**Student Support Services**

The Pinnacle

**“Our mission is to support you in your success.”**

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Monday-Friday, 8:00am – 4:30pm

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# From Murphy Student Services Center

Patricia Staskiel, Coordinator TriO SSS

The leaves are falling from the trees and the weather is getting colder - a sure sign it’s November! This is a month that also holds many different traditions for people. Early in the month we hold Election Day; we are fortunate to live in a country where our voice really does matter! We also celebrate Veteran’s Day, when we honor the women and men who served our country. On the fourth Thursday of the month we celebrate Thanksgiving: this day is set aside to spend time with family and friends to acknowledge all for which we are thankful. Here is Pennsylvania, there are many who can’t wait for the Monday following Thanksgiving. This is the first day of deer season. When I first moved to PA I was surprised to learn that the school districts do not have school that day; that’s a tradition I never experienced before! One of my favorite things to do on Thanksgiving is watch the Macy’s Thanksgiving Day Parade. To honor that fine event, I’ve included the following poem. Enjoy it, and enjoy your November traditions, too.◊

The Thanksgiving Day Parade  
By Jack Prelutsky  
Thanksgiving Day is here today,   
the great parade is under way,  
and though it’s drizzling quite a bit,  
I’m sure that I’ll see all of it.  
Great balloons are floating by,  
cartoon creatures stories high,  
Mickey Mouse and Mother Goose,  
Snoopy and a mammoth moose.  
Humpty Dumpty, Smokey Bear  
hover in the autumn air,  
through the windy skies they sway,  
I hope that they don’t blow away.  
Here come Santa, shaking hands  
as he waddles by the stands.  
It’s so much fun, I don’t complain  
when now it really starts to rain.  
The bands are marching, here they come,  
pipers pipe and drummers drum,  
hear the tubas and the flutes,  
see the clowns in silly suits. It’s pouring now, but not on me,  
I’m just as dry as I can be,  
I watch and watch, but don’t get wet,  
I’m watching on our TV set.◊

# Remember These Important Dates

**Final day to late drop a class:**  
Friday, November 14  
**Thanksgiving Break:**  
Monday, November 24 – Friday, **November** 14  
**Last day to withdraw from the semester:**  
Friday, December 5 **Classes end:**Friday, December 12  
**Final Exams:**Monday, December 15 – Friday, December 18  
**Spring Classes Begin:**  
Monday, January 12 ◊

# Writing a Winning Resume

It’s never too early to think about working on your resume. It’s also a great idea to have some input as you work to construct this very valuable career search tool. Our campus will be hosting a career workshop entitled “Branding Yourself & Writing a Winning Resume” on Wednesday, November 12th at 6:00 p.m. in AC-108. This workshop will be presented by Chris Barton, founder of Barton Career Advisors and Laurie Verost, Associate Director Commonwealth and World Campuses at University Park Career Services. We are fortunate to have these guest presenters visit our campus to share their knowledge. Learn how to write a resume that will make you stand out from the crow! Find out how to market yourself to employers and create a resume that will get you noticed! Please consider attending this very informative and valuable presentation. You can sign up by emailing Karen Ford ([klf19@psu.edu](mailto:klf19@psu.edu)) or by stopping in Career Services. This workshop will count as one of your SSS activities.◊

# Grammar Tips: Best Prewriting Strategy

Once you have an opinion on your topic, just start writing! Creative mode means not having to worry about format or punctuation. Simply write down everything you can think of that might relate to your thesis, then put your paper down. When you are able to pick it up again as the reader, you will find your direction, you will find editing and proofreading much easier, and you will have found the best reason to start a paper as soon as possible. ◊  
— Marilyn Olenick, English Tutor

# Something to think about….

Many times it’s easier for students to attend SSS workshops in the early part of the semester, rather than letting them go to the last minute. Things in general become much more hectic in the last weeks of the semester. By attending early, some of the pressure is removed at the end when papers, tests, & finals all become due. ◊

# Helpful Ways to Deal with Stress

**Work out priorities** Keep a list – make the tasks possible. Prioritize the tasks in order of importance and check off when done. Include the important people in your life as priorities and attend to these relationships.

**Move on: Don’t dwell on past mistakes** Feelings of guilt, remorse and regret cannot change the past and they make the present difficult by sapping your energy. Make a conscious effort to do something to change the mood when you feel yourself drifting into regrets about past actions.

**Set aside time each day for recreation and exercise** Gentle repetitive exercise such as walking, swimming, cycling are good to relieve stress. Meditation, yoga, Pilates and dance are also excellent. The trick is to find what suits you best. Hobbies that focus attention are also good stress relievers.

**Take your time: don’t’ let people rush you** Frenzied activities lead to errors, regrets, stress. Request time to orient yourself to the situation.

**Think positively – you get what you expect** Smile whenever possible – it’s an inexpensive way of improving your looks and how you feel. Try and find something positive to say about a situation, particularly if you are going to find fault.

Written by Kay Wilhelm: some material adapted from Hints to Avoid or Manage Stress (National Heart Foundation) and Ten Hints to Avoid Stress (Mental Health Foundation) Exercise, Activities, & Helpful Hints: Hints to Avoid Harmful Stress. (January 2005) <http://www.blackdoginstitute.org.au> ◊

# Math Matters

Uncle Gunther’s Thanksgiving turkey weighs 20 pounds. His turkey is 75 percent meat and 25 percent bone. If turkey meat is 40 percent water and turkey bone is 20 percent water, how much water is in Uncle Gunther’s bird?

Submit your solution by email to ([adc15@psu.edu](mailto:adc15@psu.edu)) or in the SSS office (Murphy Center 109). Correct solutions received by Nov. 20th will receive 1 activity point from SSS. ◊  
— Anson Carter, Instructor in Mathematics

Event Calendar for November 2014

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 2 | 3 | 4 | 5 | 6 Healthy Living Noon-AC110 | 7 | 8 |
| 9 | 10 | 11 Math Matters Game Show Noon-AC110 | 12 Day to Day Decision Making Noon-AC110 | 13 | 14 | 15 |
| 16 | 17 | 18 Financial Literacy Noon-AC110 | 19 | 20 | 21 | 22 |
| 23 | 24 No Classes | 25 No Classes | 26 No Classes | 27 No Classes  Happy Thanksgiving | 28 No Classes | 29 |
| 30 |  |  |  |  |  |  |

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