# STUDENT SUPPORT SERVICES

JANUARY 2011

# INSIDE THIS ISSUE:

SSS STUDENTS LOVE USF	2
CAMPUS QUOTES	2
SSS HIGH Achievers	3
SSS SCHOLARSHIP Winners	3
SUCCESS TIP: Time management	4
SUCCESS TIP: OVERCOMING DEPRESSION	4

MAJORS	& CAREERS:	5
RESUME	TIPS	

SE	MINA	RS	FOR	5
SU	CCES	S		

WEL	COME	TO	NEW	
SSS	STAF	F		

SSS GRADUATES
---------------

S	S	S	S	T	U	D	E	N	T	S	&	6
C	A	M	P	U	s	1	а	F	Ē			

SSS	CONTACT	6
INFO	RMATION	

# MEET THE SSS STAFF:

- Reba Garth, Director
- LaSaundria Gienn-Bass,
   Administrative Specialist
- Marcus Glover, Counselor
- Shawn Moore, Counselor
- LaTosha Thomas, Counselor
- Kehsi Wilson, Counselor
- Eduardo Fellz, Summer Program
   Coordinator
- Jerliys Fernandez, Student Asst.
- Jonathan Geneus, Student Asst.
- Courtney Hadley, Student Asst.
- Myles Johnson, Student Asst.



# A NOTE FROM THE DIRECTOR

Good news! We are delighted that **USF's Student Support Services** Program (SSS) was recently funded for another five years (2010-2015) after a rigorous and competitive process. DOE received 1,475 applications and awarded 1,026 grants throughout the country. Mrs. Garth has acquired \$5 million in federal funding to enhance student success. 91% of our freshmen and sophomores remain in good academic standing, and we are looking forward to a successful 2011. Please visit our office to see our SSS "success plaque" on the wall which lists our freshmen and sophomore students with the highest GPA each semester.

SSS is a federally funded program that provides effective academic and personal support for a diverse population. The program is intended for first-time-in-college students who have been identified either as first-generation college students, as having low-income family status, or both. SSS is designed to significantly increase the retention and graduation rates of its participants. The program is committed to providing proactive, comprehensive, and innovative services to enhance our students' success at USF. SSS provides a plethora of services, including: academic advising and monitoring, personalized individual and group

counseling, laptop loan program, computer lab, course registration, residential summer program, tutoring services, financial aid assistance, SSS scholarship, social and cultural enrichment programs, and seminars that broaden career perspectives, improve

academic skills, and promote selfconfidence.



Reba Garth, Director

#### SSS STUDENTS



#### USF: WHAT IS THE BEST THING ABOUT ATTENDING USF?

"The cultural diversity and friendly atmosphere makes it easy to adjust."

Chelsea Rose Flint, Freshman,
 Psychology & Criminology

"Knowing that college is not meant for you to fail and that there are plenty of resources on campus to help you succeed and make your college life more enjoyable." —Antonio Morales, Freshman, Criminology

"There are so many organizations to join and many events to watch and enjoy yourself."

-Destinee Pinkney, Freshman, Accounting

"The environment of the campus and all the faculty who are there

to help you when you are in need because I can recall numerous occasions when I was in need and people were always there to help, especially the Counselors in SSS."—Jennie Nwokoye, Junior, Biomedical Sciences

"A lot of opportunities to become involved. I've also met a lot people and I enjoy the diversity."

–Kiyanna Sawyer, Freshman, Mass Communication & Women's Studies

"Great proximity to home for me, attending USF during a time where there is extreme growth for the university (a lot of construction, research funding at an all time high, athletics and state recognition continuing to rise). A

large campus and student body, along with the fact that it's in a major city so there is always something to do outside of USF."

Aneika Stephenson, Junior, Electrical Engineering & Computer Science

"The SSS program!" —Harley Stanley, Freshman, Health Sciences



"Business before play is always the right way!"

~Judy Brown, SSS Freshman

# CAMPUS QUOTES: HOW HAS SSS HELPED YOU TRANSITION INTO USF? WHAT IS THE MOST IMPORTANT/USEFUL PIECE OF ADVICE YOU HAVE GOTTEN FROM SSS?

