Happy New Year! We are very excited to have you back! There are so many great things for you to get involved with this semester: Online Career Module, Precalc and Chem II Study Groups, and many more! Please sign up online ASAP. Make sure you have all the resources you need to help make it a successful semester. Unsure about your schedule? Have someone take a look before the add/drop deadline. Finally, take care of your personal wellness through our various coaching modules and workshops! We can’t wait for you to get involved.

Cherae Boyce, Graduate Intern. Ms. Cherae Boyce has a Bachelor’s degree in Psychology from Rutgers University-Newark. Currently, she is pursuing her Ed.M. at Rutgers Graduate School of Education in College Student Affairs (CSA). Her internship placement in the CSA program is in the Residence Life Department, as a Graduate Hall Director on Busch Campus. Ms. Boyce will join Student Support Services in Spring 2015 as a graduate intern. She is developing student-friendly online resources and conducting workshops for SSS students. She will be working with SSS on Mondays and Wednesdays from 12pm-4:30pm.
ACADEMIC COACHING MODULES

TIME MANAGEMENT, Pt 1
INTRO & THEORY
- Learn the 5 steps to successful time management
- Improve organizing and planning
- Participate in group activities with peers in 4-week module
- Note: If you already participated in this module, you cannot sign up again

Cycle 1:
1/28-2/18 W 5:00pm-6:20pm  LSH A320
Cycle 2:
1/29-2/19 Th 10:20-11:40pm  LSH A306
Cycle 3:
3/23-4/13 M 5:00-6:20pm  LSHA306

CONTACT:
Ingrid Vasquez at iv18@echo.rutgers.edu
(for cycle 1)
Cindy Yeung at scy11@echo.rutgers.edu
(for cycle 2 and 3)
OR

WRITE -2- SUCCEED
• Learn to effectively structure your writing for Basic Comp or Expos courses
• Gain insight & tools needed to succeed in this 3-week module
• Mandatory sign up for those interested in writing tutoring this semester
Cycle 1:
1/28-2/11 W 10:15am-11:45am  Tillet 103D
Cycle 2:
1/30-2/13 F 3:15pm-4:45pm  Tillet 230

CONTACT:
Laura Callejas at callejas513@gmail.com

EFFECTIVE READING STRATEGIES
• Improve your focus & recall what you read in class
• Overcome the challenge of college textbook reading & gain effective strategies in this 4-week module
2/3-2/24 T 1:30pm-3:00pm  Tillet 251

CONTACT:
Lucille Lu at lln@echo.rutgers.edu

STRESS MANAGEMENT, Pt 1
INTRO & THEORY
• Overcome stressors that have a negative impact on health, relationships, academic demands & quality of life in this week module
• Learn techniques to benefit all aspects of your life
• Practice learned coping techniques with peers
Cycle 1: 2/11-3/4 W 6:40pm-8:00pm  LSH A320
Cycle 2: 2/19-3/12 Th 12:00pm-1:20pm  Beck 219
Cycle 3: 3/26-4/16 Th 10:20am-11:40am  LSH A306

CONTACT:
Cindy Yeung at scy11@echo.rutgers.edu

TIME MANAGEMENT, Pt 2
APPLICATION
• Apply your time management skills to new and complex situations
• Balance your academic, social & work life
• Defeat procrastination & increase motivation in this 3-week module
• Must have successfully completed pt.1
3/25-4/8 Wed 5:00pm-6:20pm  LSH A320

CONTACT:
Ingrid Vasquez at iv18@echo.rutgers.edu

RUNNING FOR BEGINNERS
• Learn some of the basic fundamentals of running
• Every Tuesday and Thursday in April
• No weekly commitment!
4/2-4/30 T/Th 5:30pm-6:15pm
Busch Campus Track

CONTACT:
Topher Sutton at christopher.sutton@echo.rutgers.edu

STRESS MANAGEMENT, Pt 2
APPLICATION
• Apply your knowledge of stress management techniques by participating in yoga, zumba, breathing and mindfulness stress reduction sessions
• Reduce stress with peers in this 2-week module
• Must have successfully completed pt.1
4/15-4/22 W 5:00pm-6:20pm  LSH A320

