

April Newsletter

We're on FACEBOOK!

<http://www.facebook.com/home.php#/group.php?gid=30745756477&ref=ts>

Special points of interest:

- Relay For Life
- Tax Info
- Higher Elevations

Midterm Grades

Make sure you set-up a meeting with your SSS Advisor to go over Midterm Grades!!! It's not too late to change your grade!



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Financial Aid

- Be sure to check your LOUIE account for your 2009-2010 Financial Aid award. Also if you have not filled out your FAFSA, do so ASAP!!!! Check your "To Do" list on LOUIE for missing paperwork.
- If you are interested in Summer School Aid, Financial Aid applications are on LOUIE!!!

* Must be enrolled with at least 6 credits before applying.

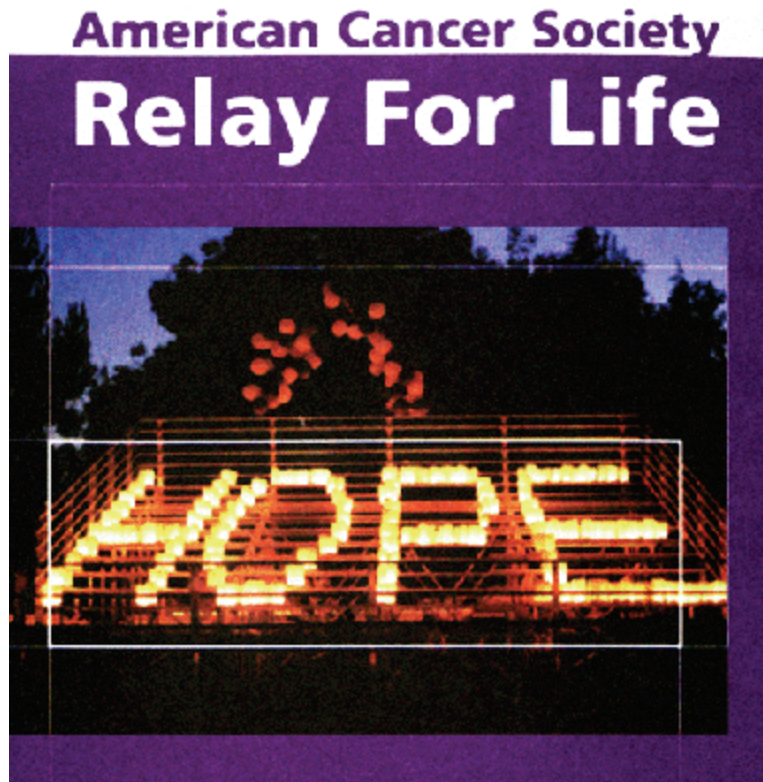


Relay For Life

BE SURE TO SIGN-UP FOR RELAY FOR LIFE!!! YOU CAN JOIN THE **SSS CHI ALPHA EPSILON** TEAM OR IF YOU HAVE ALREADY JOINED ANOTHER TEAM, THAT IS FINE. THIS EVENT **COUNTS AS A CULTURAL EVENT** SO BE SURE TO SIGN-IN AT THE SSS CHI ALPHA EPSILON TABLE TO GET CREDIT!

- EVENT STARTS ON FRIDAY, APRIL 17, 2009 FROM 6PM—6AM
- COST IS \$15 TO SIGN UP AND IT IS TAX DEDUCTIBLE
- CHECK OUT: [HTTP://MAIN.ACSEVENTS.ORG/SITE/TR?PG=ENTRY&FR_ID=14751](http://main.acsevents.org/site/tr?pg=entry&fr_id=14751) TO SIGN UP. OUR TEAM NAME IS SSS CHI ALPHA EPSILON.

WHETHER IT IS A FRIEND, FAMILY MEMBER, THE NEIGHBOR DOWN THE STREET, OR OUR OWN PERSONAL EXPERIENCE, WE HAVE ALL BEEN TOUCHED BY CANCER IN SOME WAY. WE ALL HAVE THE POWER TO MAKE A DIFFERENCE IN THE FIGHT AGAINST CANCER. THAT'S WHY I HAVE CHOSEN TO FIGHT BACK RIGHT HERE IN OUR COMMUNITY BY PARTICIPATING IN THE AMERICAN CANCER SOCIETY RELAY FOR LIFE.



Tax Info

April 15th is the last day to file for taxes!!! Be sure to file and remind your parents as well so that you can complete your FAFSA!