Sandy Macenat, Junior, Public Health: "I was taught to use every single last resource that I can. For example, the tutoring online really helped me with figuring out my homework long after the Tutoring Center on campus closed."

Stephen Bravo-Brown, Freshman, Biomedical Sciences: "SSS has helped me become more organized."

**Alexandria Westcarr, Freshman, Nursing:** "They provide great information pertaining to my future."

Marissa Stewart, Junior, Communication: "I think a lot had to do with the workshops and seminars we attended. Also, having our SSS Counselors at our disposal and older SSS alumni to give us advice."

De'mone Heller, Freshmen, Accounting: "SSS was and is very welcoming. The staff and Counselors made me feel wanted at USF. The summer was informational and a home away from home."

Alicia Roberts, Junior, Psychology: "SSS has helped me become successful because the program sets the bar high for its students. SSS does not tolerate any nonsense or laziness from any of their students; we are expected to perform to the best of our abilities. SSS also possesses Counselors who are always willing to pro-

vide guidance in both academic and personal matters. I believe that my success at USF is the result of constant support from SSS and its high expectations which have provided me with the drive necessary to succeed at USF."

Austin DeForest, Freshman,
Political Science: "SSS has
never failed to answer any of my
many questions."

Brittany Wilkins, Freshman,
Public Health: "They have
showed me what I have to do
and make sure I am on top of
my paperwork."

Warren Henry, Freshman, Nursing: "Get involved. Don't ever find yourself not doing anything productive."

Gina Lopez, Freshman, Mass Communications: "SSS has helped me by giving me more of an inside look and extra help on what I need to do to succeed here at USF. I am grateful to be in SSS. I feel like anytime I have a problem or doubt — whether it be personal, academic, or financial — I know that the SSS program can help me find a solution!"

James McGriff, Junior, Information Systems: "Having my SSS 'family' standing behind me gave me the motivation I needed to be a success."



SSS students in SSS office lobby showing love for the SSS program!

#### "TOGETHER WE ACHIEVE THE EXTRAORDINARY!"

# SSS HIGH ACHIEVERS: KEEP WORKING HARD FOR SUCCESS!

Congratulations to the following freshmen and sophomore SSS students with a USF GPA of 3.0 or above

Jacquelin Arango Marjorie Arias Knakeera Bason Bridgitte Batista Austin Bowen Nadia Boyd Crystal Broedel Kaleena Burns Shilah Carroll Cameron Chambers Manuel Colorado Clinton Coutain Michaela Cunningham **Devane Daley** Shantaya Dawes Chelsea De Jesus **Austin Deforest** Zachary Dugowson Ego Ekenta Nushaye Elliott Melissa Espinal Jose Estevez

Kyela Faett Jerilys Fernandez Kaitlyn Garcia Jonathan Geneus Yuri Godinez Mayra Gomez Raymond Gonzalez Alexandria Gullage Coralys Guzman Aubrey Hall Ashley Hance Tiffany Haynes Warren Henry Shaneese Hernandez Victoria Higgs Tyechia Hobbs Vonika Jack Kanika Jack Cintli Jauregui Herby Jean Tite Jean Philippe Monica Jimenez

Myles Johnson Rochenarda Joseph Tamyrnara Leconte Kerala Logis Diana Londoño Jomar Lopez Diana Louis Francia Luke Quaid Marin Marquise Martino Matthew Mason Peyton McCoy Camile McFarlane Alicia McLean Trey McMillon Breionka Miller Shakeem Mills Jorgelina Moretta Gladys Munoz Dylan Myers Shanique Patterson Nicalyn Perez

**Destinee Pinkney** Tiffany Rivers Micheal Roxton Dalis Ruane Leandro Salvador Sergio Santos Kiyanna Sawyer Muhammad Shakir Kristina Sparacino Shelly St. Surin Cherlie Sterling **Cursten Taylor** Samara Touissaint Travis Tyson Zachary Vener Alexandria Westcarr Shanika White William Willis **Amber Young** 

Olivia Pierre

"It is our choices that determine our success."

~Micheal Roxton, SSS freshman



SSS student working hard for academic success!

