

Academic Success

by Laura McPherson

Conquering Math

Success in college, for some, is fleeting. Math can be particularly difficult because students come with preconceived ideas that they: aren't good in math; don't have the "math gene"; or have parents who aren't good in math, so they can't be either.

The reality is these students is not very confident in their ability to learn any math. Thus, they set themselves up for failure.

Here are few tips and tricks to help you be more successful in your math class:

1. Bring cold water to sip in class. You'll be amazed at how it keeps you awake.
2. If you are sitting in the back, change seats and sit right up front. Try it!
3. Attend every class. If you miss, seek out a classmate and get notes. Make an effort to keep up.
4. Do your math homework more than once. You do not get good at a "process" unless you do it often.
5. Quiz yourself or better yet, find a study buddy and have them make up a quiz for you.
6. If you feel overwhelmed, don't give up. Go to the Academic Success Center and ask me to pair you up with a tutor who can really help you.

This is the first in a series of articles that Laura McPherson, coordinator of the Academic Success Center, will be preparing for the Weekly Bulletin to help students strengthen their skills and be successful students.

Student Workshops Help to Build Skills

The counseling office is continuing to offer a series of workshops for students through the TRIO/ Student Support Services program to promote student success.

Taking place this week are:

Staying Motivated

Monday, Feb. 25, 12-1 pm
Reed Commons Keegan Room
Come learn some smart ideas for conquering the "mid-semester slump."

Honing Your Study Skills

Thursday, Feb. 28, 5-6 pm
Reed Commons Keegan Room
Come learn how to study, what to study and where to study. You will develop a personal study plan that will help you earn the grades you want.

More workshops on a variety of topics will be offered throughout the semester, so be sure to keep an eye out for details.

Black History Month Presentation Held on Campus



Despite being under the weather, Dave Raymond, chair of the arts & sciences department, led a discussion providing valuable insight on the Emancipation Proclamation in honor of both Black History Month and the 150th anniversary of the signing of the document. Raymond explained what the Emancipation Proclamation was, why it was issued, and what it really did in regard to freeing slaves. The noon-time event on February 12 drew a number of interested people from both on- and off-campus to the library.

Lunch Menu

Monday

Bacon Tomato & Cheese Sand.
Beef Stroganoff
Buttery Egg Noodles
Penne & Sausage
Mediterranean Tuna Brushetta
Broccoli
Vegetable Stir Fry w/Noodles
Spicy Vegetable Lo Mein
Seafood Bisque
Minestrone Soup
Roasted Corn & Potato Soup

Tuesday

Gr. Vegetable Quesadilla
Blackened Basa
Southern Dirty Rice
Farfalle & Sausage Alfredo
Roast Beef & Provolone Panini
Steamed Peas & Onions
Vegetable Stir Fry w/Noodles
Korean BBQ Tofu
Southwest Chicken/Rice Soup
Minestrone Soup
Hearty Lentil & Potato Soup

Wednesday

Buffalo Chicken Sandwich
Chicken Parmesean
Fettucini Alfredo
Rotini Marinara
Italian Green Beans
Baked Potato w/Chili
Vegetable Stir Fry w/Noodles
Chicken Salad Sub
Veggie & Bacon Tomato Soup
Minestrone Soup
Pumpkin Coconut Bisque

Thursday

Tomato & Bacon Gr. Cheese
Hearty Lasagna
Catatappi Marinara w/Arugula
Grilled Zucchini Squash
SW Garbanzo Bean Cakes
Vegetable Stir Fry w/Noodles
The "Elvis" Panini
Chipotle Chicken Tortilla Soup
Minestrone Soup
Vegetable Orzo Soup

Friday

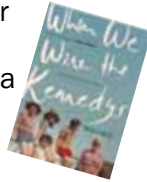
Vegetable Chimichanga
Fish & Chips
Creamy Parmesean Cavatappi
& Shrimp
Steamed Green Peas
Vegetable Stir Fry w/Noodles
Honey Dijon Chicken Wrap
Baked Sweet Potatoes
Tofu & Vegetable Teriyaki
Jerk Chicken Soup
Minestrone Soup
Cheddar Beer Soup

AVAILABLE DAILY

Salad, hamburgers, turkey
burgers, gardenburgers,
hot dogs (regular & turkey),
pizza, grilled chicken
sandwiches, grilled cheese
sandwiches, french fries
and assorted desserts

Common Read for Spring 2013

The campus Common Read for the spring semester will be **When We Were the Kennedys**, by Monica Wood. The book is a memoir of growing up in Mexico, Maine.



