In High Gear

Do you feel it yet? It’s the pressure to do more, achieve more, sleep less, and STILL maintain a happy self. You are now in high gear. Every semester at about the same time, students feel the weight of life as a full-time student, and probably a worker, family member, etc. When the weather starts to change, people become more active. The problem with this is that whenever the weather gets warm, we all tend to slack off on what we need to do, and focus on having fun. Don’t do it yet! Hang in there, and keep pushing for another 4 weeks. You are almost done. Don’t disappoint yourself with a lackluster effort that permanently affects you!

Get to Know IMPACT— Loretta Waldroupe!

Loretta started her career at Cowley as a student and tutor. After her graduation from Southwestern College, Loretta became a full-time member of the IMPACT staff as the Math Specialist for the program. Not only does Loretta teach Beginning and Intermediate Algebra, but she coordinates our one-on-one tutoring in between helping students with their questions about math homework for any class. As a college advisor, Loretta has the opportunity to work with our IMPACT students regarding class selection and enrollment. In her “spare time,” Loretta is a single mom to Faith, 13; Grace, 10; and Hope, 7, with whom she enjoys a multitude of activities. Thanks, Loretta, for all you do!
Both visits will show as excused absences in your classes, but you are still responsible for making up any work you miss. See the IMPACT office for details. Another item of interest for your transfer calendar is the Finding Scholarships workshop on Thursday, April 27 at 5:30pm in RL111. Heather and Rita will share valuable information, and this counts toward your academic event requirement. Be sure to sign up in the IMPACT office.

Transfer Information

We are still planning to visit KSU–Salina on April 4. This extension of KSU is geared toward technical careers, including aeronautics and engineering. Please contact the IMPACT office immediately if you are interested in visiting KSU–Salina. On April 12, we are planning to visit Pittsburg State University (PSU). Bev is currently scheduling academic appointments for this visit, so be sure to sign up as soon as possible.

IMPACT NEWS

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IMPORTANT: Supplemental grant aid is ONLY available to students who are receiving a Pell Grant. At the conclusion of each semester, grant aid is awarded to students who meet the following criteria:

♦ Receiving Pell Grant
♦ At least 2.5 semester GPA
♦ Attended ALL monthly meetings
♦ Attended at least one IMPACT approved academic event
♦ Attended at least one IMPACT approved cultural event
♦ If you are reading this, come to the IMPACT office for your prize!

Money is to be used for educational expenses first. Checks are distributed to students before the start of the next semester. If you are unsure about whether or not you qualify, please come to the IMPACT office.
Habit #7—Sharpen the Saw

There are four categories of renewal (sharpening the saw), and it is necessary to “sharpen” all of them to keep feeling happy and healthy: physical, mental, spiritual, and social/emotional. Physical renewal refers to getting exercise, eating the right kinds of foods, managing stress, and getting enough sleep. All of these things contribute to a healthy life. Mental renewal refers to expanding your knowledge outside of a school setting. When you are in class, you are required to do a certain amount of reading, writing, and planning. When you are not in school, for instance over summer break, you still need to keep your mind active. It is important to continue using the skills you acquire in school so that, when you need them, you have them. Spiritual renewal refers to redefining and renewing your commitment to your value system. This is probably the most private part of you, and you are the only one who can renew it. If you cannot identify your spiritual center, you have some work to do! Social/emotional renewal refers to refreshing your relationships with people. Although it is important to do this, it is the easiest of the four categories to renew—we can do it in our normal everyday interactions with people. These four categories are essential for wholeness. The renewal of each provides us with happier, healthier lives. If you would like to learn more, come to the IMPACT office.

Career Day

On April 17, IMPACT will be having a Career Day and workshop. We will have a variety of activities designed to help you put your best foot forward in the job market. Mock interviews, resume writing, and working on “soft skills” are just some of the sessions we are planning. The day will be kicked off with a business luncheon. If you are reading this, please come to the IMPACT office to claim your prize. All of this is free to IMPACT students, and we hope it will be one of the highlights of your year. Please sign up in the IMPACT office before April 10 to secure your spot. We have to let the caterer know how many people will be attending, and we need an accurate count. If you have any questions or if you have an idea for a session topic, please come to the IMPACT office and speak with one of our staff members!

Contact Us

The IMPACT office is located on the lower level of Renn Memorial Library in room 112. We love to see students in our office, but if you need to contact us, please do so at the following numbers:

1-800-593-2222 ext. 5212 (Main Number)
FAX: 620-441-5358
EMAIL: cccc_impact@yahoo.com
Http://www.cowley.edu/academics/impact

Heather Allen—Program Director
Ext. 5253 allenh@cowley.edu

Bev Nittler—Counselor/Coordinator
Ext. 5272 nittlerb@cowley.edu

Judy Haynes—English Specialist
Ext. 5211 haynes@cowley.edu

Loretta Waldroupe—Math Specialist
Ext. 5213 waldroupe@cowley.edu

Rita Thurber—Administrative Secretary
Ext. 5212 Thurber@cowley.edu
IMPACT is...

A federally funded Student Support Services Program designed to help Cowley students succeed. We provide many services including transfer visits, one-on-one tutoring, intensive instruction, career exploration opportunities, and more. We can serve 150 students each year.