# CONGRATULATIONS TO THE SSS SCHOLARSHIP WINNERS!

Jacquelin Arango
Bridgitte Batista
Crystal Broedel
Darlesia Brown
Judy Brown
Andres Caicedo
Chelsea Carini
Cameron Chambers
Sarah Dunmire
Marquise Martino

Fransheska Andaluz

Jose Galloza
Danielle Hall
Dylan Myers
Vonika Jack
Ameia Jackson
Kanesha Jackson
Rico Jones

Rico Jones Francia Luke Andrew Davis Gina Lopez Antonio Morales Devane Daley Kerala Logis Wilbur Powell Givonni Symonette Harley Stanley



#### SUCCESS TIP: TIME MANAGEMENT

A key skill that successful college students possess is time management. College students have the challenging task of balancing their busy academic, work, social, and personal lives. Unlike high school, in college students have more time outside of class and a lot of freedom and flexibility in how they structure their day. Therefore, a key strategy for being a successful college student is to learn tips for effectively managing time. Here are a few ideas:

• Use a calendar. It can be

paper, on a cell phone, or a PDA. Keep it in a convenient place where you see it often.

- Write down everything. List all tasks, assignments, and deadlines in one place. Include every daily activity you must complete (homework, going to class/ work, doing laundry, eating, sleeping).
- Schedule time to relax. Getting rest and relaxation helps college students manage their stress and keep a positive attitude.
- Allow for flexibility. Leave room

in your calendar for unexpected events or events you may have forgotten.

- Schedule rewards. Schedule time for relaxation or pampering after a busy week or a completed assignment/test.
- \* Copied in part from http://collegelife.about.com/od/academiclife/a/timemanagement.htm



Time Management:

Managing your time well will allow you to participate in fun social activities and service projects!

# SUCCESS TIP: OVERCOMING DEPRESSION

Everyone feels sad or down from time to time. These are normal emotions that tend to go away quickly. However, depression is a more serious state of emotion that affects the entire body, including the way people eat, sleep, and feel about themselves. Depression is different than just being sad for a short period of time. People with depression often feel sad, helpless, hopeless, and irritable. People with depression experience these emotions over a longer period of time than someone who is just having a down day. Symptoms of depression include:

- •Noticeable change of appetite; significant weight loss or gain
- Noticeable change in sleeping patterns, such as fitful sleep, inability to sleep, early morning awakening, or sleeping too much
- Loss of interest and pleasure in activities formerly enjoyed

- . Loss of energy; fatigue
- Feelings of worthlessness or hopelessness
- •Feelings of inappropriate guilt
- •Inability to concentrate
- Recurring thoughts of death or suicide
- •Physical symptoms, such as headaches or stomachaches.

People who are depressed will experience various symptoms in different ways (not everyone will have the same symptoms). According to the USF Counseling Center, the highest rates of depression are among people aged 24 to 44 and women report depressive symptoms at twice the rate of men. Studies also show that depression underlies the majority of suicides, which is the 8th leading cause of death and is the 3rd leading cause of death among people aged 15 to 24. One of the best ways to prevent suicide is to recognize and treat depression as early as possible.

The cause of depression is not fully known. A variety of life situations can trigger depression, such as serious loss, chronic illness, difficult relationships, financial problems, or any major life change (such as moving away from home to attend college). People with a family history of depression are also at higher risk.

The good news is that depression is easily treated! Between 80% to 90% of all people who are depressed respond to treatment and nearly all people who are depressed experience least some relief from their symptoms after treatment. Research in the health field has shown that a combination of therapy and medication is the most effective form of treatment for depression.

"Don't be afraid of making mistakes.
That's the whole purpose in life — to see mistakes and to learn from them. That is how a person grows wise."

~Gladys Munoz, SSS Freshman

If you or someone you know is struggling with depression, please seek help at the USF Counseling Center. Their services are professional, confidential, and free for USF students. They are located in SVC 2124 or can be reached at 813-974-2831. The informative website can also be found at http://usfweb2.usf.edu/counsel/. Depression is a treatable illness - have the strength and courage to reach out for help before it's too late! \*Copied in part from http:// usfweb2.usf.edu/counsel/pdf/ articles/Depression.pdf.