The library has both print and ebook versions available. Stop by and pick up the format you prefer and begin reading!

Wood will be on campus on April 24 for a noon reading and book signing in the library as part of the April Reading Series.

Classic Film Series Continues

The Classic Film Series continues this Thursday, February 28, at 7:00 p.m. in the Edmunds Conference Center. This week's film will be "Come and See," a 1985 Soviet war drama and psychological thriller taking place during Nazi German occupation of Byelorussia, USSR. All members of the campus community are invited; admission is free.

Snowshoe Fun

Thanks to a donation by LL Bean, the library has two pairs of snowshoes to loan out for winter outdoor fun. If you have never gone snowshoeing, now is the time to try it! You can snowshoe on campus or borrow them for the weekend.

Congratulations...

Congratulations to the winners of the Student Senate Valentine's Day Guessing Contest. Chelsea McNally and Paul Beaulieu both tied for Jar 1, with a guess of 162. Winning for Jar 2 was Myasia Williams, with a guess of 101. Congratulations, everyone!

Polar Dip to Take Place

This Friday is the day that a team of NMCC students and employees will take their annual "polar dip" off the coast of Maine to raise money for the Ronald McDonald House of Maine.

The NMCC group, named the "Freezin' Falcons" to honor the school's mascot, will be led by Dr. William Egeler, dean of students and a veteran of past polar dips. Egeler and his team of students and staff will consist both of members who will enter the water and others who will serve as 'towellers' and watch out for the dippers during and after the swim.

This annual polar dip features around 100 dippers from colleges and universities in both Maine and New Brunswick. Now in its 13th year, the event, sponsored by Washington County Community College Student Senate, has raised more than \$150,000 to benefit the Ronald McDonald House since it was first held in 2000.

Anyone would like to contribute to the 2013 Freezin' Falcons efforts, can sponsor a team member directly or drop off a check, made payable to the Ronald McDonald House, to Dean Egeler in student affairs.

Student Health 101...

Check out the February issue of **Student Health 101** at <http://readsh101.com/nmcc.html>.

Student Health 101 is an online magazine with up-to-date information students can use to improve their health, relationships and study habits. It offers articles on a variety of topics of interest.

Newsletter Items...

Do you have items that you would like printed in the Weekly Bulletin? If so, submit your information to the development office by calling 768-2809, e-mailing info@nmcc.edu or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.**

Events

MONDAY

TRIO Program - Staying Motivated, 12:00 - 1:00 pm,
Keegan Room

TUESDAY

Skills USA Meeting, 12:00 - 1:00 pm, Library Room 2

WEDNESDAY

HIT Learning Community, 11:30 am - 1:00 pm, Keegan Room
Aroostook Area Agency on Aging - Savvy Caregiver Program,
12:30 - 3:30 pm, Edmunds Conference Center
Admissions Testing, 1:00 - 4:00 pm, MRT 105, 210

THURSDAY

Student Senate Meeting, 12:15 - 12:45 pm, CHR 201

Residential Life Task Force Meeting, 3:00 - 4:00 pm,
Martin 3rd Floor Conference Room

TRIO Program - Honing Your Study Skills, 5:00 - 6:00 pm,
Keegan Room

Movie Night, 7:00 - 9:00 pm, Edmunds Conference Center

FRIDAY

General Advisory Council Meeting, 7:30 - 9:00 am, Keegan
Room

Admissions Testing, 1:00 - 4:00 pm, MRT 107