During my six years I have served with the SSS program, I have met a multitude of amazing students. I have been privileged to coach and guide them through their college years, and in some cases into successful careers in medicine, engineering, business, education, social work and more. I am proud to have been a part of this program, filling roles from tutor all the way up to Director.

It is therefore with mixed emotions that I have accepted a new position as Director of the Rutgers Mountainview Program and have resigned as Director of SSS. In this new role I will continue to strive for access to Rutgers for underrepresented students, and to encourage a welcoming and supportive institutional climate for all. Most of all, I would like to offer my gratitude and continued encouragement to the entire SSS community.

Were it not for all of your hard work and successes, I would not have the immense pride and sense of accomplishment I have garnered from these years with you. I am confident that you are in excellent hands with the remaining staff here and will continue to thrive under them. Thank you all and best of luck this year.
Please visit our website for updates on upcoming workshops and events. Keep an eye out for double credit points toward the Grant Aid Award. Registration for all workshops is required.

STUDENT SUPPORT SERVICES PAGE 2

ACADEMIC COACHING MODULES

TIME MANAGEMENT
Managing time is one of the biggest challenges college students face. In this four-week module, students will improve their ability to organize and use time effectively by focusing on 5 steps to successful time management.

STRESS MANAGEMENT
Do you know anyone who isn't at times stressed out? The first step in successful stress relief is deciding to make a change in how you manage stress. Don't wait until stress has a negative impact on you health, relationships, academic demands, and your overall quality of life. With practice, you can learn to manage your stress level and increase your ability to cope with life's challenges. Don't delay, sign up today!

EFFECTIVE READING STRATEGIES
Are you having trouble focusing on or recalling what you read for class? Reading Strategies will teach you the SQ3R reading method and habits of effective readers.

SEPTEMBER 2013 WORKSHOPS

9/12 Plan Your Success
Thurs, 5-6pm, LSC Rm 127

9/20 How to Budget Your Money
While in School
Fri, 12-1:30pm, LSH B115

9/24 Time Management
Tues, 5:30-6pm, LSH A140

9/26 Study Smarter, Not Harder
Thurs, 5-6pm, LSC Rm 127

9/30 Career Day Tips
Mon, 1:40-3pm, TIL 103A

Please visit our website for updates on upcoming workshops and events. Keep an eye out for double credit points toward the Grant Aid Award. Registration for all workshops is required.

PEER MENTORING PROGRAM

Pair up with a SSS Upperclassman

Mission Statement: To increase the retention and graduation rates of first generation college students; to foster a community of scholars who achieve academic excellence and avoid common mistakes by creating a relationship between incoming students and upperclassmen mentors.

Vision Statement: to evoke a positive attitude, pride in hard work, and high aspirations in a new group of First Generation College students who challenge expectations and create new possibilities.

If you are interested in working with a peer mentor, please contact Jesenia Cadena at jcadena@echo.rutgers.edu

1ST GENERATION SUPPORT GROUP

Coming to college represents social mobility; it’s fundamentally about improving your lives. At the same time you value where you come from. The First Generation Peer Support Group provides the space in which students can talk about the challenge of being true to who they are while trying to successfully navigate the system of higher education.

Cycle One
Tuesdays 5-6:30pm and Wednesdays 6-7:30pm
Location: LSH A232

Earn up to 20 points!!

Please contact Jesenia Cadena with any questions at jcadena@echo.rutgers.edu

Please contact Jennilyn Ortiz-Nelson with any questions at jennilyn@echo.rutgers.edu

Please contact Lucille Lu with any questions at llu@echo.rutgers.edu

Cycle One
Mondays, 9/16 – 10/7, 6:40-8pm and Thursdays 5-6:20pm
Location: LSH A232

Cycle Two
Tuesdays, 10/21-11/18, 5-6:20pm and Thurs 6:40-8pm
Location: LSH A232

EARN UP TO 20 GRANT AID POINTS!
SSS GRANT AID COMPETITION AWARD

Each year SSS awards 30 grants to the students that earned the most points during the academic year.

To be eligible for the SSS Grant Aid Award, all SSS participants must meet the following criteria:

- Student must be a current, matriculating Rutgers University student.
- Student must be in good standing with SSS and the University.
- SSS participant must be receiving a Federal Pell Grant for the current academic year.
- Student must have 53 or fewer credits by the beginning of the most recent Fall term (September 1st).

*Over-packaged students are considered ineligible for grant aid. If you receive a CARR scholarship or a GATES Millennium scholarship, you may be over-packaged. If you are still not sure, please refer all questions about financial aid to your counselor.

SSS FALL TUTORING

Tutoring is conducted during scheduled, one-on-one, weekly sessions. Tutoring is available Monday through Friday on the Douglass, Busch, Livingston, and College Avenue campuses. Open enrollment for 100 new students.

Questions? Email: ssstutor@echo.rutgers.edu

Each tutoring session will earn you additional 1 point towards the Grant Aid competition.

See our website for further details at http://sss.rutgers.edu

Sign up day is Thursday, 9/12 at 9am
Tutoring starts Monday, 9/16

GRE and LSAT SKILLS COURSES

SPACE IS LIMITED! NEED SP# TO REGISTER!

COURSE TITLE: LSAT SKILLS (1.5 E-credits)
01:090:175 01 28184 MW 5:35-6:55 pm DC HCK 204

COURSE TITLE: GRE SKILLS (1.5 E-credits)
01:090:176 01 28185 MW 3:55-5:15 pm DC HCK 126

If you are interested in registering for one of these courses, please contact Jesenia Cadena via email with your name and RUID.

CLASSES START SEPTEMBER 4TH!

