New Procedure for SGA Money

This year, IMPACT’s budget has been cut in the amount of supplemental grant aid we have to disburse to students. In light of this situation, there is a new procedure in place to determine who will receive funds. Specific details will be available at your first monthly meeting in September for returning students and at IMPACT orientation for new IMPACT students.

It is basically a point system. Students will earn points in a variety of ways such as attending monthly meetings, going on transfer visits, completing online Focus 2 and financial literacy assignments, and attending events hosted by IMPACT. This month the Flickinger hotdog roast and the girl-to-girl self defense workshop count as points for attending. “We tried to create a fair system for all IMPACT students who receive Pell funds to have a chance at earning money,” said Roxanna James, Director of TRiO IMPACT.

“If you want to be successful in this world, You have to follow your passion, Not a paycheck.”

- Jen Welter
- NFL’S First Female Coach

IMPACT TRiO Staff: Front row left Roxanna James, Director; Loretta Waldroupe, math specialist; Back row left Dianne Flickinger, English specialist, Mike Rosales, IMPACT advisor; Mandi Hernandez, Administrative Assistant.

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Where can I receive tutoring?

There are a multitude of methods for students to receive academic tutoring at Cowley. The library has tutoring available on a walk-in basis on Monday through Thursday starting at 11:00 a.m. and ending at 9:00 p.m. Friday the library tutors are available from 11:00 a.m. until 2:00 p.m.

On blackboard there are two online programs to assist students with tutoring. Grammarly and Tutor.com/cowley. These programs are outstanding programs that are convenient and easy to use. Stop by the IMPACT office if you need assistance in getting started.

MathHeals.com is a website created by Cowley math professor, David Hayes. There are lectures and sample problems that are very specific to the assignments you are trying to complete. Just go to the website and click on the appropriate math level.

IMPACT is always ready to help students in the area of tutoring. If you want to come down and work on assignments, ask questions when you get stumped, or schedule an appointment with Setmore for a one–one tutoring session, Specialist Loretta Waldroupe and Dianne Flickinger will be glad to assist you.

IMPACT is also open on Tuesday and Thursday evenings. Dianne is here on Tuesday evenings and Mike Rosales is here on Thursdays.

Science tutoring is available in IMPACT on Tuesday and Thursday evenings from 6 p.m. to 9 p.m. with Mason Warren. Jessie McCabe is here to help with science and math on Monday and Wednesdays from 11:00 a.m. to 1:00 p.m.
Spring 2016 Enrollment Will Begin After Fall Break
Consider Enrolling in an IMPACT Class

How does a TRiO/IMPACT class work?

You must be a TRiO/IMPACT member to attend this class; therefore, if you are not a member and you meet the criteria as a first generation student, receive a PELL grant, or have a documented disability, please view our website where you will find an application. As a member of TRiO/IMPACT, we will waive your tuition for these classes, which is a wonderful savings for you unless you are already receiving a scholarship for tuition. Your instructor teaches only two or three classes, so he/she is available for one-on-one tutoring help as needed. Students may schedule a tutoring session online. We stay open on Tuesdays and Thursdays until 9 PM for those who have activities or practice in the afternoon. We currently provide Composition I classes and Composition Seminar. We also provide Elementary Algebra, College Algebra, and College Algebra with review.

TRiO/IMPACT students who come to see us once a month receive beneficial information, advising, financial literacy, and assistance in transferring to a four-year college. If you are receiving a PELL grant and meet the SGA (Supplemental Grant Aid) requirements, TRiO/IMPACT has additional federal funds.

IMPACT Class Policy:

In the event that you have more than five unexcused absences, you may be asked to drop the IMPACT class dependent upon the circumstance and determined by the instructor; after all, IMPACT is paying for your class. Having more than five unexcused absences in any one class will automatically disqualify you to receive the Supplemental Grant Aid. IMPACT will waive the tuition for each IMPACT class only once. If you have to retake an IMPACT class, we will NOT waive the tuition. Any student caught cheating in an IMPACT class will not be able to take another IMPACT class during their time at Cowley. If you are placed on financial aid suspension, you cannot use a paid IMPACT class to meet your six hour obligation.

