

STUDENT SUPPORT SERVICES

November 2022



- ▶ FAFSA Workshop ▶ Upcoming Events
- ▶ Thinking Ahead for Finals Week and more . . .

Fall Cultural Trip Trans-Allegheny Lunatic Asylum

On Sunday, October 30th, SSS students and staff visited the Trans-Allegheny Lunatic Asylum in Weston, WV.

Although the site is known for haunted tours and ghost hunting, the SSS group participated in the historic heritage tour of this national landmark, which is over 160 years old.

Tour-goers were given an intimate look into the history of the building, which served as a state hospital prior to becoming a sanctuary for the mentally ill. At its peak, the asylum held 2,600 patients. The facility closed in 1994, and was re-opened as an attraction in 2007.



NOVEMBER 8th IS

First
Generation
College
Student
Day

At Concord University we have over 800 first generation students. Let's take time to celebrate and encourage the students who are the first people in their family to go to college.



First Generation Panel Discussion

- **When:** 2:00 pm on Tuesday, November 8th
- **Where:** State Room, Student Center

Panel: Dr. Kendra Boggess, Professor Tiffany Everett, Assistant Director of Student Activities Destiny Robertson, and student Christopher Robertson

First Generation Moderators: Dr. Shawn Allen and Leadership Team member Amber Delp

Dates to Remember

Friday, November 18

Residence halls close

November 21 - 25

Thanksgiving Recess

Friday, December 2

Last day to drop courses with a "W"

December 5 - 9

Final Exams

Saturday, December 10

Graduation



Kristen



Darrick



Sophia



Beth



SSS Staff Members & Contact Information

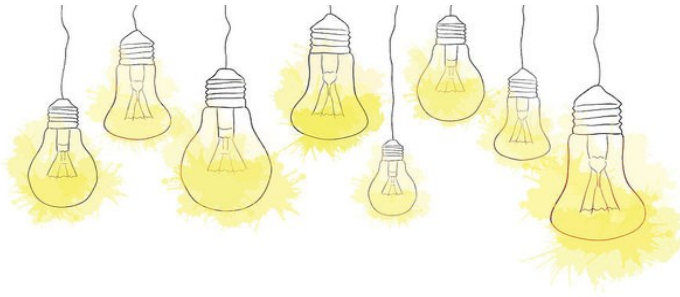
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Director's Corner

Intelligent SSS,

In five weeks you will be home thinking back about the Fall semester of 2022. Are you now a Concord Graduate? Did you pass all of your classes? Are you celebrating making the Dean's List or maybe squeaking out a C in a class you worked hard not to fail? Whatever your Fall semester held, know that you can take the positive and hard lessons and build from it moving forward. This semester is not the end of your education...it is preparing you for a lifetime of overcoming challenges and establishing a rewarding career. Your SSS Team is privileged to watch you grow and mature. We believe in you!

As always, remember:

Questions about scheduling? Stop by the office.

Need help with your FAFSA? Come see us!

Stressed about a test? Stop in and talk over test taking or anxiety reduction strategies.

Have some good news to share? We want to hear all about it!

Struggling in a class? We've got tutors for you.

Anxious about your speech? Come try it out on us first.

Want to talk with another student about your problems? Our AIM Mentors are here for you!

Interested in expanding your horizons? Come on a cultural trip with us.

Want to attend an event on campus without having to go alone? Meet up at the office and we'll go together!

Wishing you a joyous and peace filled holiday season!

Always in your corner,

Kristen

Kristen O'Sullivan

Director Student Support Services

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FAFSA Workshop

Sunday, November 13th
1pm - 4pm
University Point

Concord University will host a FAFSA workshop on Sunday, November 13 from 1 to 4 p.m. at University Point on the Athens campus for current college students and high school seniors.

Students and families participating should bring their FSA ID, social security number, and 2021 tax records. Those attending will also be entered to win a \$500 Concord University tuition voucher for students who plan to enroll in Fall 2023 classes at CU.



Graduating in December?

Please drop by the SSS office to pick up cords and a special gift for graduates. We would also like to have your feedback about Student Support Services via an exit interview.

Commencement will be conducted on Saturday, December 10th.

SSS Welcomes New Administrative Associate, Sophia Kelly

Sophia, who previously served as the Program Assistant for CU Veterans Upward Bound, will be joining the SSS staff as the Administrative Associate.



Thinking Ahead for Finals Week

Suggestions from your fellow students . . .

• “Talk to some people in your class and see if they want to do a weekly study group.”

• “Look at the schedule ahead of time to see what your finals week will be like. Plan your study time in chunks around that finals schedule.”

• “If you take breaks during study times, that’s good, but don’t get distracted. I use an alarm sometimes to remind myself to get back to it.”

• “When you go home for fall break, bring back snacks and drinks if you can.”

• “Do your laundry and that kind of stuff before exam week and get that out of the way.”



Reality check

with Darrick Scott,
Educational Counselor

The Best Time to Study

When is the best time to study? It’s one of those **never-ending debates between students**; is it better to study at night or during the day? Each side has its own loyal promoters who will speak at length of the benefits of their preferred process to try and persuade you of the benefits of their choice.

4 Benefits of Studying During the Day

1. After a good night’s sleep, you’ll likely have **more energy** and a higher ability to concentrate.
2. The world is structured around being **active during the day and sleeping at night**, so by sticking to this norm there are undeniable benefits such as being able to go to the library.
3. Most people are contactable during the day so it’s **easier to communicate with your friends or teachers** during the day if you have any questions.
4. **Natural light is better for your eyes.** Artificial light hurts our eyes and can affect our natural sleep rhythm.

4 Benefits of Studying at Night

1. People are more active, louder and intense during the day. At night it’s only you and the night owls so you can **study in peace and quiet**.
2. If you’re lucky enough to live near a library that’s open late, you will notice that the **library is near empty** when you want to study late.
3. At night there are **fewer disruptions** than during the day. Most of your friends are asleep and your social networks will be less active.
4. It is true that things look different by night. The night can **increase your creative effectiveness** and help you see concepts differently.

There are possibly more reasons why each of these options could be the best time to study. It’s important to note however that ultimately it all depends on your individual preferences. Sadly, there really is no objective **‘best time to study’!** It all depends on your personality, what you’re studying, your resources, time management and your natural sleep cycle.

