Do You Have a Good Memory?

Read each statement below and circle a number from 0-4. If you’re not sure what something means, circle 0. Total your points and check your score at the bottom of the page.

0 = Never 1 = Occasionally 2 = Sometimes 3 = Often 4 = ALWAYS

I use acronyms to help remember information. 0 1 2 3 4
I use acronyms to help remember information. 0 1 2 3 4
I visualize funny pictures to help me remember information. 0 1 2 3 4
I draw pictures to help me remember. 0 1 2 3 4
I use index cards to study vocabulary and other facts. 0 1 2 3 4
I make up songs to assist my memory. 0 1 2 3 4
I make up rhymes to help my brain remember. 0 1 2 3 4
I draw pictures to help me remember. 0 1 2 3 4
I have been known to remember dates. 0 1 2 3 4
I make up songs to assist my memory. 0 1 2 3 4
I use index cards to study vocabulary and other facts. 0 1 2 3 4
I make up rhymes to help my brain remember. 0 1 2 3 4
I have an organized way to remember dates. 0 1 2 3 4
I see patterns in numbers. 0 1 2 3 4
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I see patterns in numbers. 0 1 2 3 4

If you scored
*35 or above Wow! You have the skills to build an exceptional memory.
*20-32 You remember things well.
*10-27 It’s time to teach a few memory techniques and you’ll be surprised what you can retain.
*0-17 Please meet with an Instructional Advisor.

Do You Use Your Time Wisely?

When you are a good time manager there are more opportunities to get things done.

Directions:
Take the survey below and circle your answers to the questions.

SCALE: 0 = Never 1 = Sometimes 2 = Quite often 3 = ALWAYS

I always get the most important things done first. 0 1 2 3 4
I know how to prioritize my assignments. 0 1 2 3 4
I plan how long each assignment will take. 0 1 2 3 4
I have all the supplies ready to go in advance for an assignment. 0 1 2 3 4
There is a certain time each day that I study. 0 1 2 3 4
I use a planner to help keep me on track. 0 1 2 3 4
When planning for a big project I break things down into more manageable sections. 0 1 2 3 4

Total Your Score

18-21 Great!
12-17 Pretty Good!
6-11 Time to Improve! Please meet with an Instructional Advisor for time management.
0-5 Alert – immediately schedule with an Instructional Advisor, no time to waste.

Kathleen Kendel’s Memorial Service

Students and Parents
please join the ASC on Thursday, September 16th, at 4:30 (Mass), 5:00 (Service), in the chapel, for a Celebration of Kathleen’s Life.
Reception to follow.

North Eastern Ohio Education Association Day

Open to the Public
"Re-.Drawing the Lines: Neurodiversity
Compass to a Changing World"

Presented By:
Jonathan Mooney

2 CEU CREDITS
Date: October 15th, 2010
Time: 1:00 – 3:00 p.m.
Location: Notre Dame College Great Room
Cost: $50
RSVP by October 1st
Phone: 216.373.5184
Email: kshounet@ndc.edu

Renowned writer, neuro-diversity activist and author Jonathan Mooney, vividly, humorously, and passionately brings to life this wonderful world of neuro-diversity: the research behind it, the people who live in it, and the lessons it has for all of us who care about the future of education. Explaining the latest theories, Jonathan helps teachers and parents redefine what it is for the students in the 21st century to think and to learn and to be successful. He provides concrete examples of how to prepare students and implement frameworks that best support their academic and professional pursuits.

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Julie Szwajkoski
Bernice Van Tyne
Mary Walsh

Outreach Coordinator
Mary Jo O’Neill

We would like to welcome Patricia Noble to the ASC. Patty is joining the ASC team this fall, as an instructional advisor. Patricia has a bachelor’s degree in nursing from Bowling Green State University in Ohio. She has been a nurse for 25 years, with a nursing career that includes Medical/Surgical Nursing, Nephrology, Home Health Care, School Nursing and Research. She has worked at Kennestone Hospital in Georgia, but spent the majority of her career at Metro Health Medical Center in Cleveland in the nephrology department, as a peritoneal dialysis instructor. Her current focus is on holistic nursing and she volunteers weekly at the Cleveland Clinic Main Campus as a Reiki Practitioner. Welcome Patty!
I am so thrilled at the work that each of our ASC summer interns has done! All of our summer interns either completed their internship for academic credit at Notre Dame College or received their internship through the Workforce Recruitment Program which will return again this fall! Congratulations to all of our successful summer interns!

- Marcie Jon Estep, Services Coordinator, ASC

Ashley Kellar – Clear Channel Radio

“In just a few weeks I will have my internship finished. I absolutely love it! I’m working for Clear Channel Radio. I’m learning so much. Each day I go into the studio from 8-12 and we talk to various people about how to use the soundboard. I’ve got really good people helping me. I am recently I have been doing a lot of remote appearances, which means, I’m working out of the studio. I get to work bike night, go to concerts, and I even went to work the American Idol tryouts! I am so happy with my experience. I have found something that I’m good at! I’m sure this is what I want to do with my life, and it’s so rewarding.”

Tim Meeks – Beachwood Police Department

“This internship was extremely effective for me; it showed me what I want to do with my life, and gave me the motivation to complete school and get my stuff done. I liked how it was so fast paced and serious and I had to go to work every single day and face on”. It has really impacted my career choice. I was teetering before, not knowing what I wanted to do after school. But, after doing this internship, I know what I want to do, and who I want to be. It has made me want to do this now!”

Josh Moore – YMCA of Tiffin Ohio

Josh has had the opportunity to help with the marketing and organization of summer football, basketball, soccer, and baseball events at the YMCA. Josh also assisted with the maintenance of the gym and wellness center, and assisted in the coordination of special events!

Matt Schicker – John Carroll University Sport Information Office

Matt spent his summer updating the sports websites(s) for John Carroll University. He created coach and player biographies and ‘factlets’ and uploaded them onto the jcsports.com website! He also assisted in the production of several print related materials and in the development of student-athlete feature stories.

The Academic Support Center is offering a FREE workshop on Kurzweil

Once considered a solution only for individuals with documented learning disabilities, Kurzweil 3000 is now recognized as “the” comprehensive integrated solution supporting Universal Design for Learning (UDL) principles.

With Kurzweil 3000, print and electronic materials are made available to a broad spectrum of students, beginning at grade 3 through adult.

Join us on September 9th from 3:30 – 5:00 p.m. for a back-to-school special presentation!

Learn how Kurzweil 3000:
• Supports the complex tasks of fluency
• Develops vocabulary
• Aids comprehension – “they get it”
• Propels study skills
• Reassures students for test taking
• Eases the writing process

Mark your calendars today!