Withdrawing from a course

At some point you may find that you need to withdraw from a course mid-semester. If you think you may need to withdraw, check the college guidelines and speak to your academic advisor and the course instructor.

Questions to ask before withdrawing from a course:

- Are there limits to the number of classes from which I can withdraw?
- How will a withdrawal be reflected on my transcript and impact my GPA?
- Is the class one of a required sequence of classes? If so, when can I retake it?
- If I withdraw, will I get full, partial, or no tuition reimbursement?
- If I withdraw, will my status affect my eligibility for financial aid, work study, scholarship, housing?

Withdrawing from a class is a formal procedure with specific guidelines. If you simply stop attending a class, you will be registered, responsible for any tuition or fees associated with the class, and the grade can become failing.

Cowley Withdraw Date for 16 week classes is November 15, 2016.
Transfer News

While college Web sites and brochures can be informative, the best way to get to know a school is to make a campus visit. IMPACT provides transfer visits for all Cowley students. Mike Rosales, IMPACT Advisor and Transfer Specialist, will make all the arrangements for students to meet with admissions, department chairs, and financial aid officers. Students will ride the Cowley bus and take off for a great day of transfer activities.

CHANGES TO THE FAFSA PROCESS FOR 2017–18

SUBMIT A FAFSA EARLIER. Students will be able to submit a 2017-18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling students to complete and submit their FAFSAs as early as October 1 every year. (There is NO CHANGE to the 2016-17 schedule. The 2016-17 FAFSA became available Jan. 1, 2016.)

USE EARLIER INCOME AND TAX INFORMATION. Beginning with the 2017–18 FAFSA, students will report income and tax information from an earlier tax year. For example, on the 2017–18 FAFSA, students (and parents, as appropriate) will report their 2015 income and tax information, rather than their 2016 income and tax information.

Here’s a summary of key dates for submitting the FAFSA depending on when you plan to go to school:

<table>
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<th>IF YOU PLAN TO ATTEND COLLEGE FROM</th>
<th>YOU WILL SUBMIT THIS FAFSA</th>
<th>YOU CAN SUBMIT THE FAFSA FROM</th>
<th>USING INCOME AND TAX INFORMATION FROM</th>
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Federal Student Aid

StudentAid.gov/FAFSA

LEARNING SKILLS DEVELOPMENT

SQ3R is an acronym for survey, question, read, recite, and review. SQ3R is an effective active reading strategy to better understand written content.

Survey is a process where students briefly mentally summarize the main concepts of a reading assignment. Begin your summary by briefly skimming the text for table of contents, chapter headings, bulleted lists, sub-headings, and other clues.

Pay close attention to bolded terms, italicized phrases, and topic sentences when assigned readings lack headings. If you have a hard time remembering key concepts, use a notepad to create an outline of these concepts.

Questioning. During this phase, students anticipate what questions will be answered after reading the text. Developing questions will supplement the outline you’ve developed. Create questions by rephrasing chapter headings into questions.

Read. Now that you’re organized, read the text. While reading, connect supporting ideas with main ones. Identify details that answer anticipated questions and jot down new insights. Students utilizing the SQ3R strategy should abstain from marking text since it diverts attention away from reading. Instead, write margin notes and number text with the corresponding anticipated question.

Recite. Take some time to reflect after reading each chapter. Restate main ideas aloud and write them down in a notebook.

Review. Once you’re done with the recitation phase, re-summarize the entire article or chapter to connect supporting ideas with main ones. This is an effective way to assess understanding, organize main concepts, and enhance memory retention.
Contact IMPACT Underground

The IMPACT office is open Monday, Wednesday, and Friday from 8:00 a.m. to 4:30 p.m. We also have extended hours Tuesday and Thursday from 8:00 a.m. to 9:00 p.m. On these evenings we have a tutor who specializes in math and science.

Remember, tutoring is always free!