

IMPACT



STUDY NIGHT

Above: Vondrell Harris, Tear Morris, Joshua Gracia, Loretta (math specialist), and Preston Parsons

Left: Tiffany Wilcox

Right: Josh Metzinger, Tobiah Rocker



IMPACT HAS MADE CHANGES BASED ON RECENT SURVEY RESULTS

IMPACT students have the opportunity to let us know what they like about our program and a chance to make suggestions. The staff has noticed more students are coming to study due to our increased Underground space. The photos above show one of our evening study for finals night. Students came to take care of monthly meetings, get credit for attending an academic event, complete assignments, and study for finals. Some students were getting headaches from the low lighting, so we increased the lighting above each of the study tables and can still keep the lighting low in the computer lab. Students continue to want evening study nights, so we have added a Tuesday night study session from 6-10 p.m. Roxanna, our secretary, will be available on these nights as well as a professional tutor named A.J. Yabarra.

Students want more events where IMPACT students can get to know each other. We would love to hear specific suggestions on what types of events. Many enjoyed the bonfire and games out in the country.

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RECENT SURVEY RESULTS

Last semester, 62 of our students completed end of the semester evaluations based on how satisfied students are with the IMPACT program and services. Sixty students strongly agreed that they would recommend IMPACT to others and were very satisfied. Last semester was enjoyable due to the accessibility of staff, University transfer visits, and going to the college plays. Students liked the individual approach and mindset of the staff and enjoyed the monthly meetings which helped them to stay focused. Students liked how they came down to IMPACT with a problem and left with a solution. It is so easy to come in and sign up for appointments and events. Students like

how they are kept informed with the various activities around the school. Tutoring is so helpful. The IMPACT advisors are always there and go out of their way to help. They are caring, helpful, understanding, patient, kind, and treat us like individuals who have different learning abilities. IMPACT brings students together to better themselves and provide helpful career guidance. The cultural trip, to see the Broadway musical, *Wicked*, was outstanding. It is amazing that all of this is free! The financial literacy online was available for students who could not go on transfer visits or career previews due to schedule conflicts. IMPACT is just an all around good program that needs to stay at Cowley.

Transfer Visits

Several college visits have been scheduled for this semester. Please consider the private colleges such as Newman, Friends, Bethany, and McPherson. They are expensive, but no one pays the "sticker price". There are many grants, scholarships, and loans available at these schools. Bethany College at Lindsborg is unique as it is an area that was settled by Swedish immigrants. This college is known for its fine arts. McPherson College has one of the youngest college presidents in the U.S. He is 35 and seems to be very progressive in his approach to education.

February

Tuesday Night Tutoring

IMPACT is now open from 6-10 p.m. for professional tutoring services throughout the semester. IMPACT students only.

11 Future Space 2010

College Transfer Fair from 9-12 a.m. and a Career Showcase Presentation from 12:30 - 2:30 p.m.

16 Transfer Visit

Friends/Newman University
Wichita, KS

25
Transfer Visit
Oklahoma State University - Stillwater, OK
OSU is one of the largest campus area colleges that we can attend in this area. It is a flat, yet spread out campus south of Oklahoma City.

26
National Trio Day
Stop by the IMPACT Office to celebrate!

March

4 - 6
Academic/Cultural Event
Cowley College Presents "South Pacific"
Be sure to pick up your free tickets at the ticket booth.

10
Transfer Visit
Bethany College
Lindsborg, KS

11
Academic/Cultural Event
Tyler Perry's "Madea's Big Happy Family"
Meet in front of the Jungle @ 5:30 p.m.

The Power of Discipline by Brian Tracy

Why are some people more successful than others? Why do some people make more money, live happier lives and accomplish much more in the same number of years than the great majority?

I started out in life with few advantages. I did not graduate from high school. I worked at menial jobs. I had limited education, limited skills and a limited future.

And then I began asking, "Why are some people more successful than others?" This question changed my life.

Over the years, I have read thousands of books and articles on the subjects of success and achievement. It seems that the reasons for these accomplishments have been discussed and written about for more than two thousand years, in every conceivable way. One quality that most philosophers, teachers, and experts agree on is the importance of self-discipline. As Al Tomsik summarized it years ago, "Success is tons of discipline."

Some years ago, I attended a conference in Washington. It was lunch break and I was eating at a nearby food fair. The area was crowded and I sat down at the last open table by myself, even though it was a table for four.

A few minutes later, an older gentleman and a younger woman who was his assistant came along carrying trays of food, obviously looking for a place to sit.

With plenty of room at my table, I immediately arose and invited the older

gentleman to join me. He was hesitant, but I insisted. Finally, thanking me as he sat down, we began to chat over lunch.

It turned out that his name was Kop Koptmeyer. As it happened, I immediately knew who he was. He was a legend in the field of success and achievement. Kop Koptmeyer had written four large books, each of which contained 250 success principles that he had derived from more than fifty years of research and study. I had read all four books from cover to cover, more than once.

