



# Student Support Services

Spring 2014 Newsletter

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## SSS HAS MOVED!

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## Letter from the Director

Every four years I am thrilled to watch the pageantry and competition of the Olympics. I love watching the talented athletes in their respective sports as they participate in what is usually the culmination of many, many years of hard work. For some, this brief spotlight is their only opportunity to showcase their passion and dedication to hard work in their sport. As I watch I can't help but to be inspired by this commitment to excellence and each athlete's desire to perform to the best of their ability.

As students, consider what would happen if you made it your goal to do your very best in everything that you do. It's important to keep in mind that your best may not be the same as someone else's best. Your best effort in College Algebra might earn you a C while an A might be your classmate's best try. What counts is the effort put forth to earn the grade.

Excellence should not be confused with perfection. In your attempt to strive for excellence, there will certainly be time when your final outcome is less than perfect. However, what is important is that you continually try to do your best: then at least you are aiming in the right direction. So, just as with the Olympic athletes, challenge yourself to "Aim for Excellence"!

## 10 Ways to Resilience

### **1: Make Connections**

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

### **2: Avoid Seeing Crises as Insurmountable Problems**

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

### **3: Accept That Change Is a Part of Living**

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

### **4: Move toward Your Goals**

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

### **5: Take Decisive Actions**

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

### **6: Look for Opportunities for Self-Discovery**

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality and a heightened appreciation for life.

### **7: Nurture a Positive View of Yourself**

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

### **8: Keep Things in Perspective**

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

### **9: Maintain a Hopeful Outlook**

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

### **10: Take Care of Yourself**

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

## Quick Tips for Choosing A Major

Many of you are getting to the point where you need to be thinking about a major, here are just some thoughts to get you started!

1. Think about what you enjoy doing. Majoring in something you enjoy will be a lot less painful than majoring in something you hate.
2. What kinds of careers interest you – do some research!
3. Know the requirements for the fields you are interested in getting into. If you want to go into dental hygiene then you should know that you need at least a 3.0 GPA to stand a chance of being competitive.
4. Be realistic about your skills and abilities. If you've taken BIO 137 three times, then nursing may not be an appropriate field for you.
5. If your goal is to actually transfer, then you should focus on an AA or AS and be sure to speak with a transfer advisor about what courses you should be taking for your desired school.
6. Talk to advisors, professors, career counselors and people who work in the fields you are interested in to help generate ideas.

## Registrar's Office

Need to drop a class? Have a question about your transcript? Are you ready to submit your application for graduation? If you need assistance with any of these tasks, then you need to contact the Registrar's office. Also known as the Records office, this unit provides a variety of valuable services to BCTC students, faculty, staff and former students.

Services include: creating and maintaining academic records, processing grades, issuing transcripts, registering students, auditing credentials, monitoring academic and administrative policies, certifying student enrollment, and developing, maintaining and publishing the course schedules.

The Registrar's office has a number of student forms that are available online:

- Academic Bankruptcy Application
- Course Enrollment Request
- Course Withdrawal Request
- Graduation/Credential Application (AA & AS only)
- Program Change Form

For a complete list of forms and to access these online forms, visit [http://bluegrass.kctcs.edu/Registrar/Student\\_Forms.aspx](http://bluegrass.kctcs.edu/Registrar/Student_Forms.aspx).

**Congratulations to the SSS Students who were  
recognized on the Fall 2013 Dean's List!**

Amanda Anderson  
Jaryoune Briggs  
John Cruz  
Alexander Current  
Angela Deckert  
Jessica Durham  
William Marshall  
Erica Martin  
Pamela McCoy  
Krista Muse  
Ebony Nava  
Kellie Sanford  
Ndeye Thiaw



**Congratulations to our SSS Fall 2013  
Graduates!**

JD Wilson  
Britney Dargavell  
Tasha Perkins  
Christina Ward