



Weekly Bulletin

Academic Success

by Laura McPherson

Reading Comprehension

Many students have trouble comprehending what they read, especially the first time through. If you don't read your work more than once, you probably should start. If you use this SQ3R reading system, I guarantee you that your memory and grades will improve. Yes, it takes time, but it's well worth it.

SQ3R - A Study/Reading System: SURVEY-QUESTION-READ-RECITE-REVIEW. These steps are a study/reading method that promotes an active attitude toward learning. When you clear your mind for the task of studying, you are alert and centered. You make yourself ready to learn and remember. Begin with:

1. SURVEY - Gather the information necessary to focus and formulate goals. State your purpose for reading the material. Read the title - help your mind prepare to receive the subject at hand. Read the introduction and/or summary; pick out the chapter's main points. Notice each boldface heading and subheadings; organize your mind before you begin to read and build a structure for the thoughts and details to come. Skim over graphs, tables, charts, etc. to see how they support and explain the text.

2. QUESTION - Help your mind engage and concentrate. Frame questions - perhaps variations of the headings, sub-headings, or topic sentences, which you make into your personal questions.

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PTK to Induct New Students

Nineteen NMCC students will be inducted into the campus' chapter of Phi Theta Kappa, the international honor society for students at two-year colleges, during a ceremony on Tuesday evening, March 5.

To be invited to join PTK, a student must achieve a 3.5 or greater cumulative grade point average while being enrolled in one of the College's academic programs. To maintain enrollment, the student's cumulative grade point average cannot fall below a 3.25. Members gain leadership skills through campus and community projects in addition to recognition throughout the year and at graduation.

Being welcomed to the chapter are: Elizabeth Beaulieu, Samantha

Buck, Carla Cambridge, Heather Carnes, Steven Cole, Kelley Coyle, Danielle Dudley, Hillary Ellis, Tammi Flint, Leo Gaghan, Jolene Haugen, Ellen Hole, Lisa Jenkins, Megan Kaiser, Debby Page, Chelsea Porter, Nicholas Rand, Ashley Roberts and Marie Sanderson.

The guest speaker will be NMCC instructor JP Levasseur, who will address this year's honors topic of Culture of Competition, as well as encourage chapter involvement.

PTK members take part in a number of community service projects over the year, gaining personal fulfillment while building skills that will follow them into the workforce.

Student Health 101

The March issue of **Student Health 101** is now available at <http://readsh101.com/nmcc.html>. Be sure to check it out! **New for this month...answer questions from a brief survey and be entered for the chance to win \$2,500!!**

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.



**Daylight Savings begins this weekend.
Don't forget to turn your clock ahead
1 hour on Sunday, March 10.**

Lunch Menu

Monday

Bacon Swiss Burger
Grilled Jerk Chicken
Vegetable Lasagna
Veggie Stir Fry w/Noodles
Tuna Sub
Hungarian Goulash Soup
Broccoli Cheddar Soup
Yellow Rice
Roasted Root Vegetables
Moroccan Vegetable Stew
Tomato Rice Soup

Tuesday

Grilled Ham & Cheese Sand.
Sloppy Joe
Penne Marinara
Veggie Stir Fry w/Noodles
Turkey Pepper Jack Panini
Chicken & Rice Soup Florentine
Broccoli Cheddar Soup
Lyonnais Potatoes
Peas & Carrots
Baked Tofu Taco Salad
Cream of Mushroom Soup

Wednesday

Buffalo Chicken Sandwich
Pork Chop Suet, Chow Mein
SW Penne & Black Beans
Veggie Stir Fry w/Noodles
Corned Beef Wrap
Mulligatawny Soup
Broccoli Cheddar Soup
Mashed Red Skin Potatoes
Stir Fried Vegetables
Polenta w/Broccoli Rabe
Hungarian Cauliflower Soup

Thursday

Bacon Blue Burger
Chili-Rubbed Spare Ribs
Chicken Penne Marinara
Veggie Stir Fry w/Noodles
PB&J Apple Sandwich
Chipotle Chicken Tortilla Soup
Broccoli Cheddar Soup
Baked Beans
Glazed Carrots
Overstuffed Potatoes
Split Pea Soup

Friday

Tomato & Bacon Gr. Cheese
Oven-Fried Chicken
Linguine/Roasted Red Peppers
Veggie Stir Fry w/Noodles
Italian Panini
Hot & Sour Soup
Broccoli Cheddar Soup
Glazed Sweet Potatoes
Fresh Collared Greens
Kung Pao Tofu
Vegetable Soup

AVAILABLE DAILY

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

Academic Success, from front

3. READ - Read actively to answer your questions and to fulfill your purpose. Set realistic time goals and number of pages to be read. Divide chapter into small sections, rather than trying to read the whole chapter non-stop. Ask yourself a question before each paragraph or section, and then locate the answer in the text. Take breaks when you feel unable to stay with the material due to day-dreaming, drowsiness, boredom, hunger, etc. Use your hand and marking pen to pull your eyes down the page, marking only the essential words and phrases. Think, interpret, and analyze the first time you read, to avoid unnecessary re-reading.

4. RECITE - Retain your mind to concentrate and learn as it reads. After each section, stop, recall your questions, and see if you can answer them from memory. If not, look back again, but do not go on to the next section until you can recite the answers. Also, try to visualize what you have just read. Make separate notes or outlines of what you have read.

5. REVIEW - Refine your mental organization and begin building memory. Once you have completed the whole chapter, reread your outline, look away, and recite the outline from memory. Go back over all your questions. Continue this process until you feel that you understand and know the material.

Take a short break and reward your success. Decide when you are ready to work again, center your thoughts, take a few minutes to review the information you just learned, and go on to the next chapter or another subject.

This is part of a series of articles from Laura McPherson, coordinator of the Academic Success Center, to help students strengthen their skills and be successful.

Events

MONDAY

TRIO Luncheon, 12:00 - 1:00 pm, Keegan Room

TUESDAY

TRIO Program - Interviewing Skills, 12:00 - 1:00 pm, Keegan Room

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

PTK Induction Ceremony, 7:00 - 9:00 pm, Edmunds Conference Center

WEDNESDAY

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

PI Historical Society Presentation - Teddy Roosevelt, 5:30 - 6:30 pm, Edmunds Conference Center

TRIO Workshops...

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 is:

Interviewing Skills

Tuesday, March 5, 12-1 pm

Reed Commons Keegan Room

Come learn what to expect and how to ace a job interview.

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

Teddy Roosevelt Presentation at NMCC on March 6

Don't miss a free presentation on Teddy Roosevelt on Wednesday, March 6, from 5:30-6:30 pm in the Edmunds Conference Center. Kim Smith from the Presque Isle Historical Society will lead a discussion featuring unique and authentic Teddy Roosevelt artifacts from the Society's collection.

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.

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.**

Alumni & Friends Organization Meeting, 5:30 - 7:00 pm, Keegan Room

THURSDAY

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

Ham Radio Meeting, 6:00 - 9:00 pm, CHR 204

FRIDAY

Mary Kay Makeovers, 10:00 am - 2:00 pm, Edmunds Conference Center

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

Basketball Official Meeting, 5:30 - 8:30 pm, Edmunds Conference Center