



Hours of Operation

Spring 2011

Monday-Thursday

7:45am-9:30pm

Friday

7:45am-5pm

Saturday and Sunday

1pm-5pm

Spring Semester Ends

Friday, May 13th, 2011

Center closes at 5pm

Center Closed Saturday, May

14th and Sunday, May 15th

Maymester

(May 16th - June 1st)

Open Monday-Thursday

7:30am-5:30pm

Closed Friday, Saturday, and

Sunday

Contact Information

Call 335-MORE or email
dlujan@odessa.edu

Inside this issue:

Maymester Hours	1
Stress Management	1
Final Exam Reviews	2
Study Skills Workshops	2
Smarthinking Online Tutoring	2
Summer I & II Hours	2
Evaluate the Center	2

Student Success Center Newsletter

“Empowering students to succeed at Odessa College and beyond”

Volume 3, Issue 1

April 2011-August 2011

LEARN ABOUT STRESS MANAGEMENT!



MANAGE YOUR STRESS LEVEL

Stress is pressure from the outside that makes us experience tension and anxiety inside. Some stress is good for us as it keeps us alert and active, but too much stress can cause physical as well as psychological problems. The following strategies can help you control and manage stress, which can have a great effect on the length and quality of your life.

SELF AWARENESS:

Be aware of **YOU!** Be aware of your needs, values, desires. Listen to your body.

BUDGET YOUR TIME & ENERGIES:

What are the most important things to do today? Make a list in order of importance and attack accordingly. Take on no more or less than you can handle. Learn to pace yourself.

OPERATE IN A SUPPORTIVE ENVIRONMENT:

Organize your personal space so it works for you. After being around a hectic, chaotic environment, you need quiet, private space, and fill it with things that are meaningful to you.

CHANGE YOUR WAY OF LOOKING AT THINGS:

Being positive, not negative, can reduce a lot of stress. Put problems in a broader perspective. Step outside the situation and decide how important the whole thing is.

WORK OFF STRESS:

Exercise regularly and often-- dealing with stress calls for physical stamina. Exercise is a great way to release tension. It can lift your spirits, relax you, and increase your energy.

EAT REGULARLY:

Don't skip meals. Your energy level will go down quicker without nutrition. Never think that you haven't got time. Get enough sleep and rest. Fatigue can reduce your ability to cope with the stress.

LEARN HOW TO RELAX:

Learn one technique that works for you. Twenty minutes of relaxation a day can be a great help to your health and make for better decision making, increased energy, and clear thinking.

TALK OUT YOUR PROBLEMS:

Seek out a trusted friend, etc. You'll be surprised how it lightens your burden. Problems, when kept to yourself, tend to appear much worse than when you share them with a friend.

LEARN THE ART OF MINI-ESCAPE:

When pressures begin to mount too high, give yourself some breathing room and retreat. Take time out for a walk, see a movie, read a book, learn to relax and re-energize yourself. Putting distance between you and the pressure (even if it's only temporary) sometimes not only relieves stress, but provides some helpful insight into your pressure.

DON'T SELF-MEDICATE:

Relieving stress with cigarettes, alcohol, tranquilizers, and sleeping pills may help temporarily, but you pay a high price by impairing your health. Shouting, crying, or taking a bath may get you through, but they cannot be relied upon for a long-term solution.

EXPRESS YOUR ANGER:

Learn how to fight fairly-- it can clear the air and relieve a lot of stress. Be sure the issue is worth fighting for; don't hassle over every little thing.

DEVELOP A SUPPORTIVE NETWORK OF CARING PEOPLE AROUND YOU:

It's a medical fact that those who have close supportive relationships with others live longer, healthier, more stress-free lives. Giving and receiving love and care are basic needs for all of us.

<http://studentorgs.unomaha.edu/tips.php>

Evaluate the Center – Go to <http://www.odessa.edu/dept/ssc> and click on “How Are We Doing?” We want to hear what you think and what we can do to make the Center better. Students asked us to have a BCIS tutor available and we did that. Your ideas are important to us!

Final Exams: Spring 2011 May 9th-May 12th

We will host final exam reviews for 2011 Spring and Summer semesters the week before and the week of finals for the following subjects:

- Math
- Chemistry
- English
- History
- Biology

Watch your email for the days and times of each review!

"The indispensable first step to getting the things you want out of life is this: Decide what you want."

-Ben Stein

Study Skills Workshops

Study Skills Workshops are hosted by the Student Success Center but are presented by OC staff members, faculty, and guests. These workshops are to help you get the extra study skills you need to succeed in the classroom and beyond. They are given every Fall and Spring semester. *See the SSC website @ www.odessa.edu/dept/ssc for more information.*

- **April 6 (W): Succeed at Work** – Chip Carlson
- **April 13 (W): Critical Thinking** – Rosie Aguilar
- **April 20 (W): Web Classes “The Myths and the Reality”** – Dr. Dean Bowers
- **April 27 (W): Web Classes “The Myths and the Reality”** – Dr.



Summer Hours

Summer I

(June 6th - July 7th)

Monday-Thursday
7:30am-9:30pm

Summer II

(July 11th - August 11th)

Monday-Thursday
7:30am-9:30pm

Smarthinking Online Tutoring:

It's 12am the night before your final and you're stuck on a problem. You decide it's too late to email your professor or call classmates. As you slip deeper into panic mode, you gulp your caffeinated drink and mumble under your breath, "where is help when I need it?"

Tired of situations like this one? We've got the answer to your studying needs!

Follow these steps to get started:

- Go to <http://www.odessa.edu/portal.htm>
- You will be given instructions on getting into the Student Portal
- Once in the portal, scroll down until you see "Smarthinking" – Click on that link
- Once you are in Smarthinking you have access to all the resources