A resume is a carefully written, concise summary of relevant information about your education, experience, skills, qualifications, and knowledge as it relates to the position for which you are applying. There are many reasons why a college student will need a resume. One reason is that a resume can be used as a marketing tool that can help get you a job interview. Another reason is that a resume summarizes your related background and can help structure the interview. Additionally, a resume provides a potential employer with a sample of your organizational and communication skills. In short, a resume is an important item for college students to develop and constantly improve.

The key components of a resume include: identifying information, objective, education, and experience. For the identifying information section, include your name in 14-16 point font. Your address, phone number, and email address should also be included in 10 point font. Make sure to use a professional sounding voicemail greeting message and a professional type of email address. The objective ideally has 3 parts-position, field/ environment, skills or characteristics. An example of the objective is: "To obtain a position as a Case Manager working with a minority population requiring experience in counseling, assessment, detailed documentation and outstanding interpersonal skills." The education section of the resume should list your degrees earned (or in

progress) in reverse chronological order. Include the type of degree, major, full name of university, and the date of degree or expected graduation date. Lastly, the work experience section of the resume should list the position title, employer, city, and state. In this section, be sure to use action verbs to signify your work accomplishments. Also use present tense verbs for current positions and past tense verbs for previous jobs. Describe your job duties using strong verbs in 3-5 phrases, starting with the most to least significant to show your range of skills. Keep to one liners if possible, use concise language, and do not use end punctuation. In addition, the following optional elements may be included on your resume: research, publications, certifications, leadership, conference presentations, honors, community service, computer skills, language skills, and professional memberships. Your references should go on a separate page that has your identifying information at the top. List your strongest reference first. Here are additional formatting tips for your resume:

#### Do:

- 1-2 pages (2 pages is appropriate for Masters degree with good experience)
- Be sure your name and page number is on the second page
- Ease of reading and logical flow is important
- $\bullet$  Use at least 1 inch margins to make text stand out
- Use ONE type of font: Times New Roman or Ariel
- Consider putting headings in 12 point font, all CAPS, perhaps **BOLD** as well
- · Centering Headings can help with space

efficiency

- Keep information in chronological order within each heading
- Use key words relevant to the position
- · Quantify accomplishments/results
- Remaining text could be 10 point
- Use underlining with discretion
- Be consistent in formatting (i.e. the abbreviation for Florida as FL not Fl, fla)
- Tailor the objective for each position and modify information to better fit the objective
- Use integers for dates (mm/yy) w/o leading zeros
- Check and recheck spelling and grammar;
   Maintain punctuation and capitalization standards
- Use good quality, neutral color paper and matching envelopes
- · Use a laser printer

# Avoid:

- Unusual email addresses and funky out going greeting messages on your phone
- Crowding the page; Characters that are busy (wing dings)
- Italics unless it is customary (i.e. scientific flora & fauna)
- Abbreviations and Parentheses
- Colors and different style fonts unless this is a marketing position
- · Horizontal lines
- "I" statements by using phrases
- Exaggerating job titles, accomplishments or anything else. Everything should be verifiable or you lose credibility!

Visit the USF Career Center in SVC 2088 or at www.career.usf.edu to learn more about resumes. Copied in part from http://www.career.usf.edu/PDFs/Resume\_Dos\_Donts\_RMuir.pdf.

# SEMINARS FOR SUCCESS!

SSS seminars are designed to give students important information and announcements to help them be successful at USF

and in life beyond. These seminars cover topics such as:



- How to register for classes using OASIS
- College major exploration and career decision
- Embracing diverse perspectives in a global world
- Preparing for graduate or professional school after college
- The benefits of living on-campus and joining campus organizations
- How to read a SASS and DegreeWorks report and calculate a college GPA
- Tips for college success, including time management, stress management, study skills, and test-taking skills
- Financial aid and scholarship information, including how and when to complete a FAFSA and Bright Futures renewal criteria

During the Spring 2011 semester the seminars will be held in EDU 115 from 2-3:15pm on the following dates (all Thursdays):

Freshmen: January 27 — February 10, 24 — March 10, 24 — April 7

Sophomores: March 3

#### INTRODUCING NEW SSS STAFF

Welcome to Mrs. LaSaundria Glenn-Bass who is the newest member of the SSS staff! Mrs. Glenn-Bass will be the Administrative Specialist who provides critical support to the SSS Director. She has extensive training in a variety of USF computer systems, such as FAST, P-Card, OASIS, Data Mart, Requisitions, and GEMS. She is also a member of the USF Staff Senate and received the Quiet Quality Award in July 2009. Mrs. Glenn-Bass will make an excellent addition to the SSS program as she will be responsible for supervising the Federal Work Study students, and managing the laptop loan program and computer lab. Please give Mrs. Glenn-Bass a pleasant salutation the next time you visit the SSS office — we wish her much success!

