You made it to Cowley! Welcome aboard! You arrived with every thing you might possibly need to fill your dorm room and backpack. Some may be driving back and forth from home to attend classes. Some came to Cowley to play sports and attend classes. Some may be working and attending classes. Whichever category you find yourself, just know that somebody from Cowley loves you! A coach, an advisor, counselor, teacher, janitor, cook, activity director, dorm parent, and especially IMPACT staff. We are here to give you support.

Courtney Mason, a sophomore student at Cowley, came from the Natural State of Arkansas. IMPACT made a difference in her first year at Cowley. Courtney shared how she didn’t know anyone upon arrival. Courtney heard about IMPACT during the orientation tour. She was alert to hear that IMPACT helped out financially. She didn’t recall hearing about the fun activities during orientation. The word got around about the fun activities that IMPACT offered, and it was through IMPACTivities that she met others and made new IMPACT friends. Once she got involved, Courtney found the IMPACT office to be a place of encouragement. IMPACT staff lifted her spirits if she had a tough day. Courtney did not have to come down daily to get help with her assignments, but she made a point to visit because as Courtney commented, “Everyone at IMPACT is so nice and I always leave encouraged!”

Students who are able to go home most weekends probably don’t realize that those from distant states look forward to IMPACTivities. Courtney would like to see more IMPACTivities on weekends. If this is true for you, come see us in person to let us know you would like a weekend activity and we will give you a prize for your interest.

IALCE IMPACT, A Life Changing Event

IMPACT is a federally funded Student Support Services program designed to help Cowley students succeed. We provide valuable services; including transfer visits, tutoring, IMPACT courses, career exploration, cultural trips, wireless internet laptop and calculator checkout.

According to the American Heritage Dictionary of the English Language, *im'pakt* is both a noun and a verb. The noun is described as 1. The striking of one body against another; collision. See synonyms at collision. (impact) 2. The effect or impression of one thing on another; still gauging the impact of support services on the lives of college students. To be continued...
On Course with IMPACT counselor Bev Manuszak

Each year, Bev prepares a course to guide students towards success in college and in life. This year we are going to Dive Deep!

Skip Downing, the author of On Course, suggests that if you want to achieve your greatest potential in college and in life, you need to dig deep inside yourself where you already possess everything you need to make your dreams come true. After the author went through a series of personal and professional struggles, he was seriously motivated to change his life for the better. What he learned from his personal experience will be shared with you at each monthly meeting. If you sign up and attend your monthly meeting prior to Sept. 14th, you will get an extra little gift for attending early. We want to empower you from the inside out.

We are so happy that you have made a positive choice by choosing to attend Cowley. As part of the IMPACT team, you have begun a journey that can lead to great personal and professional success. According to Downing, “Once you choose a positive belief you usually find yourself in a cycle of success. Positive beliefs lead to effective behaviors. Effective behaviors lead to success. And success reinforces the positive beliefs.” We begin this month with visualization. We need a motivating mental image that draws us steadily toward our ideal future. IMPACT will show you how!

IMPACT staff provides help at a time of great need to keep you on course.

CSO College Survival Online

IMPORTANT INFORMATION FOR YOUR OCTOBER MONTLY MEETING!

In October, there is a short, online assessment that you will be asked to complete prior to your visit. If you would like to do this assessment before you come for your meeting and print off the results, it will save you some time when you do come in. To access the assessment, go to the following website:

http://college.hmco.com/collegesurvival/downing/on_course/5e/resources.html

A question to ponder for October:

Am I a creator or a victim?

The impact Cowley students gave and were given while in Washington D.C. last May, 2007

You have so many opportunities available to you. Are you aware of these and are you taking advantage of these opportunities?

IMPACT travels to Washington D.C.
**IMPACTivities**

**September 2007**

**SOE Schedule of Events**

- **Wed., Sept. 12**—Lunch time workshop (Academic) Grab your lunch tray and come into the Dining Room. Look for Jason O’Toole. 12:00—1:00 P.M. Drawing for door prize!

- **Thursday, Sept. 20**—Transfer visit to Wichita State University (Transfer) Must sign up by Sept. 10th to visit with your department choice. Leave campus at 10:30 A.M. return by 6:00 P.M.

- **Friday, Sept. 21**—Campfire Night at the Flickingers! (Academic/Cultural) Hay Rack Ride/Hot Dog Roast/Star Gazing/Storytelling. Leave campus at 6:00 P.M. return by midnight.

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**Schedule of Events**

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**Come by the office to sign up or call the office at 441-5212**

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**CIU Contact IMPACT Underground**

The IMPACT office is located on the lower level of the Nelson Student Center. You can take the elevator Underground from the Tiger Deli. As you exit the elevator, take two right turns and you will find the IMPACT office. There is an outside entrance to the Underground on the south side of the Nelson Student Center. Come visit us if you haven’t already. We love to see students in our office, but if you need to contact us, please do so at the following numbers:

- **Jason O’Toole**—Program Director  
  441-5253  
  otoole@cowley.edu  
  1-800-593-2222 ext.5212

- **Bev Manuszak**—Counselor/coordinator  
  Ark City: 620-441-5272  
  SSEC: 316-554-2739  
  manuszakb@cowley.edu

- **Roxanna James**—Administrative Secretary  
  441-5212  
  james@cowley.edu  
  FAX: 620-441-5358

- **Your underground connection for student support services that will impact your life!**

- **Loretta Waldroupe—Math Specialist**  
  441-5213  
  Waldroupe@cowley.edu

- **Dianne Flickinger—English Specialist**  
  441-5211  
  Flickingerd@cowley.edu

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**Volume 11, Issue 1**
YOUR UNDERGROUND CONNECTION

Self-improvement doesn’t happen automatically. It requires constant, systematic, and disciplined personal development. There are books to be read, people to meet, and new places to discover. Your personal growth is a privilege, not a burden. This is where IMPACT loves to get involved in the details of your college life. Let us offer support in the small stuff of your college life to help you grow and improve.

MAKING CONNECTIONS THAT MAKE A DIFFERENCE

MAKING A DIFFERENCE . . .

IMPACT
Cowley College
125 S. Second St.
Arkansas City, KS  67005

We're on the web
www.cowley.edu/academics/impact/