

Welcome Back!!

Student Support Services STRIDE

"Do you want to make a difference, or do you just want to make a living?"

Arnold L. Mitchem - President, COE

All my relations:

Socrates is purported to have said the unexamined life is not worth living. Instead of merely possessing an unorganized mass (and mess) of opinions and assumptions, take time to scrutinize, re-formulate and organize them into a coherent, meaningful, and practical system of values. **What we think and believe moulds our conduct and actions, which in turn determines our future.**

In every country and every society, teachers inspire hope, build confidence, and prepare tomorrow's innovators. Throughout the year, remember the reason that you came to college. As you embark on a new semester, when schoolwork becomes challenging, take time to examine where you are and **choose a positive attitude.** Attitude is defined as ones' feelings or mood toward things, circumstances or people. No matter how we may choose to define attitude, it is one of our priceless possessions in life.

Ask yourself, how can I choose a positive attitude given the current situation? We cannot change the past or how others act, but we can change our reactions and attitude. A positive attitude is a vital asset at any time. It helps us create our future instead of being held back by negative thoughts or feelings. **You must act to create your own future, and a positive attitude must be your centerpiece.**

All of us in the office are behind you and look forward to another valuable year together. Like you, we are challenged each new year and remind ourselves daily to... as one of our seniors, Sean Tili, says... ***stay strong!***

Shawn Mancastroppa, Director
Student Support Services STRIDE

TUTORS TUTORS TUTORS!!!

Would you like a tutor for one of your classes??? Ask for one at the front desk!

A tutor is very helpful in terms of going over course material.

ATTENTION

Your SSS/STRIDE advisor is ready to meet with you to discuss your academic and personal goals for the semester. **Please call or come by the office to schedule an appointment with your STRIDE advisor as soon as possible.**

Your STRIDE advisor is:

Set specific measurable goals. If you achieve all conditions of a measurable goal, then you can be confident and comfortable in its achievement. If you consistently fail to meet a measurable goal, then you can adjust it or analyze the reason for failure and take appropriate action to improve skills.