CONTACT:
Ingrid Vasquez at iv18@echo.rutgers.edu

STRESS MANAGEMENT, Pt 2
APPLICATION
• Increase career self efficacy & decrease self-defeating thoughts about job searching in this 4-week module
• Students who participate in this module with 54 or more credits can accumulate points by attending workshops focused on career readiness & will be eligible to win a $500 Upperclassmen Award. See Page 3 for details.
• Students participating in this module MUST attend a meet and greet session (dates TBA) before participating virtually
2/6-3/27 F  VIRTUAL ON SAKAI

CONTACT:
Catherine Ramirez at catram2@echo.rutgers.edu

ONLINE CAREER MODULE
• Increase career self efficacy & decrease self-defeating thoughts about job searching in this 4-week module
• Students who participate in this module with 54 or more credits can accumulate points by attending workshops focused on career readiness & will be eligible to win a $500 Upperclassmen Award. See Page 3 for details.
• Students participating in this module MUST attend a meet and greet session (dates TBA) before participating virtually
2/6-3/27 F  VIRTUAL ON SAKAI

CONTACT:
Catherine Ramirez at catram2@echo.rutgers.edu
SSS SPRING TUTORING

- Scheduled one-on-one sessions
- Available Monday through Friday on Douglass, Livingston, Busch, and College Ave campuses
- Earn 1 point toward grant aid per session
- First come, first serve! Limited seats available

**Sign up day:** Thursday, January 29, 9:00am.
**First day of tutoring:** Monday, February 2.

Questions? Please email ssstutor@echo.rutgers.edu
See our website for further details: [http://access.rutgers.edu/sss](http://access.rutgers.edu/sss)

STUDY GROUP INFORMATION

**PRECALC UPGRADED - NEW**
A semester long study group for Precalculus 111 where our math coach, Adham, will help students further understand Precalculus concepts and provide extra practice problems utilizing an online software that will help you through your Precalculus classes and beyond. If you are in Precal 111, don’t hesitate to sign up now.

Begins: 1/30 F 3:15pm-4:45pm LSH A320

**CHEM II STRATEGIES & STUDY GROUP - NEW**
A semester long study group for Chemistry 162 where our new chemistry coach, Richard, will assist in making sure students are well prepared in their Chemistry course. With extra practice problems and conceptual explanations, paired with small group activities, this group would be an asset to anyone taking Chem II this Spring.

Option 1 begins: 1/28 W 3:15pm-3:00pm LSH A121
Option 2 begins: 1/30 F 1:30pm-3:00pm Tillet 230

Online Career Module Cont.

**$500 UPPERCLASS PARTICIPATION AWARD**

**Important Eligibility Info:**

1. Only students who have 54 or more credits as of September 1, 2014 are eligible
2. Students must be enrolled for Spring 2015
3. Students must complete the [Online Career Module](#)
4. Top 4 students with the most points will each earn a $500 Upper Class Participation Award
5. Grant recipients will need to write a gratitude letter and take a group photo for the SAEE website

GRE AND LSAT SKILLS

- 1.5E Credits
- Meets 1st 7 weeks of the semester
- Requires a special permission number
- Offered in Hickman Hall, Douglass Campus
- First Come, first served basis (space is limited)
- If you are interested in registering for one of these courses, please send Ms. Boneo (mherrera@echo.rutgers.edu) an email with your name and RUID. You will need both the course index number and the special permission number to register.

**COURSE TITLE: LSAT SKILLS**
01:090:175 01 index #06649 MW 5:35-6:55 pm DC HCK 123

**COURSE TITLE: GRE SKILLS**
01:090:176 01 index #06650 MW 3:35-5:15 pm DC HCK 123
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 less than 54 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-packed. If you are still not sure, please refer all questions about financial aid to your counselor.*

For more information on the Grant Aid and on how to apply, please visit our website at [https://access.rutgers.edu/student-support-services/resources/grant-aid](https://access.rutgers.edu/student-support-services/resources/grant-aid)

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**PEER MENTOR PROGRAM**

R. U. interested in…

- Providing a personal peer connection to a freshman SSS student?
- Becoming a leader who gives support, guidance and invaluable resources?
- Helping a first-year SSS student to “beat the odds” by learning to navigate the university life?