Administered by the Educational Opportunity Fund (EOF) Program

TRiO: McNair Postbaccalaureate Achievement Program

What?
This program was established in honor of Dr. Ronald E. McNair, the second African American to fly in space, who died tragically in the space shuttle Challenger in 1986. As one of several TRIO Programs, the McNair Scholars Program is federally funded by The Department of Education. It is specifically designed to prepare students for doctoral studies through involvement in research and other scholarly activities.

Who?
McNair serves low-income, first generation college students and students from groups historically underrepresented in graduate education that aspire to obtain a doctoral degree.

Summer 2013 Cohort included the following SSS students: Sakar Aya — English/History Naima Chowdhury — Women & Gender Studies Gurneet Sangha — Biomedical Engineering Solangel Troncoso — Psych/Women & Gender Studies

When?
Applications are due Friday, November 1, 2013. For more information visit the website: http://mcnair.rutgers.edu/
program if Student Support Services (SSS) had not been a great resource for me. SSS provided me with the tutoring, workshops, grants, and academic coaching that I needed to achieve my academic and professional goals. SSS has not only helped me become a better student, but also a better teacher by giving me the opportunity to tutor students in the math and sciences. Tutoring has helped improve my understanding of the subjects I teach, which has translated into my research and coursework. Thanks to the McNair program and SSS, I was given a chance to learn, spread, and create knowledge. One of my greatest undertakings was presenting my research on “Application of NFC and QR Tags in Rehabilitation Therapy.” All of the sleepless nights, failed experiments, and the hours spent on making sure my research proposal and presentation were perfect paid off when I took the stage for my ten minutes of fame. In the past, I have always battled anxiety when presenting; but for the first time the anxiety faded as I approached the stage. During those ten minutes I realized that I was presenting something that could potentially help millions of hemiplegic stroke patients regain control of movements and their lives. That moment will stay with me forever and has motivated me to work harder than I ever have before.

Student Spotlight: Gurneet Sangha

I am currently enrolled in the Advanced Standing MSW program at the Graduate School of Social Service at Fordham University in New York City. I am a graduate of Rutgers University School of Social Work, class of 2013. In 2010, I began my studies at Rutgers University as a student in the Mountainview Program, which is a unique program for formerly incarcerated students. I was unbelievably grateful for the opportunity to attend such a prestigious university, and I considered myself particularly fortunate for coming to Rutgers as a Mountainview student. I was immediately introduced to the various support services that Rutgers University offers. Unbeknownst to me, I became part of a family—the Mountainview, SSS and EOF families.

During my first semester and several semesters thereafter, I received tutoring, academic coaching, and attended workshops. During a session with my academic coach I decided to major in social work. I discussed my decision with my EOF counselor. She was supportive (as always) and helped me map out what my next steps would be. Throughout my years as a Rutgers student I received indispensable guidance and support from Student Support Services (SSS) and EOF. During my second year at Rutgers, I became a tutor for SSS; and my third year I became a Mountainview Program Peer Mentor. It was important for me to share the knowledge and support that I received with other students because I realized how significant it was for me, especially as a new student. Most recently, I worked as a tutor and evening supervisor for the EOF Summer Institute, and I was inspired by the commitment, dedication and hard-work of the EOF SI students. Some words of wisdom that were given to me as a first-year student:

1. Sit in the front of the class
2. Introduce yourself to your professor
3. Go to office hours

Alumni Spotlight: Regina Diamond

Rutgers University School of Social Work Phi Alpha Honor Society, 2013
SSS Tutor, EOF Summer Institute Evening Supervisor and Tutor
Mountainview Program Peer Mentor

I am currently enrolled in the Advanced Standing MSW program at the Graduate School of Social Service at Fordham University in New York City. I am a graduate of Rutgers University School of Social Work, class of 2013. In 2010, I began my studies at Rutgers University as a student in the Mountainview Program, which is a unique program for formerly incarcerated students. I was unbelievably grateful for the opportunity to attend such a prestigious university, and I considered myself particularly fortunate for coming to Rutgers as a Mountainview student. I was immediately introduced to the various support services that Rutgers University offers. Unbeknownst to me, I became part of a family—the Mountainview, SSS and EOF families.

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1. Sit in the front of the class
2. Introduce yourself to your professor
3. Go to office hours

Student Spotlight: Gurneet Sangha

SSS Scholar/McNair Scholar
Class of 2014
Major in Biological Sciences

Success is, and continues to be, the amount of times you can get back up after failing. The McNair program and SSS helped me recover and learn from my failures so I could be prepared for the next challenge. The McNair program helped me refine my presentation, writing, and research skills and helped me develop the confidence to become involved in research. Because of the McNair program, I have been working on developing software that will help stroke patients regain mobility of their limbs, writing a paper for publication, and at the same time preparing to present at the 2013 UMBC McNair Scholars Research Conference. I have also had the pleasure of interacting with motivated students and faculty, which helped me redefine my own goals and develop into a better individual. If it were not for the caring professors and the support of the McNair staff, I would not have been able to accomplish so much in such a short amount of time. I would not have excelled in the McNair program if Student Support Services (SSS) had not been a great resource for me. SSS provided me with the tutoring, workshops, grants, and academic coaching that I needed to achieve my academic and professional goals. SSS has not only helped me become a better student, but also a better teacher by giving me the opportunity to tutor students in the math and sciences. Tutoring has helped me become more comfortable in my role as a tutor, and I have been able to help my students in a variety of ways. I have also had the pleasure of interacting with motivated students and faculty, which helped me redefine my own goals and develop into a better individual. If it were not for the caring professors and the support of the McNair staff, I would not have been able to accomplish so much in such a short amount of time.