#### CONGRATULATIONS TO THE 2010 SSS GRADUATES OF USF!

**John Abraham**, B.S., Management Information Systems

Matthew Aycox, B.S., Management

Keren Baptiste, B.A., Psychology

Tanya Batchelor, B.S., Management

Danielle Belizaire, B.S., Management

Danielle Blyden, B.S.W., Social Work

Diamond Brown, B.A., International

Business

Shabrillia Bryant, B.A., Criminology

Ranetta Burden, B.S., Management

Veronica Bynum, B.A., Marketing

Monica Canales, B.A., Marketing

Alexandrea Chin, B.S., Biomedical

Sciences

Darrell Clark, B.A., Sociology

Natalie DeLeon, B.S., Student Affairs

Michael Ducille, B.A., Communication

Alfonso Ferguson, B.A., Communication

Angela Gibson, J.D., Criminal Law

Dara Gill, B.S., Psychology

Briana Hanberry, B.S., Long Term Care Admin.

Leandra Handfield, B.A., Communication

Veronica Howell, B.A., English

Mervi Infante, B.S., Elementary Education

**Dieudonne Jean**, B.A., Psychology & Women's Studies

Ephraim Kirkwood, B.A., Mass Communications

Shamella Knight, B.A., Sociology

Jacquesha Lafrance, B.S.W., Social Work

Ravin Lawson, B.A., Communication

Brittany Lenning, M.S.W., Social Work

Brittany Lincoln, B.A., Political Science

Danielle Locke, M.E.D., College Student Affairs

Candis Massey, B.S., Accounting

Kimberly Matthew, B.A., Political Science

**Oriana Mercader**, B.A., Spanish & Mass Communications

Santhia Mirtyl, B.S., Biomedical Sciences

Katina Morales, B.A., Communication

Christian Ramos, B.S., Finance

Alberto Rodriguez, M.A.R.C., Architecture

Grecia Sessarego, B.A., International Studies

Lakivia Thomas, B.A., Psychology

Anthony Thorpe, B.A., Sociology

Ashley Young, B.A., Sociology



#### SSS STUDENTS ARE ACTIVELY INVOLVED IN USF CAMPUS LIFE!

- African Student Association
- Beef Studs
- Black Student Union (BSU)
- BSU Gospel Choir
- BSU Step Team
- Bulls Swimming

CardioFit

• Caribbean Cultural Exchange (CCE)

- Chinese Club
- Club Creole
- Cornerstone
- Student Fellowship
- Dove, Inc.
- Troupe

FACES Modeling

- French Club
- Greek Life
- Habitat for Humanity

- Ice Skating Club
- Koinonia Covenant
   Campus Ministry
- Korean Club
- Latin American Student Association
- Medical Ethics

(LASA)

- Society

   NAACP
- National Council of

- Negro Women
- National Society of Black Engineers
- National Society of Leadership & Success (NSLS)
- Phi Alpha Delta Pre-Law Fraternity
- Pre-Law Society
- Progressive Black
   Men

- Reach Inspire Strengthen Encourage
- Red Cross
- Residential Hall
   Council
- Rotaract
- StudentGovernment StreetTeam
- Tennis Club

- To Write Love on Her Arms
- UniversityCommunityAdvisory Board
- USF Ambassadors
- USF Cross Country & Track & Field Team
- USF Football Team
- Wakeboard & Watersports Club



# STUDENT SUPPORT SERVICES

University of South Florida
Division of Undergraduate Studies
4202 E. Fowler Avenue, SVC 2011

Phone: 813-974-4301 Fax: 813-974-8208 Website: http://www.ugs.usf.edu/sss/sss.htm

SSS Award: 5yr. Federal \$1,587,468 (74%); State \$563,269 (26%).