Then apply to be an SSS Peer Mentor today! Application deadline is April 15, 2015. Interviews are held from April 20-2015. Info session on 3/6 for interested applicants.

Questions? Contact Cindy Yeung @ scy11@echo.rutgers.edu

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**PEER 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.

2/16-3/9 M 5:00pm-6:20pm LSH A306

Questions? Contact Tophrer Sutton @ christopher.sutton@echo.rutgers.edu

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**Access Week Coming Soon!**

In recognition of National Trio day, SAEE developed a week of interactive programs, and activities such as the Upward Bound & Upward Bound Math-Science: I AM College Bound College Fair & Youth Summit (2/16), Read to the Youth: Plainfield Book Read (2/20), and The Bernard Fein Scholarship Walk (2/21). See their website for more details.

[http://access.rutgers.edu](http://access.rutgers.edu)
Avoid Common Errors for **Dependent Students**:
Mistakes can delay your application and impact the amount of aid you are eligible to receive. To avoid errors, carefully read all of the questions on the FAFSA and file on or before the **March 15, 2015 priority filing deadline**.

Some of the most common FAFSA errors are:

- Listing an incorrect Social Security Number or driver’s license number FOR student and or parents: Double-check and triple-check these entries to ensure accuracy.
- Failing to use your legal name: Your name must be listed on your FAFSA as it appears on your Social Security card.
- Reporting an incorrect address.
- Entering the wrong federal income tax paid amount: This amount is on your income tax return forms, not your W-2 form(s). If you haven’t filed your taxes, you can estimate this amount using previous tax year information; however once the tax return is filed, you are required to correct the amounts later by returning on line to the FAFSA and using the IRS TAX RETURN DATA RETRIEVAL OPTION.
- Listing Adjusted Gross Income (AGI) as equal to total income from working: AGI and total income from working are not necessarily the same. In most cases, the AGI is larger than the total income from working.
- Listing Taxes withheld as Taxes paid.
- Listing Taxes paid equal to adjusted gross income.
- Incorrectly filing income taxes as head of household: If there is an error in the head of household filing status, the school will need an amended tax return to be filed with the IRS to verify and determine your eligibility for financial aid.
- Listing parent marital status incorrectly: If your custodial parent has remarried, you’ll need the stepparent’s information as well.
- Forgetting to complete the New Jersey state questions.
- Forgetting to provide and electronic signature, be sure to obtain your and parent PIN from [www.pin.ed.gov](http://www.pin.ed.gov).
- Not clicking the “submit” button to complete the FAFSA process.
- HESAA (state aid) Follow-up
  - If you do not complete the STATE questions from the FAFSA you must visit the following website [www.hesaa.org](http://www.hesaa.org)
  
Click on student & parent, stroll down to Report Additional Information For State Aid and log in or create a user ID and password.

**Remember to monitor your email and postal mail for any HESAA follow up for information or documentation.**

**Rutgers University Office of Financial Aid:**
Monitor the website [www.studentaid.rutgers.edu](http://www.studentaid.rutgers.edu) and your university email account daily for updates and notifications.

Monitor the website [www.studentaid.rutgers.edu](http://www.studentaid.rutgers.edu) and your university email account for request for documentation and award
**DEAN’S LIST**

