stress-free as possible...

- 1 Go to class, take notes, and ask questions of your professor. Take personal responsibility for your own education.
- 2 As you read a chapter, HIGHLIGHT important information and make FLASHCARDS or STUDY CARDS for important terms / definitions to remember. It will be so much easier to review for an exam with these tools.
- 3 After class, RE-TYPE your class notes and then get together with one person or a group of people from your class to review the information orally. It is said that we remember only 10% of what we read, but we’ll remember more than 70% of what we say.
- 4 Come to the ASC on a regular basis and review your notes with an Instructional Advisor. The more you hear and repeat the information, the easier it will be for you to recall it on a test. Reviewing the information out loud with other people automatically enhances your understanding and memory of the material.
- 5 Use Inspiration 9 at the ASC to help create graphic organizers and outlines for speeches and research papers.
- 6 Study in chunks of 20-50 minutes at a time, and then give yourself a 5-10 minute break. Get up and walk around or get a snack; the break will actually help you to stay motivated and focused.
- 7 Do the work / studying that requires the most amount of concentration (usually reading) early in the day. An hour of studying during the day is often worth two during the evening hours when it’s more difficult to stay focused.
- 8 Make your own study guide and try to visualize the professor’s test questions by creating a mock test. Type the questions you think you will be asked.

Then, with all of this preparation, BELIEVE IN YOURSELF! You’ve made it this far. Remember: at the ASC, we’re here to help empower you and provide you with the best study aids in order to perfect your test-taking and research paper skills.

www.dartmouth.edu/~acskills/success/study.html
www.collegetips.com/college-classes/study-tips.php

Academic Support Center Career Day

Sponsored by the ASC and the Disability Mentoring Day Committee

Date: March 31 from 4:00-6:00 PM

Location: Great Room, Administration Building, Notre Dame College

4:00-5:00 PM – Panel Speakers

5:00-6:00 PM – Table presentations

6:00-6:45 PM – Dinner in the dining hall (*free of charge for commuter students*)

Students, join us during our first annual ASC Career Day! This event will feature local Cleveland businesses and services that are here to help you get the knowledge and skills you need to job search successfully! Guests include entrepreneurs with learning differences, successfully employed persons with learning differences and career coaches who work specifically with students with learning differences! Topics such as disclosing a learning difference on the job, job accommodations, and job searching strategies will be discussed!

**This event is MANDATORY for all ASC Students who are not in class or away on a scheduled athletic event. We expect to see you there!*

In the Spotlight...

MARY ROSSI

Accounting & Math Tutor

Mary Rossi graduated from Purdue University with a double major in computer science and accounting & is a CPA. She moved to Cleveland with her husband Dave, in 1985. They have 8 children, ranging in age from 9 to 25 years old & live in Cleveland Heights. For the past 25 years while raising their children, Mary has worked as a controller for two family businesses. She also had a small tax business for many years and has worked for other Cleveland area businesses as an accountant. Currently she does work for 3 area companies part-time and is a teacher in Nammy’s Place at Hathaway Brown School. She has really enjoyed her first two months in the ASC.



MARILYN LELLI

is a native of North Carolina where she graduated from the University of North Carolina with a Bachelor of Fine Arts. After teaching English and Dramatic Arts in the North Carolina public school system, she attended Case Western Reserve University and graduated with a MLA in Library Science and a MA in History. For the next twelve years Marilyn stayed at home with her children and volunteered at St. Margaret Mary School. She then worked at Regina High School for ten years teaching English, Dramatic Arts and Communication Arts. Marilyn was responsible for directing and producing two plays a year at Regina as well as moderating the Drama Club. Working the shows was a family affair with her husband, son and two daughters (both graduates of Regina) all contributing to the productions. She currently lives in South Euclid with her husband.

Student: Looking for a Job?

Follow some of these simple steps when searching for summer jobs!

Begin with a Self-Assessment

The job search process begins with an identification of your values, interests, skills, accomplishments, experience, and goals. How can you seek a position if you don't know what you want from a job and what you have to offer prospective employers?

Research and Explore Career Options

The next step in the job search process is to explore the "matches" between your identified skills, interests, and values and the demands of career fields and organizations. The NDC Career Services Center and the ASC Career Library have all the tools you need to match your skills with the right job.