Seventh Principle of Empowerment

Emotional Intelligence (EI) means being aware of your feelings as they occur and **MANAGING** them. Instead of allowing yourself to be overwhelmed by your emotions, use your feelings to make yourself aware of the changes you need to make in order to be successful. Ask yourself, "Why am I feeling this way?" and then listen for the answer. EI means managing distressing emotions instead of letting them manage you.

EI also means delaying gratification and persisting toward a goal even in the face of setbacks. Emotional self-control—delaying gratification and stifling impulsiveness—underlies accomplishment. Don't stop in the middle of studying to go do the "fun" things you'd rather do. Instead, reward yourself when your task is finished. If you haven't learned this yet, now is a good time to start! The good news is that emotional intelligence is a learned behavior and one you can start doing now!

Some believe that emotional intelligence is far more important than IQ or GPA in determining success in life. EI means knowing and managing our own emotions and also having empathy for others. It is the basis of handling relationships with skill and harmony, a quality needed in both the workplace and at home.

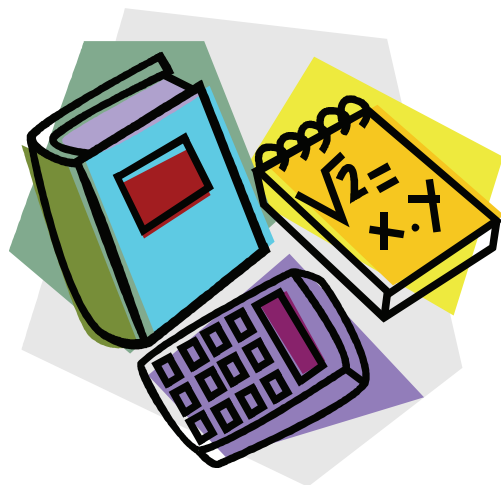


From Skip Downing. *On Course: Strategies for Creating Success in College & in Life*. Houghton Miffl

"Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it drives many of our daily actions." - Freedman et al. Handle With Care: Emotional Intelligence Activity Book, Introduction, 1997/1998

Enrollment Times!

- Please be sure to check LOUIE to see when you can start enrolling for classes for Fall 2009.
- Do not wait till the last minute!!
- If NAU sees that classes are not full, they will be cancelling the course. So make sure you enroll ASAP to ensure that all your classes are available for you in the Fall.



Student Support Services

Phone: 928-523-6980

Fax: 928-523-9466

E-mail:

studentsupportservices@nau.edu

We're on the Web!
nau.edu/ss

Higher Elevations

Coconino Community College Encore Dance Company bring you *Higher Elevations* on May 1st and May 2nd at the Clifford E. White Theater. Our Program Assistant Danita Smith will be performing so go attend and support her as well as see an AMAZING performance!



Egg Plant Pot Shells

Supplies needed

- Eggshells
- Potting soil
- Grass seeds (they germinate in a few weeks) or bean seeds (they germinate in a few days)
- Tempera paint or Markers
- Hot glue or white glue

A small square of cardboard or a small piece of a pipe cleaner.

Study Break
Craft!

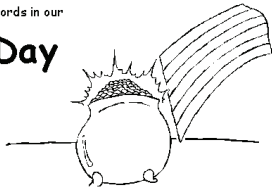
Step 1: Clean eggshells and dry them gently. To give the tiny plant pot a solid base, glue a small square of cardboard  to the bottom of the eggshell (or use a small piece of pipe cleaner twisted into a circle ). If using white glue, let it set for a few hours; hot glue will set in a few minutes.



Unscramble the letters to find the words in our

St Patrick's Day Anagram

Hidden Word (circled letters):
leprechaun



a c h k m o r s	shamrock
a d e i l n r	Ireland
a b i n o r w	rainbow
d g l o	gold
c k l u y	lucky
a c i k p r t	patrick
@ e k n s s	snakes
e e g @ r	green
d e @ g l n	legend
a @ h m r	March



Step 2: Using tempera paint or markers, decorate the eggshells. Let the paint dry.

Step 3: Put potting soil in the eggshells (fill a little over half way). Add many grass seeds or two bean seeds (in case one doesn't germinate). The grass seeds take a few weeks to germinate, but bean seeds will sprout in just a few days. Cover the seeds with a little bit of soil, and sprinkle lightly with water. When the seeds sprout, put the tiny plant pot in a sunny spot and enjoy.