106 SSS students achieved Dean’s List in the Fall of 2014. 
Great job!

<table>
<thead>
<tr>
<th>2010 Cohort</th>
<th>2011 Cohort</th>
<th>2012 Cohort</th>
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<tbody>
<tr>
<td>Artrice Roman</td>
<td>Anthony Covington</td>
<td>Anastasia Groce</td>
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<tr>
<td>Carle Edouazin</td>
<td>Aya Sakar</td>
<td>Angelique Burgos</td>
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<td>Daniel Kwarteng</td>
<td>Brittany Wright</td>
<td>Arcadia Papalski</td>
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<td>Franchesca Saraison</td>
<td>Christina Trinh</td>
<td>Brian Snyder</td>
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<td>Jaclyn Marin</td>
<td>Christopher Etienne</td>
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<td>Karol Aguilar</td>
<td>Deepa Ahmed</td>
<td>Chistos Bardis</td>
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<td>Katherine Morales</td>
<td>Erik Malich</td>
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<td>Katie Soler</td>
<td>Gabriella Asiedu</td>
<td>Dayana Toledo-Mendoza</td>
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<td>Michelle Gonzalez</td>
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<td>Efua Bolowui</td>
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<td>Percy Takyi</td>
<td>Jordanna Oliveira</td>
<td>Erick Vasquez</td>
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<td>Saleika Quintero</td>
<td>Jose Grullon</td>
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<td>Maria Hernandez</td>
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<td>Martleni Marte</td>
<td>Issayana Munoz</td>
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<td>Marvin Moreno</td>
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<td>Veronica Vargas</td>
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<td>Vincent Bradley</td>
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<td>Morgan Taylor</td>
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<td>Raymond Phan</td>
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<td>Samantha Cooley</td>
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DEAN’S LIST

2013 Cohort
Algashiyah Ward-Reid
Ariana Velez
Carla Zurita
Catherine DeFrank
Deep Thakkar
Debrina Fan
Glendy Soriano
Itzel Barroso
Jessica Hernandez
Jinalben Parikh
Joshua Tedesco
Maninder Gill
Mike Adarkwah
Monica Torres
Olga Pryymak
Patricia Louis
Seth Cooper
Stephanie Acevedo
Thomas Barone
Vanessa Herrera
Yasmeen Marques
Zakaria Hijazi

2014 Cohort
Alexander Lopez
Amanda Mach
Amy Palacios
Andrea Zerpa
Blair Schwartz
Boris Boucicaut
Cassandra Ogbozor
Christian Gomez
Crystal Attidore
Crystal Martinez
Elizabeth Bedoya
Emendo Hill
Gabriela Amaral
Lesley-Ann Contreras
Leslie Hoyos
Olivia Ajiake
Towhid Ahmed
The Big Chill Recap

On December 6, 2014, a group of 12 students joined the SSS staff at the Rutgers’ annual Big Chill 5k around the College Avenue Campus. This year, the Big Chill had over 8,900 people register, and more than 10,000 toys donated for local children. The Big Chill also wrapped up our Big Chill 5k Personal Wellness module, which met the 4 weeks leading up to the Big Chill. Participants in the module trained to prepare for the 5k by running every Monday, Tuesday, and Thursday at the Busch Campus track. During every day of training, we pushed ourselves a little bit harder in preparation for the big day.

Because this module was so successful, we have decided to offer a Running for Beginners module this semester! We will be meeting every Tuesday and Thursday during the month of April at the Busch Campus track from 5:30pm-6:15pm. We will meet at the beginning and end of each workout to stretch, and answer any questions that you may have. We look forward to seeing you in April!

Winter Break Adventures

Went to France for a few weeks~
Chris Rubi, Peer Mentor

Took MCAT Prep Classes with ODASIS~
Oumou Keith & Victor Mensah, Peer Mentors

Volunteered at Saint Peter’s Hospital
Mike Adarkwah, SSS Student

Completed a Marine Biology Internship at the Baltimore Aquarium~
Stephanie Silva, Peer Mentor

Attended bio prep week with ODASIS, interviewed for an RA position & Peer Mentor training!~
Jinal Parikh, Peer Mentor

Completed an internship at Crossfit Gym~
Emmi Gonzales, Peer Mentor

Traveled to Texas~
Nikita Romero, Peer Mentor

Took winter classes - Chem lab~
Jaydip Shah, Peer Mentor

Visited family in Ecuador~
Michelle Arias, Peer Mentor

Spent time with my family~
Heidy Ramirez, SSS student