

Academic Support Center Newsletter

**Spring
2006**

Academic Support Center

Gretchen Walsh, Director

Mary Jo O'Neill, Assistant Director

Molly Pifer, Instructional Advisor

Gina Flynn, Instructional Advisor

Special Dates to Remember

- * March 15, 2006– Adaptive Equipment Workshop for Faculty & Staff
- * March 21, 2006– Support Group Meeting & Dinner/Guest Speaker: Heidi Solomon, Youth Ability
- * April 11, 2006– Visitation Day/Open House
- * April 17, 2006– Fall Registration for 2006
- * May 5, 2006– Last Day of Classes
- * May 7-10, 2006– Finals Week
- * May 11, 2006– Recognition Day for Academic Support Center

From the Desk of Gretchen Walsh

I am always amazed at how quickly the semesters pass in college. There are less than 3 weeks left to the semester, which means that you should be completing papers, reviewing assignments, and preparing for finals. Be sure to schedule regular tutoring appointments and please come prepared. Also, the fall schedule is now available; please meet both with your advisor and the ASC to discuss possible classes for fall, 2006. We should have final copy of your schedule after you have completed your registration, which can be done as early as April 19th.

Secondly, give some thought to what you will be doing this summer. Do you want to take classes? Do you want to work or have an internship? How about volunteer work? These are all good possible choices. At our March Support Group meeting, Heidi Solomon from Youth Ability presented volunteer opportunities in the Cleveland area. In any case, whatever your summer choice may be, the ASC will be ready to assist you in preparing a resume or getting ready for an interview.

Lastly, I am looking forward to our Recognition Day on May

11th. It will be a strong close for a successful semester, thank you for all you hard work!

Kinesthetic Learner

If you learn by using your whole body and “walking through” directions/procedures:

Pace, walk or move when you review and memorize
Review your notes out loud using “drama”
Role Play
Use physical models
Memorize to a rhythm you can tap out
Learn to use the Kurzweil software program

Thought of the Month

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.

-Albert Schweitzer



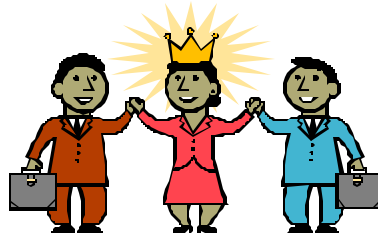
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Academic Support Center

3 Tips to Less Stressful Exams

By: Gina Flynn

- 1. Start Early**– Begin right away and do a little each day. This will prevent you from feeling and getting overwhelmed. Waiting until the last minute is what causes most people anxiety and is what leads to poor performance on exams.
- 2. Organize**– The more organized you are the easier it will be for you to focus on the material that you do not know. Make short outlines or use note cards to organize subjects. This will help you figure out what you know and on what areas you need to focus. Then do a little each day and continue to review your material.
- 3. Sleep**– The easiest and most beneficial thing you can do to make exams go smoothly is get sleep. A well-rested person can think, comprehend, and write much better. This does not mean simply getting a good night sleep the night before the exam, it means monitoring your sleep in the weeks leading up to your exams. Making sure you are well rested will not only help you perform better on your exams, it will also help you study more efficiently.



Recognition

Congratulations to one of our ASC students! Jenni interviewed for an internship in her major and was hired after the first interview! Obviously, the employer felt that she presented herself well and was highly qualified. Way to go Jenni!

Tips From the Desk of Mary Jo O'Neill

Allowing enough time and effectively studying will enable you to do well in college. SQ3R provides a systematic approach which will improve your reading comprehension.

Survey: Survey the chapter before you actually begin reading

Question: Ask yourself questions regarding the chapter

Read: Find a quiet place and start reading.

No highlighting.

Recite: Recite the main points of your chapter, now is the time to write notes in the margins and highlight

Review: Go over your margin notes: review, review, and review.

Never underline or highlight your text while you are surveying the text.

When you have completed the chapters create a one page summary of the entire chapter. (*How to be a Successful Student, 1988*)

Molly's Math Tips

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Mybae it's all in how you look at it.

Visit-

<http://www.stevesachs.com/jumbler.cgi>