After we chatted for awhile, I asked him the question that many people in this situation would ask, "Of all the one thousand success principles that you have discovered, which do you think is the most important?"

He smiled at me with a twinkle in his eye, as if he had been asked this question many times, and replied, without hesitating, "The most important success principle of all was stated by Thomas Huxley many years ago. He said, 'Do what you should do, when you should do it, whether you feel like it or not.'"

He went on to say, "There are 999 other success principles that I have found in my reading and experience, but without self-discipline, none of them work."

Self-discipline is the key to personal greatness. It is the magic quality that opens all doors for you and makes everything else possible. With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him.



"Do what you should do, when you should do it, whether you feel like it or not."

-Thomas Huxley



Grammar help is needed.

Are your participles dangling? Do you agree with your pronoun? My words are misplaced! My infinitives keep splitting! What do you mean when you say my sentences are redundant and repetitive and I write recurring and boring sentences that shift tense and have mismatched subjects and predicates that don't match up just to get three or more pages for an essay that I don't even want to write in the first place! How do I even know how to solve these grammar issues if I don't even know what you are talking about?

If this is how you respond to compositions, essays, paragraphs, sentences, words, and letters; then you will be delighted to know that Dianne, our English specialist, has discovered a couple of possibilities for you to get the extra knowledge that you need to learn rapidly, use grammar correctly, and have a higher retention rate that is effective and fun! One possibility is to show you how to set up a more in-depth grammar-style check, which emphasizes the rules and gives examples as to why the sentence is wrong and how you can fix it. Premier Tools - Talking Word Processor is also available on campus computers, which will assist with spelling and will read aloud your writing as you listen and catch errors that you may not visually catch. If you show interest, Dianne will show you how to use these helpful tools. You can also e-mail your papers to flickingerd@cowley.edu and she will help edit with comments electronically and return them to you in a timely manner.



How do I get a good grade in math?

If you are new to IMPACT, did you realize that you can check out a scientific or graphing calculator for the semester? We also can replace batteries for you. Earn Academic credit by scheduling an appt. with Loretta to learn all the functions and uses of graphing calculators. Call 441-5213 and make your one-on-one appt. today.

Math tutoring appointments fill up fast, so make sure to sign up in advance. Attend class regularly. Make sure you stay on top of homework. Do not put off getting the help you need. Contact our math specialist, Loretta.

Laptops available for checkout.

Did you know that IMPACT has only a few more laptops that are waiting to be checked out and used regularly by IMPACT students? Come to our office and check out a laptop for a semester at a time, with the realization that if we run out, you may not get one. Your account will be charged \$500 if you do not return our laptops at the time we designate on your contract.

Cowley has wireless internet service, and it just so happens that our laptops are wireless compatible! Be an opportunist and take advantage of this offer for IMPACT students only!

Special Interest:

1. E-mail and Facebook

Check your ANGEL e-mail regularly for specific information regarding IMPACT events. Join the IMPACT group on Facebook if you have not already.

2. Graphing Calculators

Scientific and Graphing calculators are available for check out through the IMPACT office. We also replace batteries.

3. Tell It to the President

Remember to Tell It to the President located on the Cowley web page if you have a concern or an idea.

4. Supplemental Grant Aid

We had 51 students earn supplemental grant aid (SGA) the first semester @ \$1,000 each. We gave a large one time amount instead of two smaller amounts this year. There will be no SGA for the spring semester. Students were required to attend a financial literacy meeting with the NSLP agent to discuss how to use their SGA wisely.

5. Monthly meetings begin in February

Make sure you stop by to set up a time to meet with your IMPACT advisor. This meeting is intended to be a chance for you and your advisor to touch base. Do not wait until the last week though because the appointment calendar has been known to be full.

6. Evening tutoring

Every Tuesday evening from 6-10 p.m., professional tutors will be available for IMPACT students only.

Upcoming Events

- April 8 - McPherson College
- April 9 - Harlem Gospel Choir
- IMPACT dinner on April 14th, 2010.
- More information is coming.
- April 22 - Mr. Cinderfella
- April 27 - Wichita Grand Opera presents *Delibes' Coppellia* performed by the Moscow Festival Ballet
- May 5 - *Straight No Chaser* concert

IMPACT - Your Underground Connection

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We are on the web!
[http://www.cowley.edu/
academics/impact/](http://www.cowley.edu/academics/impact/)
We have a new look with
current information, spring
activities, and newsletter
archives.



Let the Games Begin!

The 2010 Winter Olympics start next month in Canada. From snowboarding to speed skating, the Winter Games are one cool competition. The Games will be held in the Canadian city of Vancouver from February 12 - 28. You can watch on NBC, channel 3. The Olympic Games are a tradition that unites the world in peaceful sports competition. Some of the most popular winter sports are figure skating, speed skating, skiing, snowboarding, and hockey. This year, a new event called ski cross will be added. Ski cross is a fast-paced race between skiers who race at the same time.

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IMPACT

We are on the Web.

<http://www.cowley.edu/academics/impact/>