Choose a Career Field, then Target Employers

After thoroughly researching possible careers/jobs, several field options will emerge as most realistic and attractive. These options should become your career or job search goals. It is probable that no single career will have the potential to utilize all your skills, allow you to develop all your interests, and incorporate a value system completely compatible with yours. Therefore, try to target a career field that will satisfy some of your high-priority needs. Other needs of less importance can perhaps be satisfied in your leisure time activities.

Prepare Job Search Materials and Develop Job Search Skills

Once your job goals have been targeted, résumés and application letters can be tailored to reflect your qualifications as they relate to the interests of prospective employers. While most job applicants

are aware of the need for well-prepared résumés and cover letters, many do not realize the need to spend an equal amount of time mastering job search skills necessary to be effective in today's market. Learning which job search strategies are productive, how to interview effectively, how to market yourself well, and how to handle salary issues once an offer is made are key to an effective job search.

Plan and Conduct a Job Search Campaign

Next, establish a target date for getting a job and decide how much time you can devote to your search. Some individuals believe they cannot afford to take time from their studies or a demanding job. Others procrastinate. Whatever the reasons, the results are the same. Your search will languish and you may miss out on industry hiring cycles and job opportunities. Get organized early by setting aside a certain amount of time each week to work on your search. Use a calendar and weekly planner and work backward from your target date. The greater number of contacts and interviews a job seeker has, the greater the number of job offers. Therefore, it makes sense to use multiple strategies.

Obtain Offer and Continue to Develop Your Career Action Plan

Congratulations! Your job search campaign has been successful. You have been offered a position you wish to accept. Send a note to all the people who helped you, relaying the good news. Remember to continue to use all six steps cyclically to assist you in your career progression or job change.



Important Dates to Remember...

April 1
Last day to Withdraw

April 4
Priority Registration

April 6
Transfer to Action

April 7
RFB&D Workshop

April 19
Falcon Friends Wrap-up

April 21-25
Easter Break

April 26
Summer Interns Mandatory Meeting

April 27
All College Honors

May 6
Delta Alpha Pi Induction Ceremony

May 6
Recognition Day

May 9-11
Final Exams

May 14
Baccalaureate and Commencement

May 28
Grade Reports Issued



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Changing the World...One Student at a Time.



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SPRING 2011

From the Desk of Gretchen Walsh

Looking ahead...

After having suffered through a winter of snowstorms, our long-awaited spring has finally arrived. As we look back over our activities in the past months, two events stand out with special importance. First, in February, we had the kick-off party for our Parents' Leadership Team at Mayfield Country Club. Both the parents and the instructional advisors enjoyed having the opportunity to talk about Notre Dame College and the ASC. Our many thanks go to the Noble family for sponsoring this lovely event. Secondly, in March, we held a Career Day with a panel of employers, human resource managers, and government agencies. This afforded our



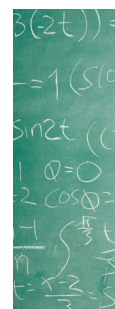
students a wonderful opportunity to find answers as to the choice of a career, the complex search for a job and the interview process.

Looking ahead, our students should make sure that they have met with their faculty advisor and their ASC mentor in order to register for fall 2011 and possibly for this summer. Additionally, they should be sure to mark their calendars for May 6th. This is an important day for we will have the induction ceremony for Delta Alpha Pi, a national honor society, followed by our annual Recognition Day ceremony. Both parents and students are invited and most welcome to these events!

"The secret of getting ahead is getting started. The secret of getting started is breaking down complex, overwhelming tasks into small manageable tasks, and then starting on the first one." Mark Twain

The Academic Support Center...

was very pleased to offer its first ever Winter Workshop focusing on increasing Mathematical skills.



The Winter Workshop for Mathematics is a customized math program that uses the A+ (Anywhere) Learning System. The workshop is designed to enhance success for those enrolled in math courses during the spring semester but was open to any ASC student who wishes to increase his or her college math readiness. Under the direction of Carla Raguz, 12 students used their winter vacation to increase their math skills.

The A+ (Anywhere) Learning System tests and places students into the level of mathematics that is right for them. The students will then receive individualized instruction while working at their own pace and enhancing their mathematical skills.



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"The future belongs to those who believe
in the beauty of their dreams."

Eleanor Roosevelt